

Recommended Exercise Targets for Patients with NAFLD

Mode	Frequency	Intensity	Duration
Aerobic training (examples: walking, jogging, cycling, swimming, dancing)	3-7 days per week	<p>Moderate intensity: 55-69 % HRmax[#] Rating of perceived exertion[^] (RPE/10): 3-4</p> <p>Or</p> <p>Vigorous intensity: 70-89 % HRmax RPE 5-6</p> <p>Or</p> <p>A combination of moderate and vigorous exercise intensity</p>	<p>150-300 minutes</p> <p>Start at 5-10 minutes and increase gradually to 30-60 minutes per session.</p> <p>Or</p> <p>75-150 minutes</p> <p>Start at 5-10 minutes and increase gradually to 20-30 minutes per session.</p> <p>Aiming for 150-300 total minutes per week</p> <p>Total minutes = minutes of moderate + (2 x minutes of vigorous)</p>
Resistance Training (examples: machine weights, circuit training, resistance bands, body weight exercise)	2-3 non-consecutive days per week, <i>in addition</i> to aerobic exercise prescription	<p>Moderate to vigorous intensity: 8-12 exercises* 2-4 sets 8-10 repetitions** 1-2 minutes rest between sets</p> <p>**target a weight that you can lift 8-10 times. If you cannot lift the weight at least 8 times, it is too heavy, and if you can lift it more than 10 times, it is too light.</p>	30-60 mins

[#]HRmax, maximal heart rate: your maximal heart rate is the maximal number of times your heart can beat per minute and is predicted based on your age and calculated as (220 – age)

[^]RPE, rating of perceived exertion: your RPE is a subjective rating out of 10 describing ‘how hard you feel you are working’ considering both your heart and lungs and your muscles..

[¥]1 repetition maximum: your 1 repetition maximum is the maximal weight that you can lift only once with good technique. 70-84% 1-RM equates to a weight that you can lift at least 8 times, but no more than 10 times before fatigue, in one set.

*examples of exercises that may be selected: squats, calf raises, lunges, chest press, seated row, shoulder press, biceps curl, triceps extension, prone hold.