The Case for Exercise: Why it Matters for America

Physical activity is an essential antidote for the most costly and common chronic diseases.

★ At least **80%** of all heart disease, stroke and type 2 diabetes, along with more than **40%** of cancers could be prevented if we eliminated the four key behavioral **risk factors** that fuel chronic diseases: physical inactivity, an unhealthy diet, tobacco use, and too much alcohol.

Regular exercise fuels the economy.

★ **86%** of our nation’s healthcare spending goes to diagnosing and treating people with chronic diseases (which are largely preventable with exercise and other healthy habits).

★ **$116 billion** could be saved each year with modest changes in healthy behavior and healthcare delivery, including increased physical activity, reduced smoking and obesity, and improved treatment rates.

★ Chronic diseases are projected to cost America **$2 trillion** in medical expenses and another **$794 billion** in lost employee productivity every year through 2030.

★ Half of voters want prevention and better management of diseases like diabetes, cancer, and Alzheimer’s to be a top priority for reducing healthcare costs.

★ The diagnosis of a chronic illness comes with a **12%** drop in earnings at the time of onset, and a sustained loss of **18%** over time.

Specifically regular physical activity can:

- Lower the risk of colon cancer by over **60%** and reduce mortality and the risk of recurrent breast cancer by approximately **50%**
- Reduce the risk of developing Alzheimer’s disease by approximately **40%**
- Reduce the incidence of heart disease and high blood pressure by about **40%**
- Lower the risk of stroke by **27%**
- Lower the risk of developing type 2 diabetes by **58%**
- Help prevent depression

#PassPHIT

International Health, Racquet & Sportsclub Association
Our national security depends on physically active lifestyles.

★ Staying fit, staying in school, and staying out of trouble is the 3-legged stool on which the future of our kids and national security rest.

★ When kids and adolescents exercise regularly, it builds healthy bones and muscles, helps control weight, improves strength and endurance, increases self-esteem, and reduces anxiety and stress—all important components of military readiness.

★ Obesity is a leading reason why 17-to-24-year-olds (70%) can’t serve in the military.

★ 72% more medical evacuations to Germany from Afghanistan and Iraq were due to stress fractures and serious sprains than combat wounds.

★ Almost 3 out of 4 high schoolers don’t get the recommended daily 60 minutes of physical activity, and less than half attended PE in an average week (2013).

★ U.S. kids come in 47th out of 50 when comparing global fitness results.

A physically active workforce strengthens our global competitiveness.

★ Worker wellbeing affects the bottom line.

★ Movement at work positively impacts worker energy, engagement, and focus. Spreading it throughout the day improves mood, decreases feelings of fatigue, and affects appetite.

★ Even just walking boosts creative brainstorming—an essential ingredient of innovation.