Activity Levels Compared to activity levels nationwide, Northwest Indiana area adults are less likely to engage in physical activity, including light/moderate physical activity, vigorous physical activity or any type of leisure-time activity.

Physical Activity & Fitness	NW IN		
% No Leisure-Time Physical Activity	31.5	26.8	
% Light/Moderate Physical Activity	13.8	18.4	30
% Vigorous Physical Activity	31.5	36.3	30
Age-Adjusted Heart Disease Deaths/100,000	257.3	240.8	213.7
% Received Advice on Exercise in Past Year	29.8	36.6	