



AEROBIC ACTIVITY

RECOMMENDATION	FREQUENCY	INTENSITY	DURATION
Older Adults	A minimum of 5 days a week for moderate intensity or a minimum of 3 days a week with vigorous activity.	Moderate intensity at 5-6 on a 10 point scale; vigorous intensity is 7-8 on a 10 point scale.	30 minutes a day of moderate intensity activity in bouts of at least 10 minutes each; continuous vigorous activity for at least 20 minutes a day.
Coronary Artery Disease	At least 3 days a week.	Moderate intensity at 40-60% of heart rate reserve; vigorous intensity as tolerated at 60-85% of heart rate reserve.	At least 30 minutes a day.
Bone Health Osteoporosis	At least 3 days a week.	Begin slowly and work up to 60-85% of maximum heart rate.	Accumulate at least 30 minutes a day of moderate intensity physical activity on as many days of the week as possible; those who have been inactive should start at 5-10 minutes of activity per day.
Hypertension	All days of the week.	Moderate intensity 40-<60% of VO2max reserve.	Accumulate 30-60 minutes a day moderate-intensity activity in bouts of 10 minutes each.
Type 2 Diabetes	At least 3 days a week with no more than 2 consecutive days without activity.	Moderate intensity at 50-70% of maximum heart rate; vigorous intensity at >70% of maximum heart rate.	At least 30 minutes a day.
Stroke	3-7 days a week.	50-80% of maximum heart rate.	20-60 minutes or multiple 10 minute sessions.
Osteoarthritis	3-5 days a week.	50-60% of maximum heart rate.	Begin with 20-30 minutes a day and progress as appropriate.

Flexibility: at least 2 days a week for at least 10 minutes each day.

*Per ACJM/AHA Guidelines.