**The 10 Commandments for the 2020 ESC Guidelines on Sports Cardiology**

**and Exercise in Patients with Cardiovascular Disease.**

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* All able individuals with cardiovascular disease should engage in at least 150 mins of exercise per week divided over 5 days, or 75 minutes of vigorous exercise divided over 3 days.
* Among individuals who are obese, have hypertension or type 2 diabetes mellitus, an additional 3 sessions of resistance training per week is recommended to reduce cardiovascular risk.
* A pragmatic preliminary approach is required for identifying individuals at high risk of atherosclerotic coronary artery disease which includes assessment of symptoms, established risk factors and SCORE.
* Individuals deemed at high risk of an adverse cardiac event from atherosclerotic coronary artery disease who aspire to engage in high intensity exercise should have risk stratification with an exercise stress test or a functional imaging equivalent.
* Optimization of medical therapy, assessment of functional capacity and risk stratification is essential before prescribing an exercise programme in individuals with heart failure.
* Regular physical activity is the cornerstone for preventing atrial fibrillation in the general population, however, lifelong endurance exercise may increase the risk of atrial fibrillation in some middle aged and older men.
* Some asymptomatic individuals with morphologically mild hypertrophic cardiomyopathy and a low ESC five-year risk score may participate in all competitive sport, except those where syncope could result in potentially fatal traumatic injury.
* Individuals with severe found valvular heart disease, poor left ventricular function, arrhythmogenic cardiomyopathy and active myopericarditis should not engage in intensive exercise.
* Individuals receiving anticoagulation and those with an implantable cardioverter defibrillator in situ should avoid collision sport and activity associated with potential trauma to the body.
* Among individuals with potentially serious cardiovascular diseases who desire to participate in high intensity exercise or competitive sport a shared decision-making process is recommend that informs the individual about the impact of sport and the potential risks of complications and/or adverse events to the individual. Such discussion should be documented in the medical report.