










2. PHYSICAL ACTIVITY & CARDIOMETABOLIC HEALTH

Important Guidelines, Statements, and Reports

- a. Physical Activity Guidelines for Americans 
- b. ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition 
- c. World Health organization: Physical Activity 
- d. Centers for Disease Control and Prevention-Physical Activity 

Important Suggested Readings and Resources:

- a. Exercise, Physical Activity, and Cardiometabolic Health: Insights into the Prevention and Treatment of Cardiometabolic Diseases 
- b. Effect of exercise on cardiometabolic health of adults with overweight or obesity 
- c. Fitness - AHA 
- d. Healthy Living- ADA 