



## 2008 physical activity guidelines for Americans : be active, healthy, and happy!

U.S. Dept. of Health and Human Services,  
[2008]

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Monografía

The 2008 Physical Activity Guidelines for Americans provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. The primary audiences for the Physical Activity Guidelines are policymakers and health professionals

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**Título:** 2008 physical activity guidelines for Americans be active, healthy, and happy!

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**Variantes del título:** Physical activity guidelines for Americans

**Mención de serie:** ODPHP publication no. U0036

**Nota general:** Title from PDF cover "October 2008"--Page 4 of cover

**Contenido:** 2008 physical activity guidelines for Americans summary -- Key guidelines for children and adolescents -- Key guidelines for adults -- Key guidelines for older adults -- Key guidelines for safe physical activity -- Key guidelines for women during pregnancy and the postpartum period -- Key guidelines for adults with disabilities -- Key messages for people with chronic medical conditions -- Roadmap to the 2008 physical activity guidelines for Americans -- Chapter 1 :) Introducing the 2008 physical activity guidelines for Americans -- Why and how the guidelines were developed -- The Framework for the physical activity guidelines for Americans -- Putting the guidelines into practice -- Chapter 2 :) Physical activity has many health benefits -- Examining the relationship between physical activity and health -- The Health benefits of physical activity -- Chapter 3 :) Active children and adolescents -- Explaining the guidelines -- Meeting the guidelines -- Getting and staying active : real-life examples -- Chapter 4 :) Active adults -- Explaining the guidelines -- Meeting the guidelines -- Special considerations -- Getting and staying active : real-life examples -- Chapter 5 :) Active older adults -- Explaining the guidelines -- Meeting the guidelines -- Special considerations -- Getting and staying active : real-life examples -- Chapter 6 :) Safe and active -- Explaining the guidelines -- Gradually increasing physical activity over time : real-life examples -- Chapter 7 :) Additional considerations for some adults -- Physical activity for women during

pregnancy and the postpartum period -- Physical activity for people with disabilities -- Physical activity for people with chronic medical conditions -- Chapter 8 :) Taking action : increasing physical activity levels of Americans -- What can adults do to get enough physical activity? -- How can we help children and adolescents get enough physical activity? -- What can communities do to help people be active? -- Glossary --) Appendix 1 :) Translating scientific evidence about total amount and intensity of physical activity into guidelines -- Background -- Two methods of assessing aerobic intensity -- Developing guidelines based on minutes of moderate and vigorous intensity activity -- Using relative intensity to meet guidelines expressed in terms of absolute intensity -- Appendix 2 :) Selected examples of injury prevention strategies for common physical activities and sports -- Appendix 3 :) Federal web sites that promote physical activity -- Individuals and families -- Schools -- Communities -- Health care -- Worksites

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