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What are you trying to do for fitness?

Are You in the Know: Exercise Guidelines

How much exercise does the average adult need to stay healthy? – This same question that was asked of 2,300 participants in a recent study released in *Medicine & Science in Sports & Exercise*. Only 33% of respondents were able to fully answer the duration and frequency of how much exercise is recommended, although 57% identified the frequency suggested and 86% identified the duration suggested.

The current guidelines from the American Heart Association and American College of Sports Medicine to promote and maintain health recommend **all healthy adults aged 18 to 65 years engage in 30 minutes of moderate-intensity activity on five days or more each week or 20-25 minutes of vigorous-intensity activity on three days of more each week.**

Since 1995, a multitude of organizations and even the US Government have worked with a plethora of technology outlets to make Americans aware they should be doing at least 30 minutes of activity each day. But just by knowing the recommendations to promote and maintain health does not mean individuals will do them, or on the other avenue, just because individuals can't recite the recommendations doesn't mean they aren't doing them. Unfortunately, of those 2,300 individuals in the study, only 36% met the above mentioned guidelines,

Physical activity is an important factor in preventing many diseases and early deaths and is supported by research by The Cooper Center Longitudinal Study which indicates fitness level to be an important factor on all-cause mortality. In the study that was released in the *Journal of the American Medical Association*, low fit men were 70% more likely to die from cardiovascular disease than similar but moderately/highly fit men. Low fit women were 142% more likely to die from cardiovascular disease than similar but moderately/highly fit women. But the good news is that fitness levels can change and research shows that improved fitness levels can reduce risk of death significantly.

While knowledge is power in many situations, in this one doing is even more powerful!

References

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