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(Imad Hussain, MD)

April 29, 2020 ACSM's

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recommendations state
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aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

Physical Activity
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Count how many times you feel a pulse in a specific time period.

Let's use 15 seconds for this. Start with the first pulse you feel at 0, or if there is lag, start with 1 second. Determine the heart rate by multiplying the number you got by the right number to get to 60 seconds.

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be distinguished from
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Less serious
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to make
recommendations
regarding the
appropriate use of
testing in the diagnosis
and treatment of patients
with known or
suspected
cardiovascular disease.
Exercise testing is
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relatively low in cost.

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