



## *Innovation Collaborative*

### **Physical Activity and Health**

#### **About**

The Physical Activity and Health Innovation Collaborative (PA IC) is an ad hoc activity associated with the Roundtable on Obesity Solutions at the National Academies of Sciences, Engineering, and Medicine (The National Academies). This ad hoc convening activity fosters information sharing and collaboration toward the Roundtable aims as well as progress on findings highlighted in prior National Academies reports. Any products and activities associated with this collaborative does not necessarily represent the views of any one organization, the Collaborative, the Roundtable, or the National Academies and has not been subjected to the review procedures of, nor are they a reports or products of, the National Academies.

Physical activity is central to health, and its importance clearly extends beyond its role in achieving energy balance to prevent and treat obesity and overweight. Adequate daily physical activity improves cardiovascular health, metabolic health, brain and mental health, and musculoskeletal health—benefits that recent research shows are gained across the life span. National guidelines for recommended levels of physical activity for the general health of both adults and children are for adults to engage in 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity each week, and for children, at least 60 minutes of a combination of aerobic, muscle-strengthening, and bone-strengthening physical activity per day. While physical activity promotion should be a health priority, Americans are not meeting the physical activity recommendations noted.

#### **Goals**

Because of the impacts on health and wellbeing that physical activity have throughout the lifespan, the PA IC will focus on strategies to promote active lifestyles among American children, youth, and adults.

#### **Leadership**

Russell Pate, PhD—Chair

#### **Membership**

Innovation Collaborative members are experts in physical activity, exercise and fitness, childhood obesity, and health, school, and public policy. Members come from academia, government, non-profit organizations, associations, foundations, and industry.