



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



AMERICAN COLLEGE OF SPORTS MEDICINE'S EXERCISE



GEHA



CARDIORESPIRATORY EXERCISE:

Adults should get at least 150 minutes of moderate-intensity exercise per week. There are two options.

- 30 to 60 minutes of moderate-intensity exercise five days a week,
- or 20 to 60 minutes of vigorous-intensity exercise three days each week.



RESISTANCE EXERCISE:

Adults should train each major muscle group a minimum of two days each week using a variety of exercises and equipment.

- Very light or light-intensity exercise is best for older persons or previously sedentary adults starting out.
- Two to four sets of eight to 12 repetitions of each exercise helps improve strength and power.



FLEXIBILITY EXERCISE:

Adults should do flexibility exercises at least two or three 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 two to four times, accumulating 60 seconds per stretch.



NEUROMOTOR EXERCISE:

(sometimes called functional fitness training) is recommended two or three days each week.

- Exercises should involve motor skills (balance, agility and coordination) to improve physical function and prevent falls in older adults.
- Examples include doing tai chi or yoga for 20 to 30 minutes each day.

Source: *The Physical Activity Guidelines for Americans, 2nd edition, published by the U.S. Department of Health and Human Services*