



One on One's Position Statement on Frequency of Structured Exercise

In 2008, the ACSM amended their recommendations on physical activity for the promotion of health and fitness. At the time, we believed that the recommendations were too general and, frankly, insufficient. In response, we created our own guidelines for those seeking improvements in fitness. They have served our clients well.

We were very pleased when, in 2018, the ACSM and the CDC updated their Physical Activity Guidelines for Americans. The updated recommendation regarding frequency of exercise states that “for substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic activity.” They also state that additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.

Additionally, the ACSM recommends that adults do “muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.”

ACSM Minimum Physical Activity Guidelines for adults and older adults (over the age of 65)

- 150-300 minutes per week of moderate-intensity aerobic activity or 75-150 minutes per week of vigorous-intensity aerobic activity.
- Resistance training 2 or more days per week.

It also recommends that those with substantial weight loss goals (greater than 5% body weight) should achieve at least 300 minutes per week of moderate-intensity aerobic activity and perform muscle-strengthening activities.

The guidelines repeatedly, with sound evidence, promote our long-standing belief that “more is better”. More frequency and smart progression helps to ensure optimal health and fitness.

We are pleased that our position statement **aligns with the evidence-based recommendations as stated by the ACSM and CDC**. Despite sound recommendations, we want to stress the importance of exercise frequency.





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Exercise Frequency

Of all the factors that contribute to improved fitness, **exercise frequency is the most important.** We believe (and studies have shown) that it is the total volume of exercise that has the most impact on one's long-term health. Additionally, more frequent exercise sessions will deliver short-term benefits (i.e. improved energy, motivation, cognition, etc.) and gives you a chance to experience the best possible results.

Our experience has shown that those who exercise most days of the week for 30 – 60 minutes per session, with a mix of moderate to vigorous intensity resistance, aerobic and anaerobic physical activity are the most successful in acquiring and maintaining optimal fitness. We have also seen those who gradually decrease their frequency of training almost always experience a decrease in their fitness level, which in turn leads to a decrease in motivation. Essentially, **more is better.**

