

# EXERCISE PRESCRIPTION (AEROBIC)



## General Recommendations from: American College of Sports Medicine

*As a minimum it is advised that you meet one of these  
aerobic recommendations per week  
If you have any medical conditions, consult a doctor before  
any type of vigorous exercise  
If you experience any unusual symptoms when exercising,  
stop, and see your doctor*

### Aerobic exercise (Total)

**Type:** Choose activities involving large muscle groups (e.g.,  
walking, running, cycling, swimming)

**Intensity:** Moderate to vigorous intensity, based on  
individual fitness level

**Frequency:** 3-5 days per week for moderate-intensity  
exercise or 3 days per week for vigorous-intensity exercise

**Duration:** 150-300 minutes of moderate-intensity exercise  
per week or 75-150 minutes of vigorous-intensity exercise  
per week

**Progression:** Gradually increase intensity, duration, and  
frequency over time

### Aerobic Exercise (moderate)

**Intensity:** Intensity: Moderate  
intensity (e.g., brisk walking that  
causes a mild sweat)

**Frequency:** 5 days per week

**Duration:** 30 minutes per session

**Mode:** Walking or cycling

**Warm-up:** 5-10 minutes of light  
aerobic activity

**Cool-down:** 5-10 minutes of  
stretching

### Aerobic Exercise (vigorous)

**Intensity:** Vigorous effort that  
significantly raises heart rate and  
causes noticeable sweating

**Frequency:** 3-4 days per week

**Duration:** 20-30 minutes per  
session

**Mode:** Running, cycling, or other  
high-intensity activities

**Warm-up:** 5-10 minutes of light  
aerobic activity

**Cool-down:** 5-10 minutes of  
stretching