

## ACSM Risk Stratification Categories

1. Low risk      Men <45 years of age and women <55 years of age who are without symptoms and meet no more than one risk factor threshold
2. Moderate risk      Men  $\geq$ 45 years and women  $\geq$ 55 years *or* those who meet the threshold for two or more risk factors
3. High risk      Individuals with one or more signs and symptoms *or* known cardiovascular, pulmonary, or metabolic disease

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