



FITNESS

There are a variety of physical activity guidelines for Australians, for healthy individuals and those who have or are at risk of cardiovascular disease. See also Exercise Professionals under 'Weight'.

1. Australia's Physical Activity and Sedentary Behaviour Guidelines (Australian Department of Health)

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines>

2. Fitness Australia Exercise Guidelines (Fitness Australia)

http://www.getmoving.tas.gov.au/_data/assets/file/0003/45048/Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf

3. Australian Association for Exercise and Sports Science Position Statement on Exercise and Hypertension (ESSA)

<https://www.essa.org.au/wp/wp-content/uploads/ESSA-Hypertension-position-statement1.pdf>

4. National Heart Foundation physical activity recommendations for people with CVD (NHF)

<http://www.heartfoundation.org.au/SiteCollectionDocuments/PAR4CVD.pdf>