

## Promote Physical Activities for Older Adults Guidelines 2015

Clinical recommendation	Evidence rating
To promote and maintain health, older adults should participate in moderate-intensity aerobic activity for at least 30 minutes on five days of the week, or vigorous-intensity aerobic activity for at least 20 minutes on three days of the week.	A
Moderate- and vigorous-intensity activity can be combined to meet the minimum recommendation for aerobic activity.	B
To promote and maintain health and physical independence, older adults should perform muscle-strengthening activities on at least two days of the week.	B
Participation in more than the minimum recommended amount of aerobic and muscle-strengthening activities leads to additional health benefits and higher levels of fitness.	A
To reduce the risk of falls and related injuries, community-dwelling older adults with substantial risk of falling should perform exercises that maintain or improve balance.	A
To maintain the flexibility necessary for regular physical activity and daily life, older adults should perform activities that maintain or increase flexibility for at least 10 minutes on at least two days of the week.	B
Older adults should have a plan for obtaining sufficient physical activity that addresses each recommended type of activity.	C

*Note: The recommendations are based on American College of Sports Medicine/American Heart Association guidelines.*

*A = consistent, good-quality patient-oriented evidence; B = inconsistent or limited-quality patient-oriented evidence; C = consensus, disease-oriented evidence, usual practice, expert opinion, or case series. For information about the SORT evidence rating system, go to <http://www.aafp.org/afpsort.xml>.*