



Exercise

The American College of Sports Medicine and the American Heart Association recommend getting at least 150 minutes per week of moderate-intensity aerobic activity, 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Incorporating strength training activities (such as resistance or weights) at least two days per week is also recommended for optimal health and well-being. Evidence from large-scale, populationbased studies through the American College of Sports Medicine supports that regular physical activity can decrease the risk of obesity and depression and can increase cognitive function.