

Open Peer Review on Qeios

Very Light Exercise

National Cancer Institute

Source

National Cancer Institute. <u>Very Light Exercise</u>. NCI Thesaurus. Code C39777.

Light exercise for less than 20 minutes, 20-60 minutes of exercise which elevates your heart rate to less than 35% of your maximum heart rate, or light exercise less than 3 times per week.

Qeios ID: S3STC2 · https://doi.org/10.32388/S3STC2