

# Why Exercise Matters for America

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

80%

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.

## 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**

## Regular exercise fuels the economy.

86%

[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

[\\$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.

\$2 trillion

Chronic diseases are projected to cost America [\\$2 trillion](#) in medical expenses and another [\\$794 billion](#) in lost employee productivity every year through 2030.

1/2

[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.

12%

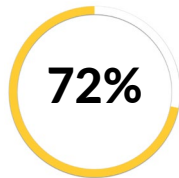
The diagnosis of a chronic illness comes with a [12%](#) drop in earnings at the time of onset, and a sustained loss of [18%](#) over time.

## 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 ...



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 [only about half](#) attended PE in an average week (2015).



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.