

Title:

Are People Really Exercising More? Or Is It All Just A Hoax?

Word Count:

524

Summary:

People are saying that they're exercising more, but the statistics for things like obesity and

Keywords:

muscle fitness, overweight and obese, mental health

Article Body:

Exercise rates among adults are going up, or at least that's what researchers are being told.

Theoretically, if more people are exercise and engage in weight training, then there should be

The first possible answer is that the people who answered the exercise question did not answer

Another possibility is that, even if exercise and muscle fitness numbers are on the increase,

The research divided their results along a variety of lines. The racial groups with the highest

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