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Did you know?

According to the Department of Health and Human Services, about \$117 billion in annual health care costs in the United States is linked to a lack of physical activity. And that burden is not exclusive to the United States, as estimates from the World Health Organization suggest that the global cost of physical inactivity exceeds \$54 billion annually. The WHO also notes that, worldwide, one in four adults and, perhaps most alarmingly, three in four adolescents between the ages of 11 and 17 do not currently meet the organization's recommendations for physical activity. That's unfortunate and potentially dangerous, as a lifestyle that includes routine physical activity has been linked to a number of benefits that can promote both short- and long-term health.

The National Institute of Diabetes and Digestive and Kidney Diseases notes that regular physical activity may help prevent or delay type 2 diabetes, heart disease, high blood pressure, and stroke.

The NIDDK also says that regular physical activity may help people reduce their risk for certain cancers and maintain healthy body weights. Appropriate physical activities depend on various factors, including age and existing physical condition. Adults and children who want to become more physically active should speak with their physicians and get a comprehensive physical exam before beginning a new exercise regimen.

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