ASSOCIATION POSITION
The American Heart Association urges members of the 113th Congress to support the Physical Activity Guidelines for Americans Act.

SUPPORTERS
Active Network
American College of Sports Medicine
American Council on Exercise
American Dietetic Association
American Heart Association | American Stroke Association
American Kinesiotherapy Association
Association for Applied Sport Psychology
Athletic Republic
American Medical Society for Sports Med.
Int. Health, Racquet and Sportsclub Assoc.
Medical Fitness Association
Natl. Assoc. for Sport and Physical Education
National Athletic Trainers’ Association
The National Center for Drug Free Sport
Natl. Coalition for Promoting Physical Activity
National Recreation and Park Association
National Strength and Conditioning Assoc.
National Youth Sports Safety Foundation
Outdoor Industry Association
Pop Warner Little Scholars
Shaping America's Health
Sporting Goods Manufacturers Association
Sport Information Resource Centre
U.S. Tennis Association
USA Canoe/Kayak
USA Curling
USA Diving
USA Fencing
USA Judo
USA Luge
USA Roller Sports
USA Rugby
USA Squash
USA Track & Field
Women's Sport Foundation
YMCA of USA

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WHAT THE BILL WOULD DO
The legislation would ensure that the Physical Activity Guidelines are regularly updated (just like the Dietary Guidelines) so that Americans have that latest and best information about the level of physical activity necessary for good health. The bill requires the Secretary of Health and Human Services (HHS) to:

- Update and publish Physical Activity Guidelines for Americans every ten years, based on the latest scientific evidence.
- Review best practices and continuing barriers to physical activity every five years, midway between reports.
- Recommend separate exercise guidelines for children, adults, seniors, and people with disabilities.
- Require federal agencies to promote the guidelines when carrying out related federal health programs.

WHY CONGRESS SHOULD PASS THIS LEGISLATION
This bill will address the enormous health and financial consequences of physical inactivity in the U.S. using existing budgetary resources.

- Only one in five American adults gets the recommended amount of physical activity. The United States is in the throes of an epidemic of physical inactivity.
- Globally, physical inactivity is now considered a pandemic with serious health consequences, and is the fourth leading risk factor for global mortality.
- Even an increase in moderate physical activity, such as brisk walking, is associated with a substantial reduction in chronic disease, the most common, costly, and preventable of all health problems in the U.S.
- The evolving nature of our scientific understanding of physical activity demands that these guidelines be reviewed and updated regularly and will also help preserve the United States’ global leadership on this issue.
- Up-to-date physical activity guidelines will empower healthcare providers and individuals to use and promote proven approaches to increasing physical activity and reduce the burden of chronic conditions before they develop.
- Physical activity has been shown to have a positive impact on productivity, economic development, quality of life, physical and mental well-being, military readiness and retention, and academic performance.