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Physical Activity and Public Health Adults: Recommendation From the College of Sports Medicine and the Heart Association

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Article

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Abstract

Objective - To issue a recommendation on the types and amount of physical activity needed to improve and maintain health in older adults.

Participants - A panel of scientists with expertise in public health, epidemiology, exercise science, medicine, and gerontology.

Evidence - The expert panel reviewed existing consensus statements and evidence from primary research articles and reviews of the literature to draft a recommendation for the older adult population and an Updated Recommendation from the American College of Sports Medicine and the American Heart Association (AHA) for Adults, the panel issued the following recommendation on physical activity for older adults.

Summary - The recommendation for older adults is similar to the recommendation for adults, but has several differences including that intensity of aerobic activity takes into account the older adult's functional capacity; that maintain or increase flexibility are recommended; and balance exercises are recommended for older adults at risk of falls. In addition, older adults are encouraged to develop an activity plan for achieving recommended physical activity that incorporates both aerobic and strength training. The promotion of physical activity should emphasize moderate-intensity aerobic activity, muscle-strengthening activities, and reduction of sedentary behavior, and risk management.

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