Let’s be active!

“Percent of adults (18 and over) who met the Physical Activity Guidelines for both aerobic and muscle-strengthening activity: 21.7%.” (CDC, 2016)

% of Oklahoma Adults Meeting Physical Activity Recommendations*

<table>
<thead>
<tr>
<th>Age</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65 or older</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>49</td>
<td>54</td>
<td>43</td>
<td>43</td>
<td>45</td>
<td>46</td>
</tr>
</tbody>
</table>

*BRFSS, 2015

It all adds up!

Deana Hildebrand, PhD
Nutritional Sciences
Maternal & Child Nutrition, Associate Professor, Extension Specialist
301 Human Sciences
Stillwater, OK 74078
P: 405.744.6068

Provides expertise in:
- Nutrition basics for healthy pregnancy
- Nutrition basics for school-age years
- Infant nutrition and community nutrition.

Christine Walters, MS
Nutritional Sciences
Maternal & Child Nutrition, Program Assistant, Graduate Teaching Assistant
301 Human Sciences
Stillwater, OK 74078

Research interest:
- International/global nutrition, specifically maternal, infant, and child nutrition in LMIC (low and middle-income countries)

Deana Hildebrand, PhD
Christine Walters, MS