Nationwide in 2007, 34.7% of high school students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on 5 or more days during the 7 days before the survey (i.e., met recommended levels of physical activity). Overall, the prevalence of having met recommended levels of physical activity was higher among male than female students and higher among white than black and Hispanic students.