Exercise Programs for the Elderly H-25.995

Topic: Aging  
Policy Subtopic: NA  
Meeting Type: Annual  
Year Last Modified: 2015  
Action: Reaffirmed  
Type: Annual  
Council & Committees: Council on Science and Public Health

The AMA recommends that physicians: (1) stress the importance of exercise for older patients and explain its physiological and psychological benefits;

(2) obtain a complete medical history and perform a physical examination that includes exercise testing for quantification of cardiovascular and physical fitness as appropriate, prior to the specific exercise prescription;

(3) provide appropriate follow-up of patients' exercise programs; and

(4) encourage all patients to establish a lifetime commitment to an exercise program.

Policy Timeline

I-83  
CSA Rep. C I-93  
Reaffirmed: CLRPD Rep. 1 A-05  
Reaffirmed: CSA Rep. 8 A-15  
Reaffirmed: CSAPH Rep. 1