



# Exercise Dosing Framework

Condition	Therapeutic Goal	Exercise Dose	Expected Benefit	Common Mistakes
<b>Hypertension (HTN)</b>	↓ Systolic Blood Pressure (SBP)	Moderate-intensity aerobic 30 minutes, 5 days/week	-5 to -8 mmHg SBP	Walking too slowly to reach therapeutic intensity
<b>Type 2 Diabetes (T2DM)</b>	↑ Insulin sensitivity	≥150 min/week aerobic + resistance 2-3x/week	↓ A1C 0.5-1.0%	Large gaps between sessions ( <i>benefits fade within days</i> )
<b>Depression</b>	Mood regulation	Moderate aerobic 3-5x/week ( <i>not exhaustive</i> )	Clinically meaningful symptom reduction	Excess intensity → Stress hormone elevation → Dropout
<b>Osteoporosis</b>	Preserve or ↑ BMD	Progressive resistance 2-3x/week + weight-bearing activity	Site-specific BMD preservation	Cycling-only programs ( <i>minimal bone stimulus</i> )