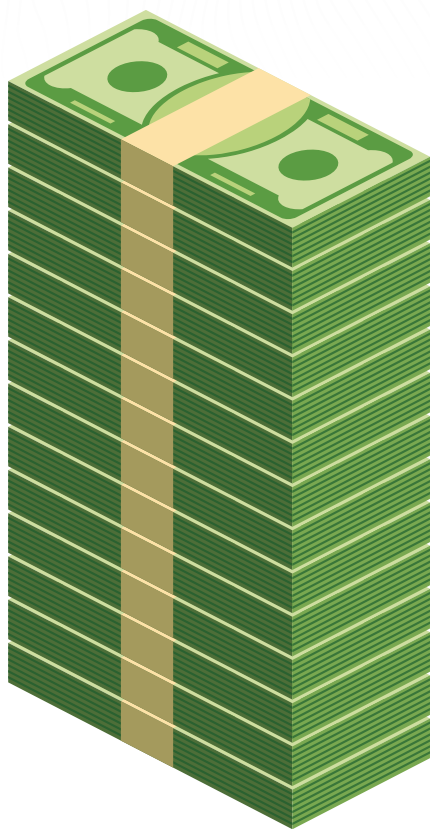


Investing in Movement: Physical Activity Drives Economic Growth

The Cost of Inactivity



\$192 billion per year in U.S. healthcare costs due to inactivity or 12.6% of total healthcare spending



Inactive adults spend **\$2,000** more per year on healthcare



Combined costs of inactivity, obesity, and overweight: **\$41 billion** per year, factoring in healthcare, workers' compensation, and lost productivity

Benefits of Physical Activity (PA)



Reduces risk for 25+ chronic conditions



Boosts workforce participation and economic output



Leads to lower disability rates

Return on Investment (ROI)



Every \$1 invested in parks = up to \$4 in economic return via tourism, property value, and reduced health costs



Pedestrian and bike friendly streets = higher business revenue and lower vacancies



Safe routes to school lead to fewer car trips, better safety, and improved academic performance

What You Can Do

- Advocate for funding for parks, trails, and active transportation systems
- Support equitable access to PA opportunities in underserved areas
- Partner with economic development groups to highlight ROI of PA-friendly design
- Use validated economic indicators to measure and communicate the impact

Learn more at <https://acsm.org/economic-benefit-physical-activity/>.

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