



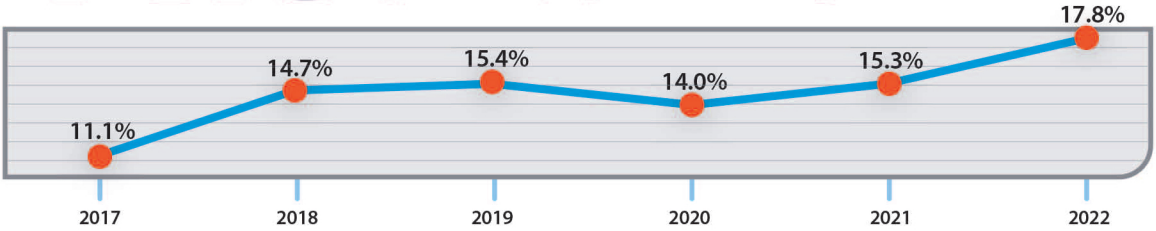
# 33.9% meet physical activity recommendations



It is recommended that adults engage in 150 minutes of moderate to vigorous physical activity and two days of muscle strength training each week.



# 14.5% get NO physical activity



Compared to White nurses (13.9%), Black (22.2%), Asian and Pacific Islander (15.4%), and Hispanic (16.1%) nurses had greater odds of no physical activity.

## Nearly half of respondents engage in 150 MINUTES or more of MODERATE PHYSICAL ACTIVITY per week.

# 49.6%

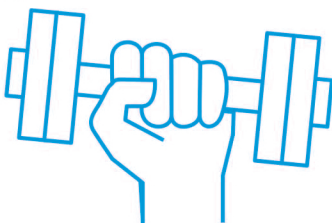


Those with more experience are less likely to engage in 150 mins of moderate to vigorous physical activity.

Years of nursing experience	150 min physical activity	0 days of strength training
<1 year or student	52.3%	58.0%
1-2 years	51.7%	58.4%
3-10 years	50.6%	55.4%
11-20 years	47.9%	50.8%
21-30 years	46.9%	49.8%
31-40 years	47.6%	48.6%
>40 years	45.7%	52.9%

## Over half (53.9%) of respondents did no strength training.

Those with less nursing experience are less likely to engage in strength training.

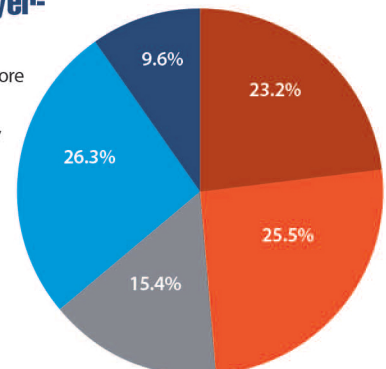


## About half of respondents report not having access to an employer-based exercise facility.

Those with more nursing experience reported more access to employer-based exercise facilities.

Access to employer-based exercise facility

- strongly disagree
- disagree
- neither
- agree
- strongly agree



All estimates are controlled for year, years of experience, nurse licensure, race, and work setting.