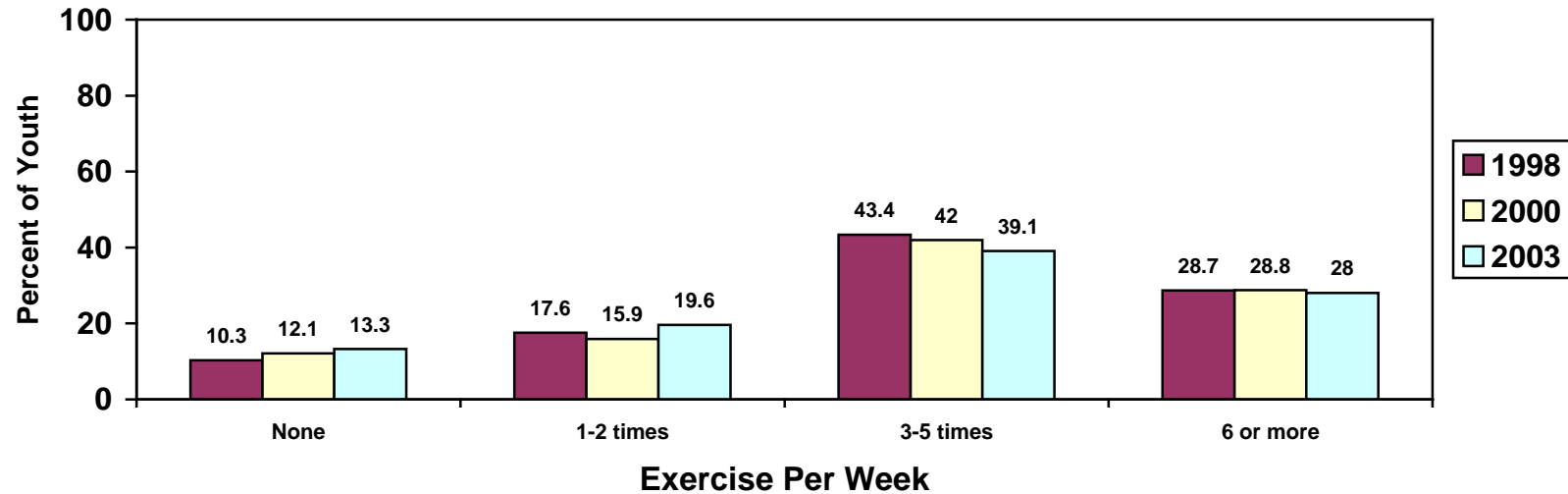


Health

Youth Who Exercise



Source: Harrisonburg/Rockingham County Youth Survey

What the numbers and other information told us:

67.1% of our youth exercise 3 or more times a week, a slight decrease from last year's, 70.8%.

86.7% of our youth exercise at least once a week.

Overall more youth are exercising, but not as often during the week as in previous years.