

Cooking Well Multiple Sclerosis Over 75 Easy And Delicious Recipes For Nutritional Healing

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AEROBIC ACTIVITY FOR OLDER ADULTS - Wayne State ...

intensity aerobic activity/week or 75-150 minutes of vigorous-intensity aerobic activity/week. However, over half of the older adult population (65 years and older) do not meet federal guidelines for aerobic activity. Statistics of older adults meeting guidelines (CDC, 2016)3: • 65-74 years: 42.5% • 75-84 years: 30.9% • ≥85 years: 19.4%