

Take the steps to physical health

5% never visit a gym

14% visit too often

19% visit but not very often

76% visit 3x a week

0 10 20 30 40 50 60 70 80

In 2020
obesity rates
increased
to a staggering 41.9%

Scientists & doctors
recommend going to the
gym at least
4-5 days/week for general fitness
5-6 days for weight loss
3-4 days for muscle
building

More than
27.3 million
people go to
the gym 100 X
a year

by Zack Pierce