



PHYSICAL ACTIVITY AMONG TARRANT COUNTY ADULTS

Physical Activity Guidelines

According to the Centers for Disease Control and Prevention:

- **Moderate-intensity aerobic activity:** 150 minutes a week of moderate-intensity (e.g. walking briskly, raking the yard), or 75 minutes a week of vigorous-intensity (e.g. jogging, running) aerobic physical activity, or an equivalent combination of moderate/vigorous-intensity aerobic activity **PLUS**
- **Muscle-strengthening activity:** Muscle-strengthening activities that involve all major muscle groups on two or more days a week.

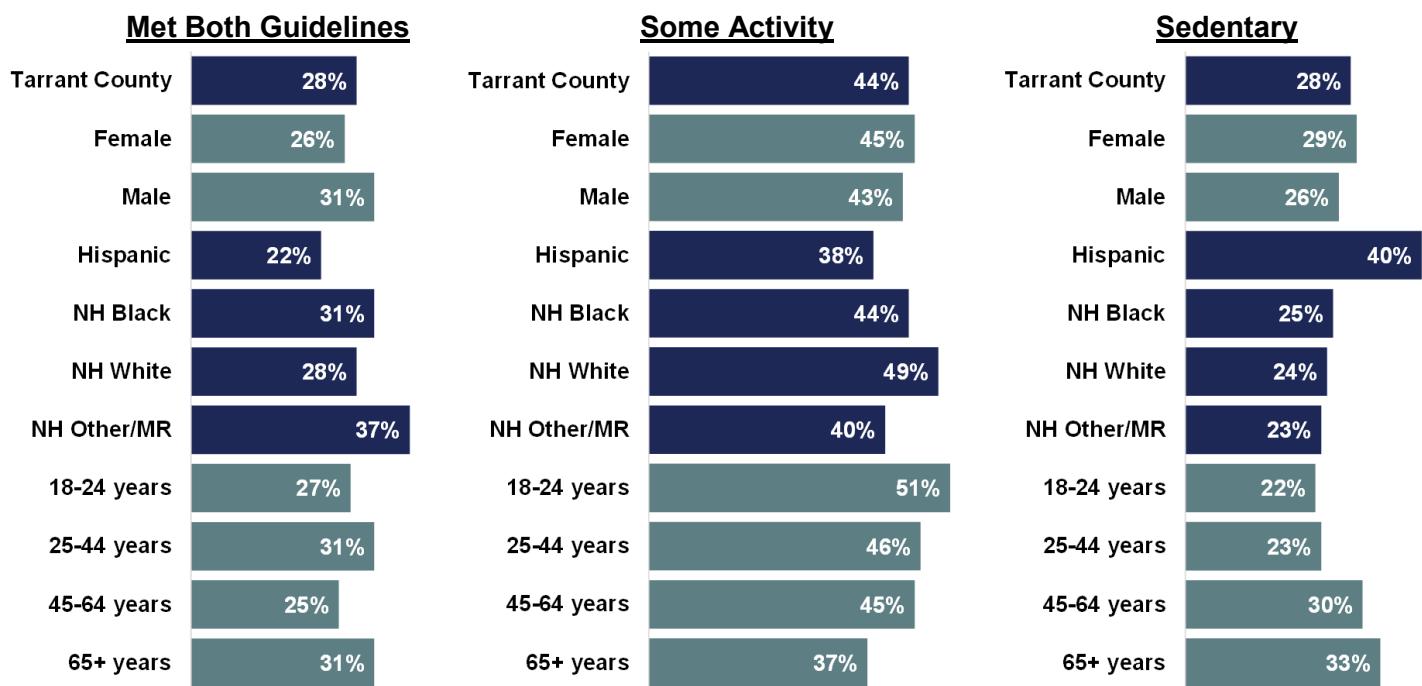


3 in 10 Tarrant County adults fully meet **aerobic physical activity recommendations**



2 in 10 Tarrant County adults fully meet **muscle-strengthening activity recommendations**

Figure 1. Prevalence of physical activity levels among Tarrant County adults aged 18 years and older, 2024[†]

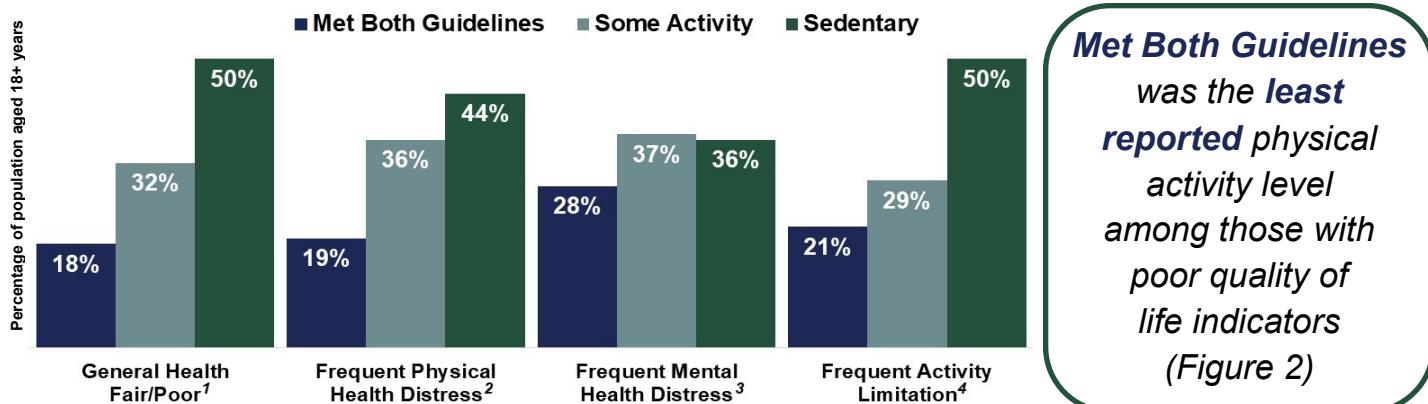


NH = Non-Hispanic; MR = Multiracial

Prevalence of **Some Activity** was **significantly higher** compared to **Met Both Guidelines** and **Sedentary** among Tarrant County adults (Figure 1)

[†]Physical Activity Levels: Met Both Guidelines = Met both aerobic and muscle strengthening activity guidelines; Some Activity = Some aerobic, muscle-strengthening, or leisure time activity reported, but not enough to meet both guidelines; Sedentary = Reported no physical activity (no aerobic activity, no muscle-strengthening activity, and no leisure time activity); All significant differences detected at the 95% confidence level; Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2024; Data Brief provided by: Statistical Analysis Team

Figure 2. Health-related quality of life indicators and physical activity levels among Tarrant County adults aged 18 years and older, 2024[†]



Health Benefits of Physical Activity

IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health



Anxiety

Reduces Feelings of Anxiety



Blood Pressure

Reduces Blood Pressure



Sleep

Improves Sleep Quality

LONG-TERM

Regular physical activity provides important health benefits for chronic disease management and prevention



Balance and Coordination



Bone Strength



Reduces Risk of Dementia



Cancer Prevention



Reduces Risk of Weight Gain



Heart Health

Reduces Risk of Falling

Improves Bone Health

Lowers Risk of Cancers

Lowers Risk of Heart Disease

Resources and Support

- Tarrant County Public Health: Provides education on physical activity, exercise, stress awareness and management

[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html\]](http://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html)

- Centers for Disease Control and Prevention [\[cdc.gov/physical-activity/php/about/index.html\]](http://cdc.gov/physical-activity/php/about/index.html)

- Texas Health and Human Services [\[hhs.texas.gov/services/health/wellness-programs/texercise\]](http://hhs.texas.gov/services/health/wellness-programs/texercise)



[†]Physical Activity Levels: See page 1 footnote for definitions.

¹General Health Fair/Poor = Self-reported general health status as either fair or poor. ²Frequent Physical Health Distress = Physical health not good for 14 or more days during the past 30 days. ³Frequent Mental Health Distress = Mental health not good for 14 or more days during the past 30 days. ⁴Frequent Activity Limitation = Poor physical or mental health limiting usual activities such as self-care, work, or recreation for 14 or more days during the past 30 days. All significant differences detected at the 95% confidence level. Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2024; Data Brief provided by: Statistical Analysis Team