

# ACSM:Exercise Guidelines<sup>15,16</sup>

ACSM Guidelines (2010) and ACS (2012) for the Cancer Survivor

## **Avoid Inactivity**

**Aerobic Exercise:** 150 minutes/week of moderate-intensity aerobic activity (30min 5 d/wk) OR- 75 minutes per week of vigorous intensity- More for additional health benefits

**Resistance Exercise:** 2x per week, Exercise and Sport Science Australia (ESSA) recommends 6-10 exercises, 1-4 sets per muscle group (6-12 RM)- Focus on Major mm groups

# Acsm Exercise Guidelines For Weight Loss

**PT Brinkman**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

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