Leisure Time Physical Activity, 2016

Respondents who report leisure time physical activity or exercise during the past 30 days other than the respondent’s regular job.

The national median for leisure time physical activity is 76.9 percent. South Dakota has 81.1 percent of respondents who report leisure time physical activity.

Arkansas has the lowest with 67.5 percent, while Utah has the highest with 84.3 percent of respondents who report leisure time physical activity.

Nationally, Respondents Who Participate in Leisure Time Physical Activity, 2016