The Role of EXERCISE in Weight Loss and Weight Maintenance

Physical Therapy
Learning Objectives

• Learn the role of Physical Therapy as part of the MOVE TIME team and how we can aid in your weight loss journey

• Understand the importance of exercise in weight loss and weight maintenance, both before and after surgery

• Understand the importance of doing both aerobic exercise and strength training, and examples of each
Why exercise?

• In addition to proper nutrition and dietary changes, you need exercise to aid in **weight loss** and **maintenance of weight loss**
  – Need to make lifelong changes!

• Exercise is also important to improve overall health
  – Decreases muscle & joint pain
  – Decrease stress
  – Improves sleep
  – Improves heart & lung function
  – More!
Exercise Recommendations

- **Cardiovascular/Aerobic Exercise**
  - Before surgery: at least 150 mins/week of moderate to vigorous activity
    - Brisk walk, swim, bike, exercise video, gym class, etc.
  - After surgery: 200-300 mins/week for weight loss and weight maintenance
    - INCREASE activity after surgery to help lose weight
    - Weight loss increases your energy allowing you to increase activity!

- **Strength Training**
  - Pre-op and Post-op: at least 2-3x/week
    - Dumbbells, weight machines, resistance bands, water weights, push-ups, squats, etc.
    - Combats decreased bone density that may occur after surgery
How can we help you?

- Goal setting – define individualized exercise goals

- Discuss exercise that might work best for you – we base this on your interest, availability, location, resources, limitations, capabilities, etc.

- We help you find resources – gyms, resistance bands, equipment, etc.

- ALLEVIATE PAIN!
  - Determine need for Physical Therapy sessions, equipment, braces, exercise modifications, TENS units, etc.
MOVETIME Clinic

• Each Veteran is expected to participate in a 6 Minute Walk Test at the initial visit and all follow up appointments
  – Helps us estimate current physical endurance and track your progress over time
  – We monitor blood pressure, heart rate, oxygen saturation levels before and after the walk test
Physical Therapy at the Palo Alto VA

• We look forward to working with you!