3. Many adolescents and adults in East and Central Harlem do not exercise regularly or eat the recommended amount of fruits and vegetables.

Weight gain occurs when more calories are consumed than are used through physical activity. Therefore, reaching a healthy weight means balancing food intake and physical activity. Eating sensible portions of nutritious foods and exercising regularly are important components of a healthy lifestyle. In East and Central Harlem, more than 1 in 3 (38%) high school students reports not exercising at least 20 minutes per day, 3 days per week, and nearly 6 in 10 (57%) watch TV at least 3 hours per day. Among adults, 1 in 4 (25%) does not engage in leisure-time exercise, and a similar proportion (27%) reports not walking or biking at least 10 blocks to get to work or school or to run errands. More than 8 in 10 (83%) adolescents and more than 9 in 10 (91%) adults report eating fewer than 5 servings of fruits and vegetables per day.