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

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

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

- ^x Physical Activity Guidelines for Young Children (Ages $2^{2}5^{21,22}$
- * Measuring Physical Activity Levels ithe Population/Effective Surveillance
- ^x Differences in Exercise Reconse Between Men and Women²⁴
- ^x Genetic Influence on Exercise Response

References:

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