‘INACTIVITY PANDEMIC’ REPORT 2018-2019

ACTIVE KIDS ➔ HEALTHY KIDS ➔ BETTER STUDENTS
Overall Trends - This is a Pandemic We Must Reverse

• Sitting is the Smoking - More people in the USA today are dying of physical inactivity than smoking

• More people are dying of physical inactivity than being overweight or obese...combined

• 82 million Americans (adults and kids) are totally sedentary - They are not active in over 100 different activities or sports...once in the past year!

• Physical inactivity is a direct influence on increased healthcare costs

• 96% of women in C Level positions in companies played sports growing up - Only 52% of girls today play a sport

1 Source: World Health Organization; 2 CDC Standards based on Sports Marketing Survey activity levels; 3 Sports Marketing Surveys Inc.; 4 Pentagon; 5 Shape America; 6 Project Play; 6 British Journal of Sports Medicine; 7 ESPN Survey
Trends & Facts for Our Kids Only Are Not Healthy

- Kids Active 3 Times A Week In Fitness Activities Is Declining
- US Kids are ranked 47th out of 50 countries In fitness
- There are 50 million children who are not active to CDC physical activity standards
- There are 10 million kids who are total 'couch potatoes' - not active in any of 105 different activities once in the last year
- 3/4 of all teens are not fit enough to join the military
- The only thing every kids is moving today is...their fingers with addictive, sedentary electronic devices
- With these trends, we have generations of kids who can't run, jump, throw, catch or stand on one leg. They are healthcare time bombs!

1 Source: World Health Organization; 2 CDC Standards based on Sports Marketing Survey activity levels;
3 Sports Marketing Surveys Inc.; 4 Pentagon; 5 Shape America; 6 Project Play; 6 British Journal of Sports Medicine; 7 ESPN Survey
The Roots Of Physical Activity, Schools, Are Not Healthy

- 48% of all schools have NO physical education\(^5\)
- Other schools have cut back physical education dramatically
- The average budget for an elementary school for PE is $462 for a year...for the entire school\(^5\)
- Many schools have no recess\(^5\)
- Kids who have PE are 2-3 times more likely to be active...outside of school\(^3\)
- 'Sit & Learn Education" has not worked

1 Source: World Health Organization; 2 CDC Standards based on Sports Marketing Survey activity levels;
3 Sports Marketing Surveys Inc.; 4 Pentagon; 5 Shape America; 6 Project Play; 6 British Journal of Sports Medicine; 7 ESPN Survey
Income Inequality Exists For Activity Levels...Especially For Kids

- **16%** Adults and kids of high income individuals are inactive...while **47%** of low income individuals are sedentary
- Kids from low income families are dramatically more sedentary than kids in families with higher incomes
- **46%** of kids in high income families play a sport today...versus only **27%** of kids in low income families

1 Source: World Health Organization; 2 CDC Standards based on Sports Marketing Survey activity levels; 3 Sports Marketing Surveys Inc.; 4 Pentagon; 5 Shape America; 6 Project Play; 6 British Journal of Sports Medicine; 7 ESPN Survey
PHYSICAL INACTIVITY

DRAMATICALLY INCREASES THE CHANCES OF:

• Cardiovascular Disease
• Diabetes
• Colon & Breast Cancer
• High Blood Pressure
• Significant Weight Gain and Obesity
• Lower Bone Mass
• Lower Muscle Strength
• Depression & Anxiety
• Lower Academic Achievement For Children

"HEALTHCARE COSTS INCREASE WHEN PHYSICAL INACTIVITY INCREASES"
MORE AMERICANS ARE DYING FROM PHYSICAL INACTIVITY THAN SMOKING!

"SITTING IS THE NEW SMOKING"

Source: World Health Organization
PHYSICAL INACTIVITY – THE #4 KILLER WORLDWIDE

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Death</th>
<th>Percent of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>High Blood Pressure</td>
<td>12.8%</td>
</tr>
<tr>
<td>2</td>
<td>Tobacco Use</td>
<td>8.7%</td>
</tr>
<tr>
<td>3</td>
<td>High Blood Glucose</td>
<td>5.8%</td>
</tr>
<tr>
<td>4</td>
<td>Physical Inactivity</td>
<td>5.5%</td>
</tr>
<tr>
<td>5</td>
<td>Overweight &amp; Obesity</td>
<td>4.8%</td>
</tr>
<tr>
<td>6</td>
<td>High Cholesterol</td>
<td>4.5%</td>
</tr>
<tr>
<td>7</td>
<td>Unsafe Sex</td>
<td>4.0%</td>
</tr>
<tr>
<td>8</td>
<td>Alcohol Use</td>
<td>3.8%</td>
</tr>
<tr>
<td>9</td>
<td>Childhood Underweight</td>
<td>3.8%</td>
</tr>
<tr>
<td>10</td>
<td>Indoor Smoke Solid Fuels</td>
<td>3.3%</td>
</tr>
</tbody>
</table>

Source: WHO

DO WE WANT TO PREVENT 4 OF THE TOP 6 ISSUES FROM GROWING? INCREASE PHYSICAL ACTIVITY!

“PHYSICAL ACTIVITY IS THE MIRACLE DRUG”
PHYSICAL INACTIVITY BY STATE

NOTICE PEOPLE WHO ARE INACTIVE HAVE OTHER HUGE HEALTH ISSUES
WE MAY SEE THE FIRST GENERATION OF KIDS WHO WILL HAVE A SHORTER LIFE EXPECTANCY THAN THEIR PARENTS.

RICHARD H. CARMONA, FORMER SURGEON GENERAL

IN 2018, LIFE EXPECTANCY IN THE USA WENT DOWN FOR THE THIRD STRAIGHT YEAR

SOURCE: National Center for Health Statistics
RESEARCH: ‘INACTIVITY PANDEMIC’ TRENDS
82.1 MILLION OR 27.3% OF AMERICANS ARE PHYSICALLY INACTIVE

NUMBER OF TOTALLY INACTIVE*

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>70,4 M</td>
</tr>
<tr>
<td>2018</td>
<td>82.1M</td>
</tr>
</tbody>
</table>

% TOTALLY INACTIVE

<table>
<thead>
<tr>
<th>Year</th>
<th>% Inactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>25.4%</td>
</tr>
<tr>
<td>2018</td>
<td>27.3%</td>
</tr>
</tbody>
</table>

*NOT ACTIVE ONE TIME IN THE PAST YEAR IN ANY OF 105 DIFFERENT ACTIVITIES

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
<table>
<thead>
<tr>
<th>Year</th>
<th>% Active 3 Times a Week or More</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>33.7%</td>
<td>AMERICANS ACTIVE 3 TIMES A WEEK...BELOW 30% Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans</td>
</tr>
<tr>
<td>2013</td>
<td>33.5%</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>31.5%</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>31.3%</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>29.7%</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>29.7%</td>
<td></td>
</tr>
</tbody>
</table>

* In 50+ of the higher aerobic activities
AMERICANS ACTIVE 1 TIME A WEEK DOWN DRAMATICALLY

A 10% DROP IN THE PAST 5 YEARS!

* In 50+ of the higher aerobic activities; Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans

HEALTHCARE COSTS WILL CONTINUE TO GROW
THE BIG ISSUE IS KIDS

THE FUTURE OF THE USA AND US HEALTHCARE
FOR KIDS, PHYSICAL INACTIVITY TRENDS ARE EXTREMELY NEGATIVE

% OF KIDS ACTIVE 3 TIMES A WEEK

<table>
<thead>
<tr>
<th>Year</th>
<th>6-12 Yr. Olds (%)</th>
<th>13-17 Yr. Olds (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>28,3%</td>
<td>40,4%</td>
</tr>
<tr>
<td>2013</td>
<td>27,8%</td>
<td>40,5%</td>
</tr>
<tr>
<td>2014</td>
<td>26,9%</td>
<td>39,8%</td>
</tr>
<tr>
<td>2015</td>
<td>26,6%</td>
<td>39,3%</td>
</tr>
<tr>
<td>2016</td>
<td>24,8%</td>
<td>38,4%</td>
</tr>
<tr>
<td>2017</td>
<td>23,9%</td>
<td>38,2%</td>
</tr>
</tbody>
</table>

* In 50+ of the higher aerobic activities; Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans

HEALTHCARE TIMEBOMB

BIGGEST % DROP IN ONE YEAR EVER!
KIDS ACTIVE 1 TIME A WEEK DOWN ALSO!

% OF KIDS ACTIVE 1 TIMES PER WEEK

<table>
<thead>
<tr>
<th>Year</th>
<th>6-12 Yr. Olds</th>
<th>13-17 Yr. Olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>56,3%</td>
<td>64,0%</td>
</tr>
<tr>
<td>2013</td>
<td>56,1%</td>
<td>62,9%</td>
</tr>
<tr>
<td>2014</td>
<td>54,7%</td>
<td>62,5%</td>
</tr>
<tr>
<td>2015</td>
<td>53,9%</td>
<td>62,1%</td>
</tr>
<tr>
<td>2016</td>
<td>53,0%</td>
<td>61,6%</td>
</tr>
<tr>
<td>2017</td>
<td>52,0%</td>
<td>61,3%</td>
</tr>
</tbody>
</table>

WE HAVE TO ARREST THIS TREND QUICKLY

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
KIDS FROM LOW INCOME FAMILIES - DANGEROUS TRENDS!

% OF KIDS 6-17 YRS. OLD WHO ARE SEDENTARY*

- Not active one time in the past year in any of 105 different activities

KIDS FROM HIGHER INCOME BRACKETS ARE MORE ACTIVE

% of Kids 6-17 yrs. old who are sedentary*

Under $25,000 27.3% 2012
$25,000 to $49,999 32.4% 2013
$50,000 to $74,999 21.9% 2014
$75,000 to $99,999 19.9% 2015
$100,000+ 14.9% 2016

*NOT ACTIVE ONE TIME IN THE PAST YEAR IN ANY OF 105 DIFFERENT ACTIVITIES
US KIDS FITNESS – WE ARE IN BAD SHAPE

IN A GLOBAL STUDY OF KIDS’ FITNESS

US KIDS ARE RANKED

47TH OUT OF 50 COUNTRIES

British Journal of Sports Medicine

PHIT America
THINK THOSE NUMBERS ARE BAD...

ONLY 7% OF US KIDS ARE ACTIVE TO CDC STANDARDS

CDC STANDARDS – ACTIVE 7 DAYS A WEEK
7% OF KIDS ARE ACTIVE IN AEROBIC ACTIVITIES
SPORTS MARKETING SURVEYS INC
TODAY, 75% OF ALL TEENS ARE NOT FIT ENOUGH TO JOIN THE MILITARY

IS IT ANY WONDER WHEN 48% OF ALL HIGH SCHOOLS HAVE NO PE?
KIDS ARE NOT MOVING & ARE UNHEALTHY

Almost **10 MILLION** KIDS ARE TOTALLY INACTIVE IN ANY OF 105 DIFFERENT ACTIVITIES ONCE IN THE LAST YEAR

Approximately **50 MILLION** KIDS ARE NOT ACTIVE TO CDC STANDARDS

“THE ONLY THING EVERY KID IS MOVING TODAY IS THEIR FINGERS”

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
THE IMPACT OF HOUSEHOLD INCOMES ON PHYSICAL ACTIVITY RATES
The less affluent are much more sedentary.

**Inactivity rates by income**

*Not active 1 time in 105 different activities*

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Inactivity Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under $25K</td>
<td>47.4%</td>
</tr>
<tr>
<td>$25K to $49,999</td>
<td>35.7%</td>
</tr>
<tr>
<td>$50K to $74,999</td>
<td>26.3%</td>
</tr>
<tr>
<td>$75K to $99,999</td>
<td>19.9%</td>
</tr>
<tr>
<td>$100K+</td>
<td>16.2%</td>
</tr>
</tbody>
</table>

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
The “Have Not's” Will Make Our Healthcare Crisis Explode

The INCOME DIVIDE FOR INACTIVITY…AND IS GETTING WORSE

LOW INCOME AMERICANS ARE INCREASINGLY INACTIVE – HIGH INCOME ARE MORE ACTIVE

HEALTHCARE TIMEBOMB

115M Americans

55M Americans

127M Americans
INCOME ALSO AFFECTS A PERSON’S HEALTH ASSESSMENT

LOW INCOME INDIVIDUALS ARE NOT POSITIVE ABOUT THEIR HEALTH

% OF ADULTS WHO SAY THEY ARE HEALTHY...BY INCOME

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
INCOME INEQUALITY IS A HUGE ISSUE

KIDS WHO PLAY SPORTS

ONLY **27%** OF KIDS FROM LOW INCOME FAMILIES

VS.

**46%** OF KIDS FROM HIGH INCOME FAMILIES
AND...SPORTS IMPACTS A WOMEN’S CHANCE OF SUCCESS

96% OF WOMEN IN C LEVEL POSITIONS PLAYED SPORTS

ONLY 52% OF GIRLS TODAY ARE PLAYING A SPORT...ONCE A YEAR OR MORE

Source: Ernest & Young and SFIA
WHERE DO KIDS LEARN PHYSICAL SKILLS AND HOW TO PLAY SPORTS?

WE MUST GO TO THE ‘ROOTS’
TWO WAYS KIDS LEARN BASIC PHYSICAL SKILLS

1. FROM FAMILY MEMBERS

2. IN SCHOOL
PHYSICAL ACTIVITY AT HOME HAS CHANGED DRAMATICALLY

DO YOU REALLY THINK THIS WILL HAPPEN?

1970’s

2019

PHYSICAL ACTIVITY AT HOME HAS CHANGED DRAMATICALLY
A HUGE ISSUE – THE ELIMINATION OF PHYSICAL EDUCATION

SCHOOLS

WHERE ‘ALL THE KIDS ARE’ AND WHERE KIDS LEARN BASIC PHYSICAL SKILLS (Throw, Catch, Run, Jump, Skip, etc.)

- 48% OF ALL HIGH SCHOOLS HAVE NO PE
- THE AVERAGE BUDGET FOR PE IN ALL SCHOOLS IS ONLY $764 PER YEAR...FOR AN ENTIRE SCHOOL
- THE AVERAGE BUDGET FOR PE FOR AN ELEMENTARY SCHOOL IS ONLY $462 PER YEAR
- MANY SCHOOLS HAVE ELIMINATED RECESS AS WELL

DOES PHYSICAL EDUCATION REALLY INFLUENCE PHYSICAL ACTIVITY OUTSIDE OF SCHOOL?
PE IS THE ‘GRASSROOTS’ PROGRAM FOR ALL PHYSICAL ACTIVITY

% OF KIDS ACTIVE OUTSIDE OF SCHOOL IN...

- Team Sports: 20.7%
- Outdoor Activities: 17.6%
- Cycling: 17.0%
- Running/Jogging: 15.2%
- Swimming for Fitness: 11.1%
- Water Sports: 8.9%
- Winter Sports: 7.5%
- Racquet Sports: 6.0%
- Golf: 6.3%
- Fitness/Health Club Activities: 5.8%

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
PE IS THE ‘GRASSROOTS’ PROGRAM FOR ALL PHYSICAL ACTIVITY

% OF KIDS ACTIVE OUTSIDE OF SCHOOL IN...

- Team Sports: 20.7% (48.4% have PE, 20.7% active)
- Outdoor Activities: 17.6% (43.9% have PE, 17.6% active)
- Cycling: 17.0% (38.2% have PE, 17.0% active)
- Running/Jogging: 15.2% (34.3% have PE, 15.2% active)
- Swimming for Fitness: 11.1% (22.9% have PE, 11.1% active)
- Water Sports: 8.9% (19.7% have PE, 8.9% active)
- Winter Sports: 7.5% (18.2% have PE, 7.5% active)
- Racquet Sports: 6.0% (13.4% have PE, 6.0% active)
- Golf: 6.3% (10.6% have PE, 6.3% active)
- Fitness/Health Club Activities: 5.8% (9.7% have PE, 5.8% active)

KIDS WHO HAVE PE ARE 2-3 TIMES MORE LIKELY TO BE ACTIVE

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
ADULTS WHO HAD PE IN SCHOOL ARE MUCH MORE ACTIVE TODAY

HAVING PE CUTS PHYSICAL INACTIVITY IN HALF FOR ADULTS!

% OF AMERICANS WHO ARE INACTIVE TODAY

39,0%

21,0%

No PE at School

PE at School

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
PHYSICAL ACTIVITY = PREVENTION OF HEALTHCARE COSTS

"PHYSICAL ACTIVITY HELP ACADEMIC ACHIEVEMENT, TOO!"

INVEST $1 IN PHYSICAL ACTIVITY

SAVE $3.20 IN HEALTHCARE COSTS
“Exercise Is Miracle-Gro For The Brain”
John Ratey, MD
Harvard Medical School

OUR BRAIN ‘IGNITES’ WITH EXERCISE...PRIMING IT FOR IMPROVED LEARNING

Sitting Quietly

After A 20-Minute Walk
IF PHYSICAL INACTIVITY IS NOT REVERSED, FANDOM WILL SUFFER

THE INFLUENCE OF THE ‘INACTIVITY PANDEMIC’ ON FANDOM
PRO SPORTS – FANDOM INCREASES DRAMATICALLY WHEN PEOPLE GET ACTIVE!

% OF AMERICANS WHO ARE FANS OF…

FROM A 40% INCREASE TO MORE THAN DOUBLING FANDOM

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
% OF AMERICANS WHO ARE FANS OF...

COLLEGIATE & OLYMPIC EVENTS - ACTIVE PEOPLE = MORE FANS

FROM A 70% INCREASE TO DOUBLING FANDOM

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
OTHER ENTERTAINMENT EVENTS – ACTIVE PEOPLE ARE BIGGER FANS!

GETTING AMERICA ACTIVE HELPS EVERYONE!

% OF AMERICANS WHO ARE FANS OF…

- CrossFit Games
  - Inactives Who Are Fans: 3.5%
  - Actives Who Are Fans: 12.4%
- X Games
  - Inactives Who Are Fans: 6.7%
  - Actives Who Are Fans: 17.8%
- NASCAR
  - Inactives Who Are Fans: 12.9%
  - Actives Who Are Fans: 19.8%
- WWE
  - Inactives Who Are Fans: 11.4%
  - Actives Who Are Fans: 15.9%
- Professional Boxing
  - Inactives Who Are Fans: 8.3%
  - Actives Who Are Fans: 17.8%
- Ultimate Fighting Championship (UFC)
  - Inactives Who Are Fans: 8.0%
  - Actives Who Are Fans: 18.5%

Source: Physical Activity Council by Sports Marketing Surveys, Inc., 24,000 Americans
PHIT AMERICA HAS THE SOLUTIONS

ACTIVE KIDS ➔ HEALTHY KIDS ➔ BETTER STUDENTS
THE ULTIMATE 1-2 PROGRAM APPROACH GETTING

ALL KIDS MOVING & HEALTHY

AND KIDS PLAYING SPORTS

AMPED

PHIT AMERICA

ACTIVE KIDS ➤ HEALTHY KIDS ➤ BETTER STUDENTS

the PASS
WANT TO BEAT THE ‘INACTIVITY PANDEMIC’?

JOIN OUR ‘MOVEMENT’

CONTACT JIM BAUGH TO LEARN MORE

JIM@PHITAMERICA.ORG
PHYSICAL ACTIVITY COUNCIL (PAC) RESEARCH

AMERICANS ARE ASKED IF THEY WERE ACTIVE IN ANY OF THESE 105 ACTIVITIES

<table>
<thead>
<tr>
<th>Adventure Racing</th>
<th>Climbing (Sport/Indoor/Boulder)</th>
<th>Jet Skiing (Recreational)</th>
<th>Shooting (Sport Clays)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatic Exercise</td>
<td>Climbing - Traditional/Ice/Mountain</td>
<td>Kayaking (Recreational)</td>
<td>Shooting (Trap/Skeet)</td>
</tr>
<tr>
<td>Archery</td>
<td>Cross-Training Style Workouts</td>
<td>Kayaking (Sea/Touring)</td>
<td>Skateboarding</td>
</tr>
<tr>
<td>Backpacking Overnight</td>
<td>Dance, Step, &amp; Other to Music</td>
<td>Kayaking (White Water)</td>
<td>Skiing (Alpine/Downhill)</td>
</tr>
<tr>
<td>Badminton</td>
<td>Elliptical Motion or Cross-Trainer</td>
<td>Kettlebells</td>
<td>Skiing (Cross-Country)</td>
</tr>
<tr>
<td>Barre</td>
<td>Field Hockey</td>
<td>Lacrosse</td>
<td>Skiing (Freeski/Freestyle)</td>
</tr>
<tr>
<td>Baseball</td>
<td>Fishing (Fly)</td>
<td>Martial Arts</td>
<td>Sledding/Saucer/Snow Tubing</td>
</tr>
<tr>
<td>Basketball</td>
<td>Fishing (Freshwater/Other)</td>
<td>MMA for competition</td>
<td>Snorkeling</td>
</tr>
<tr>
<td>Bicycling (BMX)</td>
<td>Fishing (Saltwater)</td>
<td>MMA for fitness</td>
<td>Snowboarding</td>
</tr>
<tr>
<td>Bicycling (Mt./Non-Paved Surface)</td>
<td>Football (Flag)</td>
<td>Other Combat Training</td>
<td>Snowmobiling</td>
</tr>
<tr>
<td>Bicycling (Road/Paved Surface)</td>
<td>Football (Tackle)</td>
<td>Paintball</td>
<td>Snowshoeing</td>
</tr>
<tr>
<td>Boardsailing/Windsurfing</td>
<td>Football (Touch)</td>
<td>Pickleball</td>
<td>Soccer (Indoor)</td>
</tr>
<tr>
<td>Bodyweight Exercise</td>
<td>Free Weights (Barbells)</td>
<td>Pilates Training</td>
<td>Soccer (Outdoor)</td>
</tr>
<tr>
<td>Boot Camp style cross-training</td>
<td>Free Weights</td>
<td>Racquetball</td>
<td>Softball (Fast-Pitch)</td>
</tr>
<tr>
<td>Bowling</td>
<td>Gymnastics</td>
<td>Rafting</td>
<td>Softball (Slow-Pitch)</td>
</tr>
<tr>
<td>Boxing for Competition</td>
<td>High Impact Training</td>
<td>Roller Hockey</td>
<td>Squash</td>
</tr>
<tr>
<td>Boxing for Fitness</td>
<td>Hiking (Day)</td>
<td>Roller Hockey (2x2)</td>
<td>Stair-Climbing Machine</td>
</tr>
<tr>
<td>Camping (RV)</td>
<td>Hunting (Bow)</td>
<td>Roller Skating (Inline)</td>
<td>Stand Up Paddling</td>
</tr>
<tr>
<td>Camping 1/4 Mile of Veh./Home</td>
<td>Hunting (Handgun)</td>
<td>Rowing Machine</td>
<td>Stationary Cycling (Group)</td>
</tr>
<tr>
<td>Canoeing</td>
<td>Hunting (Rifle)</td>
<td>Rugby</td>
<td>Stationary Cycling</td>
</tr>
<tr>
<td>Cardio Kickboxing</td>
<td>Hunting (Shotgun)</td>
<td>Running/Jogging</td>
<td>Stretching/flexibility</td>
</tr>
<tr>
<td>Cardio Tennis</td>
<td>Ice Hockey</td>
<td>Sailing</td>
<td>Surfing</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Ice Skating</td>
<td>Scuba Diving</td>
<td>Swimming for Fitness</td>
</tr>
</tbody>
</table>

24,000 Americans – 8 Years Of Data – Physical Activity Council: Supported By SFIA, IHRSA, OIA, SIA, TIA & NGF