



THE COACH APPROACH™
AN EXERCISE SUPPORT PROCESS

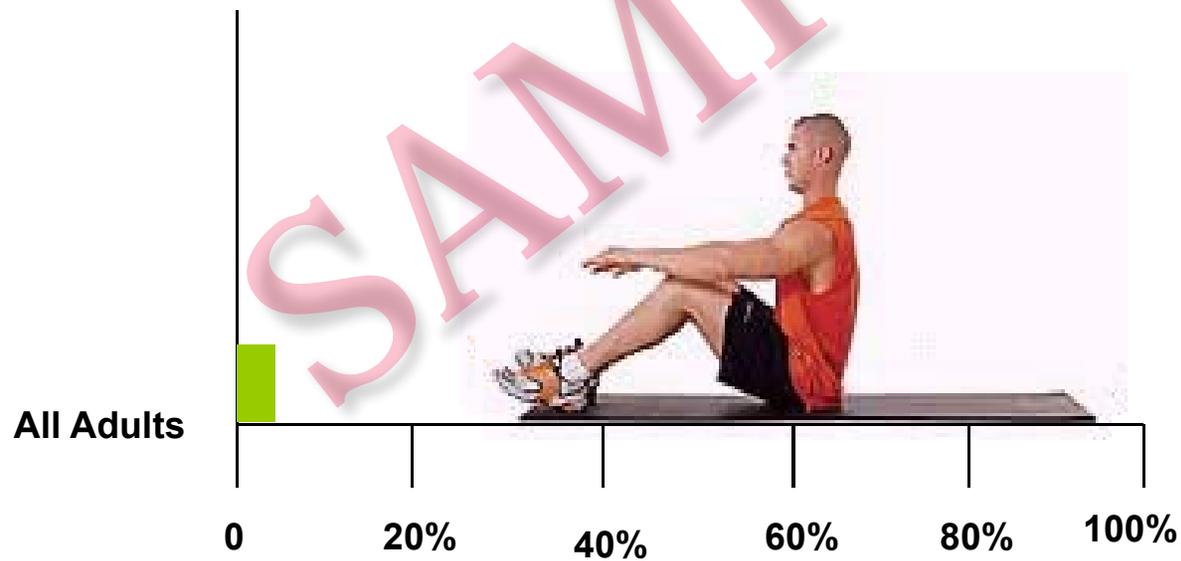
Initial Wellness Coach Training

Revised November 4, 2014

YMCA OF METRO ATLANTA
100 EDGEWOOD AVENUE NW, SUITE 1100
ATLANTA, GA 30303



Percentage of Adults Completing Government's Recommended Amount of Exercise



Prevalence* (% and SE) of the population attaining sufficient[†] physical activity to meet public health recommendations (Table 5)

Approach	Age (yr)	Males	Females	Total
Counting every minute	6-11	48.9 (2.8)	34.7 (1.2)	42.0 (1.6)
	12-15	11.9 (1.7)	3.4 (0.6)	8.0 (1.1)
	16-19	10.0 (1.6)	5.4 (1.4)	7.6 (1.2)
Counting only bouts	16-19	7.1 (1.0)	4.1 (1.0)	5.6 (0.8)
	20-59	3.8 (0.4)	3.2 (0.3)	3.5 (0.3)
	60+	2.5 (0.4)	2.3 (0.5)	2.4 (0.4)

* Prevalence estimates were based on individuals with one or more valid days of accelerometer data. Adherence definitions were based on age-specific criteria for moderate intensity for ages 6-17 yr; moderate-intensity criterion = 2020 counts per minute for ages 18 and older.

[†] Adherence: for ages 6-19 yr, 60 or more minutes of moderate- or greater-intensity activity on 5 of 7 d, accumulating every minute above criterion; for ages 16 yr and older, 30 or more minutes of moderate- or greater-intensity activity on 5 of 7 d, accumulated in modified 10-min bouts (8 of 10 min). Ages 16-19 yr were estimated with both definitions.

Source: Troiano RP, Berrigan D, Dodd KW, Masse LC, Tilert T, McDowell M. Physical activity in the United States measured by accelerometer. *Medicine & Sciences in Sports & Exercise*. 2008 Jan; 40(1):181- 8.