



## Weight Management Population-Specific Bundle

[www.myfitscript.com](http://www.myfitscript.com)  
ACTIVE Solution for Providers  
[info@myfitscript.com](mailto:info@myfitscript.com)

*"I am excited about the program... I've seen objective results. This program will take things to another level. 'Patient continues to do well...has been walking every other day for 30-45 minutes...has lost 11lbs...A1C has also dropped to 6.7 from 7.2.' Justin Garrison, DO*



### Patient/client Resources:

**FitKit for Weight Management – Lifestyle Modification and Physical Activity Toolkit.** Education, behavior change tools, goal setting, activity tracking, weight management and more!

**ExRx program** for adult based on guidelines for age & condition!

## Make it Manageable... Break it Down and Balance the Energy



Image: Replica of 5 pounds of fat on large dinner plate. Fork light as a feather.

**MY FIT SCRIPT Weight Management**

The overall goal of the exercise program is to reduce body fat and increase lean muscle mass. By maintaining muscle mass, metabolism will increase, aiding in the weight loss process. Increasing daily activity and physical conditioning along with the reduction in total calories and dietary fat can help in weight loss. Choose a low impact aerobic activity you will enjoy and continue with on a regular basis. Increase duration versus intensity. Consider intermittent bouts of 10 minutes throughout the day.

**WARM UP**  
• Warm-up 5-10 minutes  
• RPE 6-10

**MUSCULAR STRENGTH**  
F • 2-3 days per week  
I • 6-12 repetitions  
T • 20-40 minutes  
E • Weight machines, free weights

**AEROBICS**  
F • 5-7 days per week; 1-2 times per day  
I • RPE 11 to 13  
T • 30-60 minutes or 2 sessions daily  
E • Walking, cycling

**COOL DOWN**  
• 7-10 minutes

**CHOOSING AN EXERCISE INTENSITY RANGE**

AGE	40	45	50	55	60
Heart Rate Range	125-138	123-135	120-132	118-129	115-126
Fitness Level	Low Fitness	Average Fitness	High Fitness	12	13
Heart Rate Range	139-150	136-148	133-145	130-141	127-138
Heart Rate Range	151-164	149-159	146-155	142-151	139-147

Note: Heart rate range based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting rate of 70.

**BENE FIT**

Rate the degree of perceived exertion you feel during exercise.

**Exercise and Weight Management**

Warm Up/Cool Down before and after exercise with light activity. It is important to stretch the major muscle groups to decrease joint stiffness, improve range of motion and reduce injuries.

Low to moderate intensity cardiovascular, or aerobic, exercise that is steady and sustained will help you burn more calories. Increasing your exercise by burning about 250 extra calories a day PLUS decreasing your caloric intake by about 250 calories a day will make 'overwhelmed' more manageable!

**One pound of fat**  
3500 Kcal

To lose one pound of fat you must:  
= Burn off 3500 calories **OR**  
= Reduce consumption of 3500 calories

**Make it manageable!**

500 kcal x 7 days/week = 3500 kcal

250 kcal (Exercise more) + 250 kcal (Eat less) = 500 kcal (Little more + Little less = BIG results!)

For more information on exercise and weight visit [www.myfitscript.com](http://www.myfitscript.com)

The information in this booklet is not meant to be used as a diagnosis for health related problems or a substitute for professional care. Consult your physician before beginning an exercise program.  
Borg RPE scale: © Gunnar Borg, 1970, 1985, 1994, 1998.  
The scale with correct instructions can be obtained from Borg Perception at the home page: [www.borgperception.se/index.htm](http://www.borgperception.se/index.htm)



### Let's Weigh in

Did you know that as little as 2-3% weight loss can result in meaningful reductions in cardiovascular risk factors?

- ▶ Improvement in cholesterol levels including triglycerides
- ▶ Decrease in risk of prediabetes or improvement in blood sugar levels
- ▶ Decrease risk of high blood pressure

Did you know that a combination of diet AND exercise often result in a **20%** greater weight loss versus diet alone!

Did you know that aerobic exercise increases cholesterol HDL levels ('good' cholesterol) that can help rid the body of LDL's ('bad' cholesterol)?

### Provider Resources

PowerPoint presentation for learning and teaching!  
Self-learning modules or schedule for interactive virtual learning!

*FitKit for Weight Management* is also a great resource for provider education and P2P (provider-to-patient) follow up.



### Fundamentals and Principles of Exercise

MyFitScript

provider presentation gave a solid overview. Information was concise. Great visuals." **Justin Garrison, DO**