



## BONUS ARTICLE

### We're improving, but could still do better

More people have started moving since the Physical Activity Guidelines for Americans were introduced in 2008, but we still have a long way to go.

The good news is that almost a quarter of Americans meet the guidelines from the Department of Health and Human Services, and that's an improvement over the 18 percent that met the guidelines in 2008.

However, that also means that 75 percent of Americans don't get enough exercise.

To be more active, take advantage of exercise opportunities in your community. Use local biking and hiking trails, play tennis in a local park, or enjoy a round of golf on a public course. Encourage your community to provide more of these opportunities, to keep activity levels on an upward trend. ♦

