

# Physical Activity Facts

2014 Middle School Student (Age 11-14 Years)



**56%**  
males



**42%**  
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.



52% did exercises to strengthen or tone their muscles on three or more days during the past week: 60% of males and 42% of females.



59% did stretching exercises on three or more days during the past week.

The Georgia Youth Risk Behavior Survey (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 public school students in grades 6-8.

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