

Study: 6.5 percent of adults active enough at work

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(AP) -- If you think you do enough physical activity at work to keep you healthy, you're probably wrong.

Health researchers say only about 6.5 percent of U.S. adults meet [physical activity guidelines](#) while they're working. And those that do are disproportionately Hispanic men and men with less than a high school education.

The national estimate - the first of its kind - was reported Thursday in a [Centers for Disease Control and Prevention](#) publication, Morbidity and Mortality Weekly Report. It's based on a 2007 national telephone survey.

Somewhere between 45 percent and 65 percent of adults say they exercise enough outside of work to meet government recommendations for [physical activity](#), according to earlier studies.

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