

56 percent of Mexican adults don't exercise, study finds

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A new study says that more than half of Mexican adults don't get regular exercise, a worrisome figure in a country with high rates of obesity and diabetes.

The National Statistics Institute says a survey has found that only 43.6 percent of Mexicans [exercise](#) or practice sports regularly, compared to 51.4 percent in the United States and 54 percent in Canada. The main reasons given for not exercising are a lack of time and exhaustion after work.

The study made public Wednesday says almost two-thirds of the Mexicans who don't exercise are women.

Mexico is among the fattest countries in the world. Just under one-third of adults are obese, according to the U.N. Food and Agriculture Organization.

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