



EXERCISE AND CHRONIC DISEASE

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OVERVIEW

According to the Surgeon General's guidelines, adults should get 150 minutes of moderate activity per week, or 75 minutes of vigorous. Meanwhile, children need approximately 60 minutes daily of moderate activity. The prescription is based on decades of research that has demonstrated when humans achieve this minimum they reduce their risk of chronic lifestyle diseases and lower their all-cause mortality rate significantly.

OBJECTIVES

- I. Heart Disease
 - a. Risk factors
 - b. Types of Disease
 - c. Risk Reduction through Exercise
 - d. Athletes and Sudden Death
- II. Cancer
 - a. Risk factors
 - b. Types

**Please remember to submit a session evaluation.
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- c. Risk Reduction through Exercise
 - d. Athletes and Immunosuppression
- III. Type II Diabetes
 - a. Risk Factors
 - b. Effects of Exercise on Type 2 Diabetes
 - c. Exercise Cautions
- IV. Scientific Application of F.I.T.T. for Risk Reduction of Chronic Disease

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