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10. Pescatello LS, Riebe D, Arena R, American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 9th ed. Baltimore (MD): Lippincott Williams & Wilkins; 2014. 11. Physical Activity Guidelines Advisory Committee Report, 2008 [Internet]. Washington(DC): U.S.Department of Health and Human Services[cited 2011 January 6].

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### **ACSM's guidelines for exercise testing and prescription**

Neuromotor exercise (sometimes called "functional fitness training") is recommended for two or three days per week. Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai ji and yoga) to improve physical function and prevent falls in older adults.

### **ACSM Releases New Exercise Guidelines | Greatist**

1 ACSM Health & Fitness Summit March 15-17, 2013 ACSM's Guidelines for Exercise Testing and Prescription the Ninth Edition-A Preview Linda S. Pescatello, Ph.D., FACSM, FAHA, CPD

### **ACSM's Guidelines for Exercise Testing and Prescription ...**

According to the new guidelines, American adults aged 18-65 years should continue to accumulate at least 30 minutes of moderate-intensity aerobic activity 5 days per week (instead of "most days of the week") OR engage in 20-minutes of

### **ACSM Updates Physical Activity Recommendations**

The American College of Sports Medicine (ACSM) promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

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### **ACSM's Guidelines for Exercise Testing and Prescription ...**

Her research on topics including exercise and hypertension, physical activity interventions and exercise genomics (among other topics) has been widely published. She was the recipient of an ACSM Citation Award in 2011, and served as the Senior Editor for ACSM's Guidelines for Exercise Prescription and Testing, 9th edition.

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