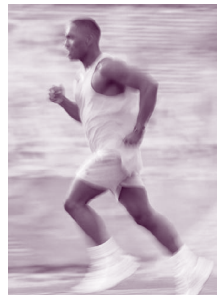


ACSM GUIDELINES

for healthy aerobic activity ...

- Exercise 3 to 5 days each week
- Warm up for 5 to 10 minutes before aerobic activity
- Maintain your exercise intensity for 30 to 45 minutes
- Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes

If weight loss is major goal, participate in your aerobic activity at least 30 minutes for five days each week.



... www.acsm.org

