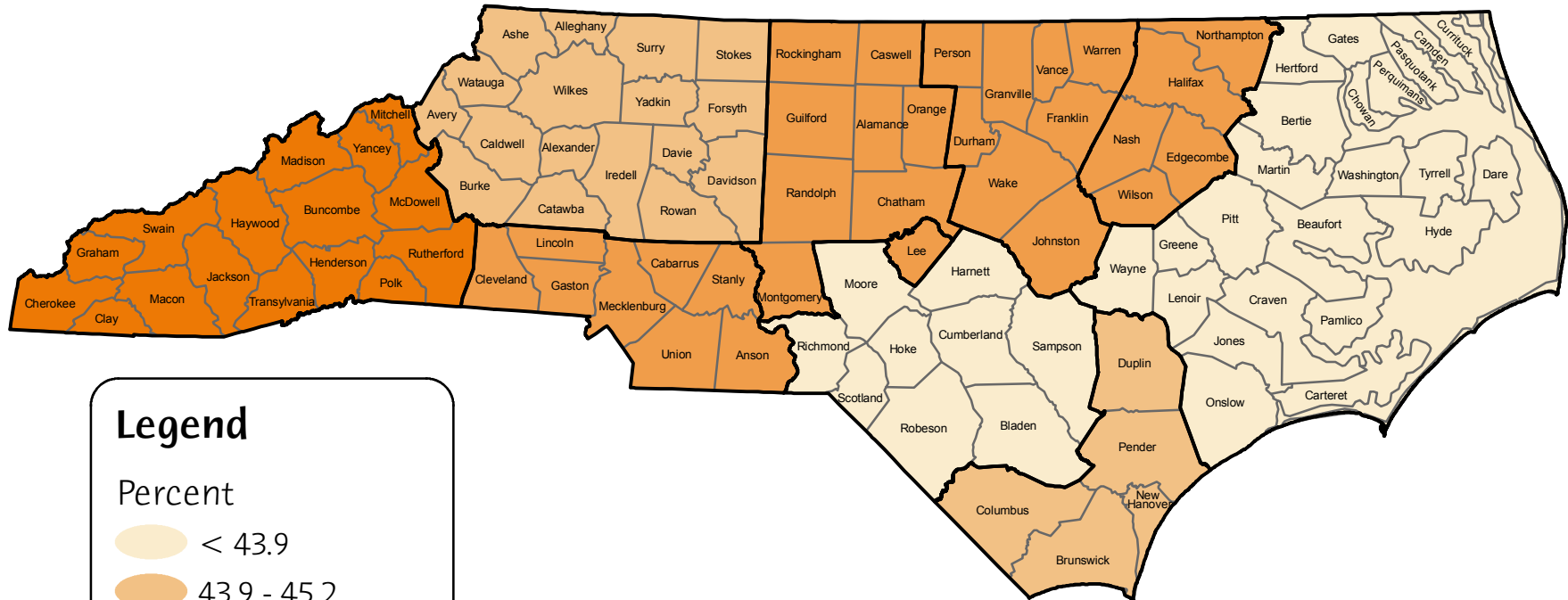




# Percentage of North Carolina Adults Who Are Meeting Daily Physical Activity Requirements\* by Area Health Education Center (AHEC) Regions



**Legend**

Percent

- < 43.9
- 43.9 - 45.2
- 45.3 - 48.4
- > 48.4
- AHEC Regions
- County Boundary

Source: 2009 Behavioral Risk Factor Surveillance System (BRFSS)

\*Moderate physical activity for 30 or more minutes per day, five or more days per week or vigorous physical activity for 20 or more minutes per day, three or more days per week.

