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ACSM and CDC recommendations state that: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity

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aerobic activity for a minimum of 20 min on three days per week.

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applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

ACSM | The American College of Sports Medicine

The American College of Cardiology/American Heart Association Task Force on Practice Guidelines was formed to make recommendations regarding the appropriate use of testing in the diagnosis and treatment of patients with known or suspected cardiovascular disease. Exercise testing is widely available and

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ACSM's Guidelines for Exercise Testing and Prescription, 6th Edition . Author: ACSM,

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