

# PHYSICAL ACTIVITY AND EXERCISE

## AMERICAN COLLEGE OF SPORTS MEDICINE RECOMMENDATIONS

Jan. 31, 2017 – Patrick Healey, N.D.

### **Cardiorespiratory Exercise**

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- Gradually increase time, frequency and intensity of exercise to increase compliance and avoid injury.
- If you are unable to meet these minimums, you can still benefit from some activity.
- Pedometers, step-counting devices used to measure physical activity, are not an accurate measure of exercise quality and should not be used as the sole measure of physical activity.
- Sedentary behavior – sitting for long periods of time – is distinct from physical activity and has been shown to be a health risk in itself. Meeting the guidelines for physical activity does not make up for a sedentary lifestyle.

### **Resistance Exercise**

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for elderly persons or previously sedentary adults starting exercise.
- For each exercise, complete 8-12 repetitions to improve strength and power.
- Complete 10-15 repetitions improve strength.
- Complete 15-20 repetitions to improve muscular endurance.
- Two to four sets of each exercise will help adults improve strength and power.
- Adults should wait at least 48 hours between resistance training sessions.

### **Flexibility Exercise**

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.

- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

### **Neuromotor Exercise**

- Neuromotor exercise (sometimes called “functional fitness training”) is recommended for two or three days per week.
- Exercises that improve balance, agility, coordination and gait as well as Tai Chi and yoga improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.

Adapted and modified from: <http://www.acsm.org/about-acsm/media-room/news-releases/2011/08/01/acsm-issues-new-recommendations-on-quantity-and-quality-of-exercise> Accessed Jan. 31, 2017 at 2:30pm