

Fitness Recommendations from ACSM

Population	Cardiorespiratory Training	Resistance Training	Flexibility
healthy adults & seniors	3-5 days/week	2-3 days/week	5-7 days/week
adults with cardiovascular disease*	3-4 days/week	2 days/week	daily
adults with metabolic syndrome*	3-4 days/week	lower resistance, lower intensity	daily
adults with chronic pain & arthritis*	3-5 days/week	2-3 days/week	5-7 days/week
*cleared to exercise			

Acsm Exercise Guidelines

N Colangelo



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web 1 how much of a time lag does there appear to be between a moose peak and a wolf peak the time lag between the wolf peak of 1980 and the moose peak of 1995 is about a 15 year time lag 2 during what year was there a large wolf die off hypothesize what might have been the cause of this die off there was a large wolf die off after 1980

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