

Exercise for Chronic Diseases

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Abstract

Life expectancy in Indonesia is increasing. Degenerative or chronic diseases arise more appear. The advancement of medical science has made new developments and disease management. Physical activity becomes a vital sign that needs to be known by every health worker in order to handle each disease. The American College of Sport Medicine (ACSM) establishes a physical exercise as a medicines to be prescribe for treatment. ACSM develops physical activity assesment and prescription as a standard of care. Regular physical activity should be advocated for the prevention and first-line treatment of chronic disease. The default exercise prescription is to walk at least 30 minutes a day, 5 or more days per week, with a target of 150 minutes per week of moderate-intensity physical activity. It should be noted that any type of physical activity done at a moderate pace would count toward this weekly goal.

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