

The Recommendations

Cardiorespiratory Fitness:

- 30 minutes of moderate exercise (5 days per week) *OR* 20 minutes of vigorous exercise (3 days per week).
 - Moderate intensity is around 70% of HRMax.
 - Vigorous intensity is around 90% of HRMax.
 - Utilizing a combination of the two is preferable.
 - 150 minutes of moderate activity per week *OR* 75 minutes of vigorous activity per week. Double these numbers for weight management.
- Substantial *health benefits* occur at a physical activity volume of 500 to 1,000 METs minutes per week.
 - One minute of vigorous-intensity is equal to 2 minutes of moderate-intensity activity.
 - Wait, what's a MET and why is it important? A way to quantify exercise. Here are some real life examples: 3 mph at 0% is equal to 3.3 MET, 3.7 mph at 5% is equal to 6.4 MET, 5 mph at 0% is equal to 8.7 MET, and 5 mph at 5% is equal to 11.4 MET.

Strength Training:

- 8-10 exercises for the major muscle groups.
- Repetitions of 8-12 to maximize strength development.
- One set is sufficient but 2-3 is better with training on 2 or more nonconsecutive days.

Practical Applications

Paradigm shift:

- The focus of physical activity shifted away from higher intensity (fitness) to:
 - Health outcomes rather than CRF after an examination of leisure-time physical activity.
- Volume of activity (frequency, intensity, duration) → The FITT principle.
- Not a lot of emphasis on strength training.

BUT...

- More is generally better (within reason) and do higher intensity exercise (but not all the time).
 - There are risk to benefit considerations (e.g., increased risk of injury).
 - Higher intensity exercise should not be done unless you have some level of fitness, little to no risk factors, and should not be done daily.
- Vigorous exercise intensity (i.e., high intensity) is the traditional recommendation for exercise prescription for enhance fitness. Higher levels of fitness are related to lower levels of death. Focus on fitness and not just health outcomes!
- The more we learn about the impact of resistance training, the more we learn how good it is for you, particularly as you age!