

Open Peer Review on Qeios

Moderate Exercise

National Cancer Institute

Source

National Cancer Institute. <u>Moderate Exercise</u>. NCI Thesaurus. Code C39772.

20-60 minutes of exercise which elevates your heart rate to 60-80% of your maximum heart rate performed at least 3-4 times per week.

Qeios ID: AEHST3 · https://doi.org/10.32388/AEHST3