To help offset the escalating rates of obesity in the United States, the American Heart Association and American College of Sports Medicine recommend the following levels of exercise:

- 30 minutes of moderate-intensity physical activity 5 d·wk$^{-1}$,  
- 20 minutes of vigorous intensity physical activity 3 d·wk$^{-1}$, or  
- a combination of both moderate and vigorous physical activities (7). Sedentary individuals can significantly improve

while the Centers for Disease Control have recommendations based on age groups:

<table>
<thead>
<tr>
<th>Physical Activity Guidelines</th>
<th>Children 6 to 17 years of age</th>
<th>Adults 18 to 64 years of age</th>
<th>Older Adults 65 years of age or older</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(physicalactivity/everyone/guidelines/children.html)</td>
<td>(physicalactivity/everyone)</td>
<td>(physicalactivity/everyone/guidelines/olderadults.html)</td>
</tr>
</tbody>
</table>

But vigorous exercise can carry heart risks, blood clot risks, and even weaken immune system strength.

**How can you know if you are exercising at a beneficial level?**

By doing the Counting Talk Test (CTT)

A new study has confirmed the CTT as an easy and reliable way to achieve a safe level of beneficial exercise:

**CONSISTENCY OF THE COUNTING TALK TEST FOR EXERCISE PRESCRIPTION**
To do the CTT:

exercise intensity is the counting talk test (CTT). With the CTT method an individual counts, at rest, as high as he or she is able before having to take a second breath. Then, based on the resting count achieved (CTT_{rest}), the individual would be given a target number range to count to during exercise, based on a percentage of the CTT_{rest} (%CTT), which would be:

The researchers made the following recommendations for a CTT of less than 25:

\[ \text{CTT}_{\text{rest}} \text{ count } < 25, \text{ exercising at } 40-50\% \text{ of the CTT}_{\text{rest}} \text{ count} \]

 corresponded to moderate to vigorous exercise intensity,

and a CTT over 25:

\[ \text{CTT}_{\text{rest}} \text{ count } \geq 25, \text{ exercising at } 30-40\% \text{ of the CTT}_{\text{rest}} \text{ count} \]

 corresponded to moderate to vigorous exercise intensity. These guidelines based on the

Here is an example:

aerobic exercise training program. For example, an individual with a CTT_{rest} of 24, recommending he or she exercise at a level where he or she can only count to 10–12 (40–50% CTT_{rest}) while exercising would correspond to a moderate to vigorous exercise intensity level. For an individual with

Have A Question About this Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!