

# Aging

## 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