

Health and Wellness: Pick Six

Odds of winning the lottery 1 in 135,145,920 (multi-state, mega-millions jackpot)

Odds of dying from obesity (being at least 30 pounds overweight) because of a sedentary lifestyle:

1 in 10,767 (American Council on Science and Health)

2: Obese workers file twice the number of workers' compensation claims as non-obese workers, according to a Duke University Medical Center study.

4. Obese men between the ages of 18 and 34 are four times more likely to miss work than their co-workers who are not overweight.

9: Only nine percent of Canadians ages five through 19 meet recommended physical activity guidelines.

20: One in five Americans (20 percent of the population) is considered obese.

30: For optimal health, people are encouraged to engage in at least 30 minutes of moderately intense physical activity on at least five days of each week.

50: More than half of all Canadians are considered inactive.