

Physical activity and public health: a recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine.

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Physical Activity and Public Health A Recommendation From the Centers for Disease Control and Prevention and the American College of Sports Medicine

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JAMA. 1995;273(5):402-407. doi:10.1001/jama.1995.03520290054029

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Abstract

Objective. —To encourage increased participation in physical activity among Americans of all ages by issuing a public health recommendation on the types and amounts of physical activity needed for health promotion and disease prevention.

Participants. —A planning committee of five scientists was established by the

Centers for Disease Control and Prevention and the American College of Sports Medicine to organize a workshop. This committee selected 15 other workshop discussants on the basis of their research expertise in issues related to the health implications of physical activity. Several relevant professional or scientific organizations and federal agencies also were represented.

Evidence. –The panel of experts reviewed the pertinent physiological, epidemiologic, and clinical evidence, including primary research articles and recent review articles.

Consensus Process. –Major issues related to physical activity and health were outlined, and selected members of the expert panel drafted sections of the paper from this outline. A draft manuscript was prepared by the planning committee and circulated to the full panel in advance of the 2-day workshop. During the workshop, each section of the manuscript was reviewed by the expert panel. Primary attention was given to achieving group consensus concerning the recommended types and amounts of physical activity. A concise "public health message" was developed to express the recommendations of the panel. During the ensuing months, the consensus statement was further reviewed and revised and was formally endorsed by both the Centers for Disease Control and Prevention and the American College of Sports Medicine.

Conclusion. –Every US adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.(*JAMA*. 1995;273:402-407)

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