

**GO FOR GOLD**

***Get 30 to 60 minutes of moderate-intensity exercise at least 5 times a week; or  
Get 15 to 30 minutes of vigorous-intensity exercise at least 5 times a week.***

**Aerobic Physical Activity**

Aerobic physical activity, also known as cardiovascular exercise, includes physical activities that increase the heart and breath rate along with increasing effort.(1) Aerobic physical activity can be achieved through activities like planned exercise classes, sports, active games, walking, running, cycling, swimming, dancing, some types of yoga, active gardening or wheeling a manual wheelchair.(2, 3) The level of exercise intensity varies depending on the type of exercise, how much effort is put into the physical activity and your fitness level.

**Guidelines**

The UK Chief Medical Officers’ and the World Health Organization guidelines state that all adults should get:(2, 4)

- 150 to 300 minutes of moderate-intensity physical activity per week; or
- 75 to 150 minutes of vigorous-intensity physical activity per week.
- (but don’t forget to add your muscle-strengthening and multicomponent activities)
- New to exercise? Start by doing small amounts and gradually, over time, increase how often, how intensely and for how long you exercise.
- For those age 65 years and over, be as physically active as your abilities allow and adjust how much effort you put into physical activity based on your fitness and strength levels.

**GOLDSTER**★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information	Evidence Type	Evidence Level
Physical	High	3	For people aged 65 and older in the general population, evidence demonstrates that regular physical activity has been shown to have a strong impact on improving physical function as well as preventing functional decline and falls.(2, 4) More aerobic physical activity is associated with a lower risk of limited physical function.(2)	Guideline	Moderate  High
Cognitive	Medium	2	For all adults aged 50 and over, evidence demonstrates that regular physical activity has been shown to have a medium impact on improving cognitive health and function and reduces the risk of cognitive decline.(2, 5, 6)	Guideline, Systematic Review	Moderate
Emotional	Medium	2	For all adults, regular physical activity has been shown to have a medium impact on reducing symptoms of anxiety and depression and a medium impact on improving sleep.(2)	Guideline	Moderate

Disclaimer: The information in this document is provided for informational, educational and interest use only. The information has not been prepared for your specific requirements, and it is your responsibility to make sure it is appropriate for you. This information does not contain or constitute, and should not be interpreted as, medical or therapeutic advice. If you have any doubts about your health, you should consult your doctor before implementing anything you read about in this document. You acknowledge and accept that you read this information and undertake any activities discussed herein at your own risk. The information should not be shared with third parties or used for any commercial purposes.

### Exercise Intensity

Exercise intensity is based on a person's own perception of how much they feel they are exerting themselves. This can be measured on a Rate of Perceived Exertion Scale from 6 to 20 (Borg). (7, 8) A person exercising at moderate intensity doing brisk walking, ballroom dancing or slower cycling would experience an increase in the heart and breathing rates and may start to sweat. A person doing vigorous exercise like speed walking, jogging or aerobic dancing would experience an even faster heart rate and may only be able to speak a few words between breaths. (9, 10) The table below gives an impression of the relative intensity and effect on the body of different exercise intensities.

### Physical Activity Exertion

Borg Rate of Perceived Exertion Scale	6	7	8	9	11	12	13	14	15	16	17	18	19	20
	No exertion			Very light	Light		Some what hard		Hard		Very hard		Extremely hard	Maximal exertion
Exercise Intensity	None		Very light	Light	Moderate			Vigorous			Very vigorous			
Heart rate	Resting rate		♥	♥	♥ ♥			♥ ♥ ♥			♥ ♥ ♥ ♥			
Breathing rate	Resting rate		☞	☞☞	☞☞ ☞☞			☞☞ ☞☞ ☞☞			☞☞ ☞☞ ☞☞ ☞☞			
Sweating	None		Little	💧	💧 💧			💧 💧 💧			💧 💧 💧 💧			

### Key References

1. US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. 2018. Available from: [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf).
2. World Health Organization. WHO guidelines on physical activity and sedentary behaviour. 2020. Available from: <https://www.who.int/publications/i/item/9789240015128>.
3. Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. 2018. Available from: <https://health.gov/our-work/physical-activity/current-guidelines>.
4. Department of Health and Social Care LCWG, Department of Health Northern Ireland and the Scottish Government,. UK Chief Medical Officers' Physical Activity Guidelines. 2019. Available from: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>.
5. World Health Organization. Risk reduction of cognitive decline and dementia: WHO guidelines. 2019. Available from: [https://www.who.int/mental\\_health/neurology/dementia/guidelines\\_risk\\_reduction/en/](https://www.who.int/mental_health/neurology/dementia/guidelines_risk_reduction/en/).
6. Northey JM, Cherbuin N, Pampa KL, Smeed DJ, Rattray B. Exercise interventions for cognitive function in adults older than 50: a systematic review with meta-analysis. Br J Sports Med. 2018;52(3):154-60.
7. Borg GA. Psychophysical bases of perceived exertion. Med Sci Sports Exerc. 1982;14(5):377-81.
8. Borg G. Borg's perceived exertion and pain scales. Champaign, IL, US: Human Kinetics; 1998. viii, 104-viii, p.
9. Centers for Disease Control and Prevention. Perceived Exertion (Borg Rating of Perceived Exertion Scale). 2020 [Available from: <https://www.cdc.gov/physicalactivity/basics/measuring/exertion.htm>].
10. Centers for Disease Control and Prevention. Measuring physical Activity Intensity. 2020 [Available from: <https://www.cdc.gov/physicalactivity/basics/measuring/index.html>].