

# Climate Conditions and Physical Activity in the United States

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**Objective:** To identify the influence season and climate have on physical activity among US adults. **Methods:** Seven weather classifications from 255 weather stations were linked with 355 counties covered by the 2003 BRFSS. **Results:** The percentage meeting the recommendations for physical activity ranged from 30.9% in Puerto Rico to 60.9% in Montana and significantly varied across seasons: 44.6% in winter, 46.2% in spring, 48.4% in summer, and 45.8% in

fall. Counties in the top 25% meeting the recommendations for physical activity had the highest percentage of days with dry moderate conditions. Counties in the bottom 25% had the highest percentage of days with moist tropical conditions. **Conclusion:** Season and climate significantly influence physical activity in the United States.

**Key words:** environmental factors, exercise, health promotion, season, weather

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