
MEd & DEd

Allergy, Immunology & Rheumatology

Physical activity is any bodily movement produced by the skeletal muscles that requires energy expenditure above resting levels.

It includes exercises, sports and physical activities done as part of daily living.

Exercise is a planned, structured and repetitive physical activity that has the objective to improve or maintain physical fitness.

- Recommendations for the general population is for
 - 150 minutes per week of moderate- intensity aerobic activity or
 - 75 minutes per week of vigorous-intensity aerobic exercise.
- While there are no published guidelines on physical activity in patients with rheumatoid arthritis (RA), it is generally recommended that RA patients should target moderate to vigorous-intensity aerobic exercise (60-80% of the maximal heart rate) combined with a self-exercise program.
- Research studies have shown that low levels of physical activity can be associated

