

# Cooking Well Multiple Sclerosis Over 75 Easy And Delicious Recipes For Nutritional Healing

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*AEROBIC ACTIVITY FOR*

*OLDER ADULTS - Wayne  
State ...*

intensity aerobic activity/week or 75-150 minutes of vigorous-intensity aerobic activity/week. However, over half of the older adult population (65 years and older) do not

meet federal guidelines for aerobic activity. Statistics of older adults meeting guidelines (CDC, 2016)<sup>3</sup>:

- 65-74 years: 42.5%
- 75-84 years: 30.9%
- ≥85 years: 19.4%