As regarding to the correlation between physical activities and depression and anxiety, we consider three variables as follow.

* \_pacat1: Physical Activity Categories
* qlmentl2: How Many Days Depressed In Past 30 Days
* qlstres2: How Many Days Felt Anxious In Past 30 Days

To analyze the relationship between physical activities and depression and anxiety, we plot the three variables into the two bar charts as below. As shown in the charts, the number of depressed or anxious days in inactive category is significantly higher than in the active category. In addition, the number of depressed or anxious days in highly active and insufficiently active are also slightly higher than in the active category. In other words, people spending small, inadequate or large amount of time in physical activitives are more likely involed with depression and anxiety than people having right amount of time for physical activities.

 