

Why Exercise Matters for America

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

PASSING PHIT IS A
**RETURN
ON
INVESTMENT**



Increasing physical activity
could help reduce costs:

 **\$117
BILLION**

in healthcare spending (related
to inactivity) each year. (CDC)

 **\$794
BILLION**

annually in lost employee
productivity due to chronic
diseases. (PFCD)

 **\$2.3
TRILLION**

money spent diagnosing and
treating largely preventable
chronic disease. (CDC)

 **\$42
TRILLION**

projected (2016-2030) total cost
of chronic disease in America.
(PFCD)



EXERCISE IS ESSENTIAL FOR HEALTHCARE

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.

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.

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).

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 developing type 2 diabetes by 58%
- Lower the risk of stroke by 27%
- Help prevent depression



EXERCISE IS ESSENTIAL FOR OUR NATIONAL SECURITY

70 PERCENT

Obesity is a leading reason why 70% of 17-to-24-year-olds can't serve in the military.

72 PERCENT

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



EXERCISE IS ESSENTIAL FOR OUR WORKFORCE

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.



EXERCISE IS ESSENTIAL FOR OUR CHILDREN

Increasing the percentage of elementary school children in the United States who participate in 25 minutes of physical activity three times a week from 32 percent to 50 percent would **avoid \$21.9 billion in medical costs** and lost wages over the course of their lifetimes.

If 100% of kids aged 8-11 were that active, **\$60 billion** in lifetime medical costs and lost wages could be saved. ([Johns Hopkins School of Public Health.](#))

When kids and adolescents exercise regularly:

- it reduces anxiety and stress
- builds healthy bones and muscles
- increases self-esteem
- helps control weight
- improves strength and endurance

Almost **3 out of 4 high schoolers** don't get the recommended daily 60 minutes of physical activity, and only about half attended PE in an average week (2015).

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

Over the lifetime, an obese child who continues to remain obese in adulthood incurs lifetime medical costs **\$19,000 higher** than a non-obese child who maintains a healthy weight through adulthood.