

## **Updated Physical Activity Recommendations**

**The American College of Sports Medicine (ACSM) and American Heart Association (AHA) have released updated physical activity recommendations for adults and older adults. The recommendations are an update and clarification of the 1995 recommendation on the types and amounts of physical activity needed by healthy adults and older adults to improve and maintain health. The intent is to provide a more comprehensive and explicit public health recommendation for both populations based upon available evidence of the health benefits of physical activity.**

**Specifically, the guidelines recommend all healthy adults aged 18 to 65 years need moderate-intensity aerobic physical activity for a minimum of 30 minutes on five days each week or vigorous-intensity aerobic physical activity for a minimum of 20 minutes on three days each week. A separate companion paper is published for the older adult audience.**

**While the core recommendation remains fundamentally unchanged, more than 10 years have passed since it was issued. New science has been evaluated to understand the biological mechanisms by which physical activity provides health benefits and the physical activity profile (type, intensity, amount) that is associated with enhanced health and quality of life. This publication reflects a review of that evidence, and considers key issues not fully clarified in the original recommendation.**

**This set of recommendations serves us all well, by providing new information for public and healthcare professionals, and an early look at science that will support 2008 U.S. government recommendations.**

ACSM and AHA have jointly published the papers in *Medicine & Science in Sports & Exercise* and *Circulation*. You can read the manuscripts online and view related information about the guidelines here

<http://www.informz.net/z/cjUucD9taT00NzM2MTkmcD0xJnU9NzM3ODU0MzYmbGk9MTY4NTE3OQ/index.html>

You can also read the news release

<http://www.informz.net/z/cjUucD9taT00NzM2MTkmcD0xJnU9NzM3ODU0MzYmbGk9MTY4NTE4MA/index.html>