

THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS: RATIONALE FOR REGULAR REVIEW AND UPDATES

In a landmark achievement, the United States Department of Health and Human Services published the first ever Physical Activity Guidelines for Americans in 2008. This science-based guidance helps guide Americans aged 6 and older in efforts to improve and maintain their health and avoid disease through appropriate and regular physical activity and serves as the foundation for federal, state, and local physical activity policy. The Guidelines also help physicians provide advice to their patients and help people learn the health benefits of physical activity, the amount of exercise to do each day to improve or maintain health and how to be physically active, while reducing the risks of injury. Unlike the Dietary Guidelines for Americans that are evaluated every five years for an update, Physical Activity Guidelines have no such mandate from Congress.

Since the U.S. population is becoming more sedentary, diabetes rates are continuing to climb, and obesity remains an epidemic, it is more important than ever that we continue to actively promote regular

- x Physical Activity Guidelines for Young Children (Ages 2-5)^{20,21,22}
- x Measuring Physical Activity Levels in the Population/Effective Surveillance²³
- x Differences in Exercise Response Between Men and Women^{24,25}
- x Genetic Influence on Exercise Response²⁶

References:

1

American Journal of Lifestyle Medicine

2

Future Cardiol.

3

J Appl Physiol

4

JAMA

5

Am J Cardiol

6

Diabetes Care

7

Physiol Genomics

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¹⁵ Hankinson AL, Daviglus ML, B