

TABLE 3

Recommendations for exercise and physical activity prescription among people with CP.

	Recommendation
EXERCISE	
Cardiorespiratory (aerobic) Exercise <ul style="list-style-type: none"> • Frequency • Intensity • Time • Type 	<ul style="list-style-type: none"> • Start with 1–2 sessions a week and gradually progress to 3 sessions a week • > 60% of peak heart rate, or >40% of the HRR, or between 46–90% $\dot{V}O_{2peak}$ • A minimum time of 20 minutes per session, and for at least 8 or 16 consecutive weeks, depending on frequency (2 or 3 times a week). • Regular, purposeful exercise that involves major muscle groups and is continuous and rhythmic in nature
Resistance Exercise <ul style="list-style-type: none"> • Frequency • Intensity • Time • Type 	<ul style="list-style-type: none"> • 2–4 times a week on nonconsecutive days • 1–3 sets of 6–15 repetitions of 50–85% RM • No specific duration of training has been identified for effectiveness. Training period should last at least 12–16 consecutive weeks • Progression in mode from primarily single-joint, machine-based resistance exercises to machine plus free-weight, multi-joint (and closed-kinetic chain) resistance exercises. Single-joint resistance training may be more effective for very weak muscles or for children, adolescents or adults who tend to compensate when performing multi-joint exercises, or at the beginning of the training
DAILY PHYSICAL ACTIVITY	
Physical activity (moderate to vigorous) <ul style="list-style-type: none"> • Frequency • Intensity • Time • Type 	<ul style="list-style-type: none"> • ≥5days/week • Moderate-to-vigorous physical activity • 60 min • A variety of activities
Physical activity (sedentary) <ul style="list-style-type: none"> • Frequency • Intensity • Time • Type 	<ul style="list-style-type: none"> • 7days/week • Sedentary (<1.5 METs) • <2hrs/day or break up sitting for 2 minutes every 30–60 minutes • Non-occupational, leisure-time sedentary activities such as watching television, using a computer, and/or playing video games