

# Are you getting enough exercise?

The common question people ask is “how much exercise is enough?” The American College of Sports Medicine provides recommendations for the quantity and quality of exercise for adults. The recommendations are broken down into four categories of exercise: cardiorespiratory, resistance, flexibility, and neuromotor. Listed below are the recommendations for the different categories.

## Cardiorespiratory Exercise

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met in two ways:
  - 30-60 minutes of moderate-intensity exercise five days a week
  - 20-60 minutes of vigorous-intensity exercise three days a week
- You can do one continuous session or multiple shorter sessions (at least 10 minutes at a time) to accumulate the desired amount of daily exercise.
- Gradual progression of time, frequency and intensity is recommended. This lessens the chance of injury.
- People unable to meet these minimum requirements can still benefit from some activity.

## Resistance Exercise

- Adults should train each major muscle group 2 to 3 times each week using a variety of exercises and equipment.
- Very light or light intensity is best for the older population or previously sedentary adults starting exercise.
- 2 to 4 sets of each exercise will help adults improve strength and power.
- For each exercise, 8 to 12 repetitions improve strength and power, 10 to 15 repetitions improve strength in middle age and older people starting exercise and 15 to 20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

## Flexibility Exercise

- Adults should do flexibility exercises at least 2 to 3 days each week to improve range of motion.
- Each stretch should be held for 10 to 30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch 2 to 4 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.

## Neuromotor Exercise

- Neuromotor exercise (sometimes called functional fitness training) is recommended for 2 or 3 days a 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 to 30 minutes per day is appropriate for neuromotor exercise.

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