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**AMERICANS FEEL IT'S EASY TO ACCESS A SAFE PLACE TO EXERCISE,
YET EXERCISE LEVELS REMAIN LOWER THAN IN 2008**

The Gallup-Healthways Well-Being Index Reveals That June Exercise Levels are Still Lower Than in 2008; Biggest Disparities in Race and Income

NASHVILLE, TN. – July 28, 2011 – June 2011 results from the Gallup-Healthways Well-Being Index (WBI) show that more than 90 percent of Americans feel they have easy access to a safe place to exercise, but only 53.4 percent are actually exercising three or more days per week.

The 53.4 percent of Americans who reported exercising regularly in June is down from 53.7 percent in June 2010 and lower than the 54.3 percent in June 2008. Although there was a minimal decrease in June in the percentage of Americans who report having access to safe places to exercise, the number still remains high at 90.8 percent.

Some of the biggest disparities in access to a safe place to exercise and in exercise levels exist across income and race groups. The likelihood of having a safe place to exercise improves as income increases. More than nine in 10 (96.3 percent) Americans earning more than \$120k per year report having easy access to a safe place to exercise. This percentage decreases to 80.2 percent for those earning less than \$12k per year. Furthermore, the percentage of people exercising three or more days per week increases with income -- the 49 percent of those earning less than \$12k per year who report this level of physical activity steadily increases with income, rising to 57.9 for those earning more than \$120k per year.

Asians (95%) and whites (92.5%) report having easier access to a safe place to exercise than do African-Americans (87.6%) or Hispanics (86.8%). Easier access clearly has an impact on regular exercise habits as whites (53.8%) and Asians (52.6%) also have the highest frequent exercise rates, followed by Hispanics (51.6%) and African-Americans (51.3%).

“In light of increasing obesity and other chronic illnesses threatening our nation’s well-being, it is clear from this data that we are not getting across the message that exercise is a critical component to an individual’s overall well-being,” said Ben Leedle, Jr., Healthways President and CEO. “Business and community leaders must encourage behavior change by pushing personal responsibility so we can reduce healthcare costs across the board.”

Exercise levels over the past three years have hovered consistently around 50 percent for American adults; however, exercise has a substantial impact on overall well-being and in the prevention of chronic disease. Those who exercise are also more likely to be in the “thriving” category of Life Evaluation. Additionally, it is well documented that regular physical activity reduces and prevents the risk of many chronic conditions, including heart disease, stroke, diabetes and high blood pressure, which in turn, significantly reduce healthcare costs for businesses and Americans.

To download the June report, please click [here](#). For more on the science and methodology behind the WBI, please visit www.well-beingindex.com.

About the Gallup-Healthways Well-Being Index®

The Gallup-Healthways Well-Being Index is the first and largest survey of its kind, with 1,000 calls a day, seven days a week. It is the official statistic for Well-Being in America, giving a daily measure of people's well-being at the close of every day based on the World Health Organization (WHO) definition of health as not only the absence of infirmity and disease but also a state of physical, mental and social well-being. The Well-Being Index describes the correlation between the places where people work and the communities in which they live, and how that and other factors impact their well-being. Additionally, the enterprise version of the Well-Being Index may be administered in workplaces throughout the U.S. to determine the Well-Being score of a specific employer population and how it compares to the employer's state and nation. With such data, employers can uncover and address key factors that impact the productivity and financial health of the organization. For additional information, go to www.well-beingindex.com.

About Healthways

Healthways (HWAY) is the leading provider of specialized, comprehensive solutions to help millions of people maintain or improve their health and well-being and, as a result, reduce overall costs. Healthways' solutions are designed to keep healthy people healthy, reduce health-related risks and optimize care for those with chronic illness. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network and a national Fitness Center Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit www.healthways.com. For more information about the Gallup-Healthways Well-Being Index, please visit www.well-beingindex.com.

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