

Open Peer Review on Qeios

## Strenuous Exercise

National Cancer Institute

## Source

National Cancer Institute. <u>Strenuous Exercise</u>. NCI Thesaurus. Code C39773.

20-60 minutes of exercise which elevates your heart rate to 80-90% of your maximum heart rate performed at least 3-4 times per week.

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