Americans have become less physically active overall between 1955 and 2005 [REF]. While the rate of leisure-time physical activity has not changed significantly there has been a decrease in work-related activity, human powered transportation, activity in the home, and increasing sedentary activity [REF]. During 2000 and 2005 the number of adults who were never physically active increased from 9.4% to 10.3% while the number who were engaged in the highest level of physical activity decreased from 18.7% to 16.7%. Pertaining to leisure-time physical activity, people involved in no activity increased from 38.5% to 40.0% while those who spent most of their day sitting increased from 36.8% to 39.9% [REF