



2008 Physical Activity Guidelines for Americans - Joint Commission on Sports Medicine and Science /

Lecture/presentation

Material Proyactable

2008 Physical Activity Guidelines for Americans provides an overview of the science-based guidelines that were developed by the U.S. Department of Health and Human Services (HHS) to help Americans, ages six and older, improve their health through appropriate physical activity. Featuring the chair of the HHS writing group that developed the actual guidelines, the DVD details the health benefits of physical activity and reviews the amount and type of physical activity required to obtain those benefits. The DVD also examines several important issues that were addressed in the translation of scientific evidence into practical guidelines

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