Percent of Adults (18+ years old) that Meet Physical Activity Guidelines, by Race and Ethnicity in Los Angeles County, 2002-2003

**Notes:**

* Blacks show a median level of physical activity compared to Latinos and Asian/PI.
* No data was provided in the category of "some activity" for American Indians

Source: Los Angeles Department of Health Services, Public Health, 2002-2003

To meet Physical Activity Guidelines at least one of the following at least one of the following criteria must be fulfilled:

1) Vigorous Activity - hard physical activity causing heavy sweating, large increases in breathing and heart rate - for 20+ minutes, > 3 days/wk,
2) Moderate Activity - cause light sweating, slight increases in breathing and heart rate - 30+ minutes, > 5 days/wk,
3) A combination of Vigorous and Moderate Activity meeting the time criteria for > 5 days/wk.