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

In a landmark achievement, the United Statepartment of Health and Human Services published the first ever Physical Activity uidelines for Americans in 2008. This science-based guidance helps guide Americans aged 6 and older in efforts to improve and maintaine health and avoid disease through appropriate and regularly sical activity and serves as the foundation for federal, state, and local physical activity policy. The Guidelines also help physicians provide advice to the atients and help people learn the health benefits of physical activithe 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 arry Guidelines for Americans that are evaluated every five years for an update, Rhesical Activity Guidelines have no such mandate from Congress.

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

- Physical Activity Guidelines for Young Children (Ages 2²/₂5)^{1,22}
- Measuring Physical Activity Levels ithe Population/Effective Surveillance
- ^x Differences in Exercise Resonse Between Men and Women²⁵
- x Genetic Influence on Exercise Resporise

References:

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