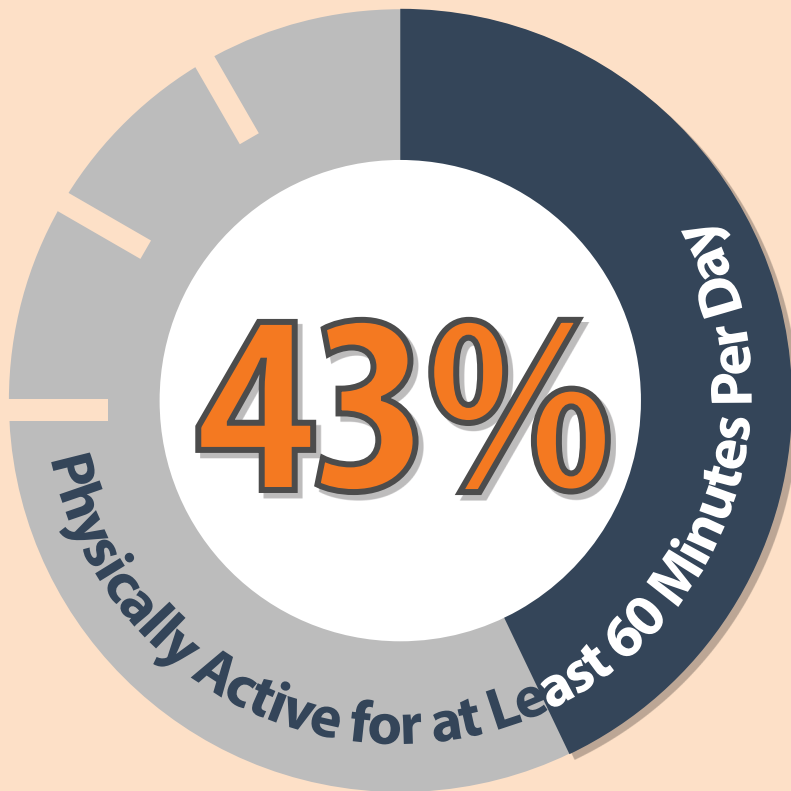


# Physical Activity Facts

2014 High School Student (Age 14-18 Years)



52%  
males



33%  
females

60%

watched TV and/or played video or computer games or used a computer for something that was not schoolwork for three or more hours per day on an average school day.



50% did exercises to strengthen or tone their muscles on three or more days during the past week:  
61% of males and 40% of females.



52% did stretching exercises on three or more days during the past week.

The Georgia YRBS monitors students' health risks and behaviors in six categories: unintentional injury and violence, tobacco use, alcohol and other drug use, dietary behavior, and physical activity. The YRBS is conducted every two years among a representative group of Georgia students in grades 9-12.

Get Informed About Student Health: [dph.georgia.gov/YRBS](http://dph.georgia.gov/YRBS)