```csharp
1  using System;
2  using System.Collections.Generic;
3  using System.Text;
4
5  /*
6   * Title:   ActivityValidation
7   * Author:  Paul McKillop
8   * Date:    17 March 2020
9   * Purpose: Rules check on duration
10  */
11
12 namespace GymTrackingV
13 {
14     public class ActivityValidation
15     {
16         //-- Parameters centrally located
17         internal static int activityDurationMinimum = 5;
18         internal static int activityDurationMaximum = 60;
19
20         //-- Validate activity length
21         public static bool ActivityDurationValid(int duration)
22         {
23             return duration >= activityDurationMinimum && duration <=
                   activityDurationMaximum;
24         }
25     }
26 }
27
```