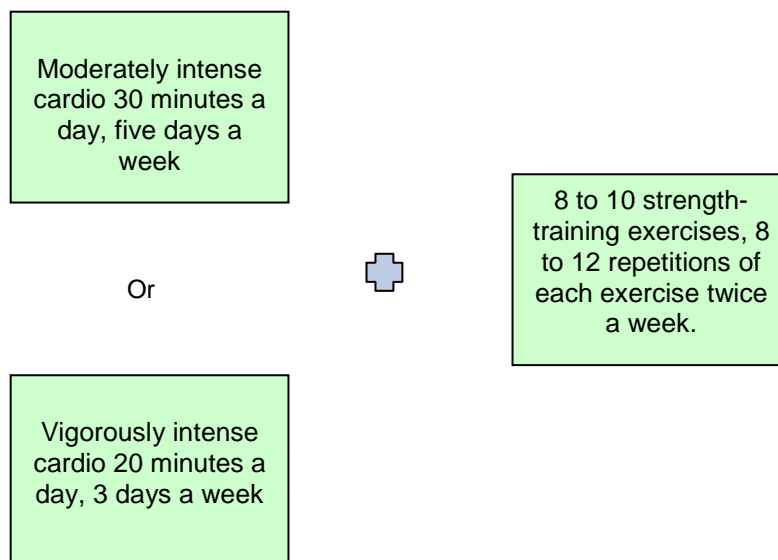


# ACSM/AHA physical activity guidelines

## Guidelines for health adults under age 65

Exercise is Medicine Australia support the utilisation of the American College for Sports Medicine (ACSM) and the American Heart Association (AHA) physical activity guidelines (2007).

### Basic recommendations from ACSM and AHA:



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. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of 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.

To find an accredited exercise physiologist, visit [www.essa.org.au](http://www.essa.org.au)