

ADULTS AND OLDER ADULTS WITH CHRONIC CONDITIONS (aged 18 years and older)



Physical activity can confer health benefits for adults and older adults living with the following chronic conditions: **for cancer survivors** – physical activity improves all-cause mortality, cancer-specific mortality, and risk of cancer recurrence or second primary cancer; **for people living with hypertension** – physical activity improves cardiovascular disease mortality, disease progression, physical function, health-related quality of life; **for people living with type-2 diabetes** – physical activity reduces rates of mortality from cardiovascular disease and indicators disease progression; and **for people living with HIV** – physical activity can improve physical fitness and mental health (reduced symptoms of anxiety and depression), and does not adversely affect disease progression (CD4 count and viral load) or body composition.

It is recommended that:

➤ **All adults and older adults with the above chronic conditions should undertake regular physical activity.** *Strong recommendation, moderate certainty evidence*

At least **150 to 300 minutes** moderate-intensity aerobic physical activity **or** at least **75 to 150 minutes** vigorous-intensity aerobic physical activity **or an equivalent combination throughout the week**

➤ **Adults and older adults with these chronic conditions should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for substantial health benefits.**

Strong recommendation, moderate certainty evidence

➤ **Adults and older adults with these chronic conditions should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional benefits.**

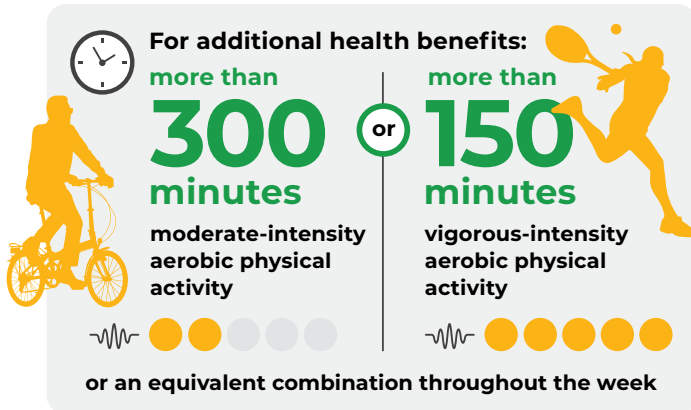
Strong recommendation, moderate certainty evidence

For additional health benefits:
On at least **2 days a week** muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups.

On at least **3 days a week** varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity.

➤ **As part of their weekly physical activity, older adults with these chronic conditions should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity on 3 or more days a week, to enhance functional capacity and prevent falls.**

Strong recommendation, moderate certainty evidence



› When not contraindicated, adults and older adults with these chronic conditions may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.

Conditional recommendation, moderate certainty evidence

GOOD PRACTICE STATEMENTS

- When not able to meet the above recommendations, adults with these chronic conditions should aim to engage in physical activity according to their abilities.
 - Adults with these chronic conditions should start by doing small amounts of physical activity and gradually increase the frequency, intensity and duration over time.
 - Adults with these chronic conditions may wish to consult with a physical activity specialist or health-care professional
- for advice on the types and amounts of activity appropriate for their individual needs, abilities, functional limitations/complications, medications, and overall treatment plan.
- Pre-exercise medical clearance is generally unnecessary for individuals without contraindications prior to beginning light- or moderate-intensity physical activity not exceeding the demands of brisk walking or everyday living.

In adults, including cancer survivors and people living with hypertension, type-2 diabetes and HIV, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality, and incidence of cardiovascular disease, cancer and incidence of type-2 diabetes.

For cancer survivors, and adults living with hypertension, type-2 diabetes and HIV, it is recommended that:

› Adults and older adults with chronic conditions should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

Strong recommendation, low certainty evidence

› To help reduce the detrimental effects of high levels of sedentary behaviour on health, adults and older adults with chronic conditions should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

Strong recommendation, low certainty evidence

