

**Snapshots**

**Miles To Go**

**Question:** How often do you exercise strenuously—that is, so you breathe heavily and your heart and pulse rate are accelerated for a period lasting at least twenty minutes—never, less than 1 day a month, 1 to 3 days a month, 1 day a week, 2 days a week, 3 days a week, 4 to 5 days a week, or 6 to 7 days a week?

<table>
<thead>
<tr>
<th>Year</th>
<th>3 days a week or more</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1983</td>
<td>34%</td>
<td>24%</td>
</tr>
<tr>
<td>1984</td>
<td>33%</td>
<td>23%</td>
</tr>
<tr>
<td>1985</td>
<td>31%</td>
<td>21%</td>
</tr>
<tr>
<td>1986</td>
<td>33%</td>
<td>23%</td>
</tr>
<tr>
<td>1987</td>
<td>35%</td>
<td>24%</td>
</tr>
<tr>
<td>1988</td>
<td>36%</td>
<td>19%</td>
</tr>
<tr>
<td>1989</td>
<td>35%</td>
<td>24%</td>
</tr>
<tr>
<td>1990</td>
<td>34%</td>
<td>21%</td>
</tr>
<tr>
<td>1991</td>
<td>37%</td>
<td>20%</td>
</tr>
<tr>
<td>1992</td>
<td>40%</td>
<td>19%</td>
</tr>
<tr>
<td>1993</td>
<td>40%</td>
<td>22%</td>
</tr>
<tr>
<td>1994</td>
<td>38%</td>
<td>20%</td>
</tr>
<tr>
<td>1995</td>
<td>40%</td>
<td>16%</td>
</tr>
<tr>
<td>2001</td>
<td>44%</td>
<td>20%</td>
</tr>
</tbody>
</table>


**Question:** How would you rate your physical fitness? Is your level of physical fitness excellent, very good, good, fair, or poor?

*Your physical fitness is*

- Excellent: 9%
- Very good: 28%
- Good: 38%
- Fair: 19%
- Poor: 6%

**Source:** Survey by Opinion Research Corporation for the National Men’s Health Foundation, March 16-19, 2000.

**Question:** Please tell me whether or not each of the following has kept you from exercising within the past 6 months...

- Not having the time: 52%
- Being too tired: 49%
- You always seem to find something more important to do: 47%
- Finding it boring: 28%

**Note:** Top responses shown.

**Source:** Survey by Opinion Research Corporation for the National Men’s Health Foundation, April 27-30, 2000.

**Question:** How would you rate your physical fitness? Is your level of physical fitness excellent, very good, good, fair, or poor?

**Your physical fitness is**

- Excellent: 9%
- Very good: 28%
- Good: 38%
- Fair: 19%
- Poor: 6%

**Source:** Survey by Opinion Research Corporation for the National Men’s Health Foundation, March 16-19, 2000.

**Question:** ...[P]lease say if you see[the following] as a major health problem, a minor health problem, or not a health problem... the number of people who do not exercise.

**Don’t know/Refused: 1% 5%**

**Not a health problem**

- 48%

**Minor health problem**

- 46%

**Major health problem**

- 46%

**Source:** Survey by Harris Interactive, October 27-November 2, 1999.

**Question:** Please tell me if each of the following would definitely make you start exercising seriously at least three times a week...

- Your doctor tells you that you have heart disease: 73%
- You get out of breath from light activity like walking up stairs: 64%
- You find you can no longer button your pants in the morning: 59%
- Your doctor tells you you'd have more sex if you were in better shape: 39%

**Note:** Multiple responses allowed. Top responses shown.

**Source:** Survey by Harris Interactive, October 27-November 2, 1999.