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PERFORMANCE TUNE-UP

Exercise is Medicine

Starting the New Year off with an effective exercise program is often necessary to successfully achieve your New Year's resolutions. However, many people struggle with maintaining or initiating a fitness program because they are experiencing pain or injure themselves during exercise. You may even be unsure where to start because you have more medically complex conditions like diabetes, cardiac conditions, hypertension or arthritis. We all know we should exercise; however, these barriers may stand in our way.



Tune-Up Tips

Remember your Physical Therapist can help you follow these recommendations by addressing your pain or individual medical conditions. You don't have to do it alone! Schedule a physical therapy evaluation today.

See Your Therapist

To overcome these exercise barriers consult with a physical therapist. A physical therapist is uniquely trained to prescribe exercise in appropriate doses and progress an exercise program safely given your individual health. In addition, a physical therapist can help you resolve pain which may be preventing you from starting an exercise program, or help you overcome injury if you injure yourself while exercising. Exercise, when performed safely and progressed appropriately can decrease pain and prevent future pain or injury.

You don't have to do it alone!

The American Medical Association (AMA) and American College of Sports Medicine (ACSM) support the benefits of exercise through their new Exercise is Medicine™ initiative, designed to help improve the health and well-being through regular physical activity prescription from doctors and other healthcare providers.

Follow these recommendations of Exercise is Medicine™ to safely achieve your fitness goals in 2008:

The American Medical Association and American College of Sports Medicine recommend that if you are undertaking non-medically supervised weight loss initiatives reduce energy intake by 500–1000 calories per day to achieve a weight loss of approximately 1–2 pounds per week. In addition to reducing total energy intake, it is recommended that dietary fat intake be reduced to 30% or less of your total caloric intake.

It is recommended that if you are seek to lose weight exercise as a key component to their weight loss program. It is recommended that overweight and obese adults progress to a minimum of 150 min of moderate intensity exercise per week and, when possible, progress to 200 min of moderate intensity exercise per week.



If you are interested in using dietary supplements or weight loss enhancing agents, do so only under the guidance of their personal physician or other trained health care providers.

