

# ACSM: Exercise Guidelines<sup>15,16</sup>

ACSM Guidelines (2010) and ACS (2012) for the Cancer Survivor

## Avoid Inactivity

**Aerobic Exercise:** 150 minutes/week of moderate-intensity aerobic activity (30 min 5 d/wk) OR- 75 minutes per week of vigorous intensity- More for additional health benefits

**Resistance Exercise:** 2x per week, Exercise and Sport Science Australia (ESSA) recommends 6-10 exercises, 1-4 sets per muscle group (6-12 RM)- Focus on Major mm groups

# Acsm Exercise Guidelines

**American College of Sports Medicine**



## **Acsm Exercise Guidelines:**

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