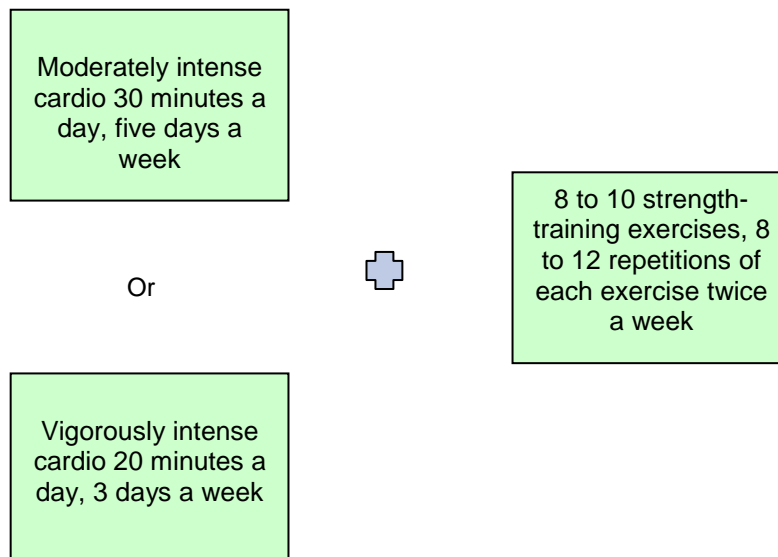


# Physical activity guidelines

## Guidelines for healthy adults under age 65

Exercise is Medicine<sup>®</sup> Australia support the utilisation of the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) physical activity guidelines (2007).

### Basic recommendations for physical activity:



**Moderate-intensity physical activity** means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. Examples of moderate-intensity physical activity include walking, gentle swimming or cycling at a regular pace.

**Vigorous-intensity physical activity** generally means that a conversation cannot be maintained uninterrupted. Examples of vigorous-intensity physical activity include jogging, aerobics and cycling.

It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of moderate physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

If you are at risk of developing, or are currently experiencing a chronic disease, an Accredited Exercise Physiologist can assist in establishing an exercise program. To find an Accredited Exercise Physiologist, visit [www.essa.org.au](http://www.essa.org.au)