

# INACTIVITY HURTS

Widespread physical inactivity is a serious problem, hurting our health and taxing our healthcare system. As COVID-19 disrupts our routines, it is more important than ever to keep moving and stay fit.



UW Medicine



## 80% of US adults

do not meet US Physical Activity Guidelines.<sup>1</sup>



## 1/3 of Americans

say the COVID-19 pandemic has negatively affected their mental health.<sup>2</sup>



## \$117B per year

the cost of physical inactivity on the U.S. healthcare system.<sup>3</sup>

## PHYSICAL ACTIVITY SAVES LIVES

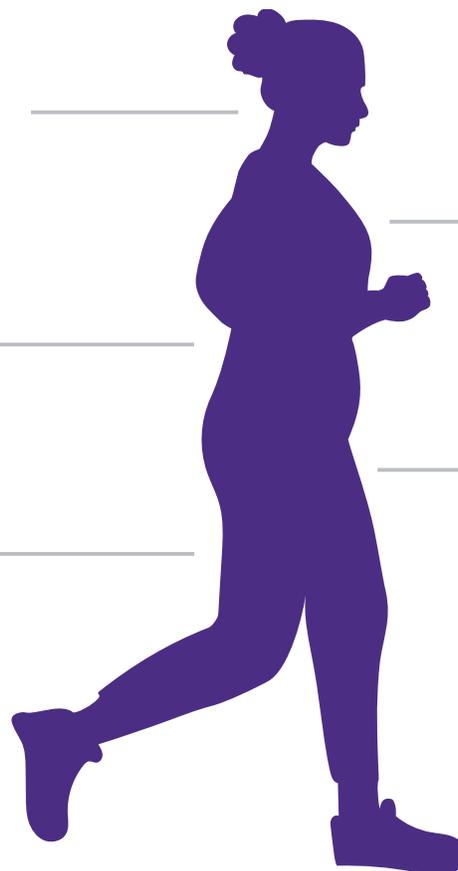
By moving your body regularly, you can improve your fitness, mental health, and lower your risk for certain diseases. Physical activity boosts your heart and lung function, and, with other precautionary measures, may help lessen the impact of COVID-19.<sup>4</sup>

### Physical activity...

has been shown to reduce the severity of mental health symptoms<sup>2</sup>

may help reduce the severity of lung infections<sup>5</sup>

helps boost the immune system<sup>6</sup>



can improve heart fitness<sup>5</sup>

decreases the risk of type 2 diabetes and obesity<sup>7</sup>

# LET'S GET MOVING!

It is so important to incorporate physical activity into your daily routine. Check out these resources to help you stay healthy.



## Exercise Anywhere

Learn free ways to get moving anywhere—at home, the office, you name it.



## The Daily Mile™ at Home

Take a fun 15-minute movement break every day to walk, jog, or run.



## Exercise Rx

Discover free and low-cost exercise options right in your neighborhood.



## Learning Center

Explore educational resources to help you make informed health decisions.

# THE SPORTS INSTITUTE AT UW MEDICINE

We work to expand participation and safety in sports.

## About Us

Based in Seattle, The Sports Institute partners across sectors and convenes experts, evidence-based approaches, and research to encourage play and to make sports safer. We are medical professionals, educators, and researchers specializing in behavioral medicine, neuro-imaging, cognitive sciences, sports medicine, and health technology.

The Sports Institute is a proud member of the UW Medicine community, one of the world's leading centers for patient care, medical education and research.

Learn more about our work  
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