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recommendations state that: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a

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minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

Physical Activity

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Let's use 15 seconds for

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this. Start with the first pulse you feel at 0, or if there is lag, start with 1 second. Determine the heart rate by multiplying the number you got by the right number to get to 60 seconds.

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be distinguished from  
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regarding the appropriate use of testing in the diagnosis and treatment of patients with known or suspected cardiovascular disease.

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