

The American College of Sports Medicine provides scientific evidence on physical activity and includes recommendations on aerobic exercise, strength training, and flexibility.

Fitness IQ Areas of Focus

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.
- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.
- People unable to meet these minimums can still benefit from some activity.

Examples

- Jogging
- Cycling
- Swimming
- Bootcamp
- Boxing Class
- HIIT



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 older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

Examples

- Strength Training
- KettleBells
- Body Weight
- Resistance Bands
- Body Sculpt

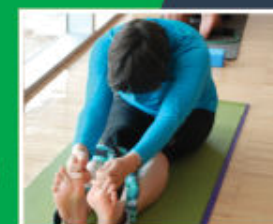


Flexibility Exercise

- 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.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

Examples

- Yoga
- Dynamic Stretching
- Foam Rolling
- Static Stretching



Neuromotor Exercise

- Neuromotor exercise (sometimes called "functional fitness training") is recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai ji and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.

Examples

- Agility
- Balance
- Coordination
- Functional Training

