



## DEPARTMENT OF HEALTH AND HUMAN SERVICES

### **Announcing Solicitation of Written Comments to inform the *Physical Activity Guidelines for Americans, 2nd edition Supplement: 2027 Steps and Muscle-Strengthening Guidance***

**AGENCY:** Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, Department of Health and Human Services.

**ACTION:** Notice.

**SUMMARY:** The Department of Health and Human Services (HHS) announces the solicitation of public comments to inform the development of the *Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition Supplement: 2027 Steps and Muscle-Strengthening Guidance* (2027 Steps and Muscle-Strengthening Guidance).

**DATES:** Written comments will be accepted through 11:59 p.m. E.T. on November 12, 2026.

**ADDRESSES:** Written comments will be accepted via [regulations.gov](https://www.regulations.gov) on docket HHS-OASH-2026-0463.

**FOR FURTHER INFORMATION CONTACT:** Alison Vaux-Bjerke, Office of Disease Prevention and Health Promotion (ODPHP), Office of the Assistant Secretary for

Health (OASH), U.S. Department of Health and Human Services (HHS); 1101 Wootton Parkway, Suite 420; Rockville, MD 20852; Email: [PhysicalActivityGuidelines@hhs.gov](mailto:PhysicalActivityGuidelines@hhs.gov).

## **SUPPLEMENTARY INFORMATION:**

The *Physical Activity Guidelines for Americans* (Guidelines) provides science-based recommendations on how physical activity can help promote health and reduce the risk of chronic disease. The Guidelines serves as the benchmark and primary, authoritative voice of the federal government for providing science-based guidance on physical activity, fitness, and health in the United States. The U.S. Department of Health and Human Services (HHS) released the first edition in 2008 and the second edition in 2018. The Guidelines and related reports are available at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>. HHS is conducting this request for public comments under §§ 1703-1704 of the PHS Act.

HHS is working on supplementing the *Physical Activity Guidelines for Americans*, 2nd edition by adding new, science-based step count and muscle-strengthening activity guidance. Written comments from the public are invited that highlight existing high-quality, evidence-based reports, programs, or campaigns related to steps and/or muscle-strengthening physical activity and related positive health outcomes that can inform development of the 2027 Steps and Muscle-Strengthening Guidance.

*Written Public Comments:* Written comments on these two topics are encouraged from the public and will be accepted through 11:59 p.m. E.T. on November 12, 2026. Written public comments can be submitted via [regulations.gov](https://www.regulations.gov) on docket number HHS-OASH-2026-0463. The Department does not make decisions on specific policy

recommendations based on the number of comments for or against a topic, but on the scientific justification for the recommendation.

Individuals and organizations may submit more than one comment. Each comment should include the appropriate supporting documentation for scientific justification (e.g., verifiable data sets, links to case studies, published research papers). If providing literature or other resources, HHS suggests including complete citations or abstracts and electronic links to full articles or reports, rather than attachments.

All comments must be received by 11:59 p.m. E.T. on November 12, 2026. Comments will be reviewed by the team of federal experts supporting the Physical Activity Guidelines work.

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