



### PATIENT STORY – Pre-diabetes Management

“Previously I was very active, however more recently arthritis and bilateral knee replacements have limited my capacity to even walk. Being restricted with walking had a flow on effect to all areas of my health resulting in weight gain, high sugar levels, low energy levels and less mobility - all reducing my motivation to participate in physical activity.

I was referred to The Exercise Clinic by my GP to try and break this cycle and improve my overall health and function. Since commencing supervised exercise, I am feeling much better, have more energy and able to do more in my everyday life without getting so tired. My last blood test confirmed that I am no longer pre-diabetic and this is great motivation to keep up my exercise longer term.

The Exercise Clinic has provided friendly personal and professional attention that I have not found elsewhere. Because of this I have more commitment to attain my goals to lose weight and improve fitness level. I feel more confident as I am monitored and encouraged every step of the way”. Maureen Forrow

Maureen has been attending the Clinic 2 days per week for the past 6 months performing a combination of aerobic, resistance-based, joint stability and flexibility exercises. She is also attending aqua aerobics classes 2 days per week.

### Maureen's results

	Before exercise	7 months of exercise
Physical activity (Moderate intensity)	90 min per week	240 min per week
Aerobic capacity	4.6 METs	5.5 METs
Lower body strength	½ range squat	Full range squat with 10 Kg
Weight	90 Kg	83.5 Kg
Waist circumference	112 cm	105 cm
Blood pressure	126/80	122/70

(1MET = 3.5ml.kg.min-1)



Photo: Maureen and Joanna

### Lifestyle Modification Program – Crows Nest



Our Lifestyle Modification Program, for patients with identified risk factors for type 2 diabetes, is scheduled to commence in February 2010 on evening weeknights (7pm). We are currently looking to recruit 15 patients to start this 6 month group-based program.

To access the subsidized program, patients need to be aged between 40-49 years and have completed the AUSDRISK diabetes risk assessment tool and scored  $\geq 15$  (High risk).

Patients need to be billed for an item number 710, 713 or

717. For more information, refer to [www.health.gov.au/epc](http://www.health.gov.au/epc) or contact Eloise Howard at Northern Sydney General Practice Network (9411 3533). Patients who do not meet the eligibility criteria may also participate at a cost of \$300.

Photo: Exercise Clinic Staff - Natalie, Laura, Robbie, John and Joe Hockey MP staff at the Lifestyle Modification Program Launch

Weight Loss



# Weight Loss



## Helping your patients lose weight through exercise

Weight loss is one of the most common health goals stated by referring doctors and their patients we see at The Exercise Clinic. The most common question we hear regarding weight loss would have to be - I'm exercising but why aren't I losing weight? The answer, to most patients, is that an in-sufficient "dose" of exercise does not usually bring about weight-related changes.

Therefore: How much physical activity is required for effective weight loss and maintenance?

Weight loss from physical activity occurs in a dose response fashion with the total volume of activity (where volume = frequency x duration x intensity) being the most crucial determinant.

Although there are well-established health benefits from achieving the recommended 150 min per week of moderate activity, evidence clearly demonstrates this volume of activity is in-sufficient to achieve weight loss alone. The table below summarises the current evidence on physical activity volume and weight loss outcomes.

To achieve the optimal volume of physical activity for weight loss requires a whole-day approach combining changes in incidental and structured activity patterns along with reducing sedentary time.

Goal	Amount of moderate intensity activity per week	Average weight loss
Prevent weight gain and reduce chronic disease risk	At least 150 min	Minimal
To promote weight loss in overweight/obese patients	>150 min	2-3 Kg
To optimize weight loss in overweight/obese patients	225-420 min	5-7.5 Kg
To prevent weight re-gain after weight loss	200-300 min	Maintenance

ACSM Position Stand on Physical Activity Interventions for Weight Loss Med Sci Sports Exerc. 2009;41:459-471

For many patients managing chronic health conditions, often an improvement in functional capacity (aerobic, strength, joint stability and mobility) is required before this volume of activity can be safely achieved. This is where an Exercise Physiologist can assist your patients in increasing their capacity for physical activity participation and helping to set realistic and attainable health goals in relation to activity volume (including adequate time and then adequate intensity).

It is important to note that even a relatively small (5-10%) weight loss can result in a big (35%) reduction in metabolic risk. Physical activity is an evidence-based strategy for achieving changes of this magnitude and importantly for improving the effectiveness of long term weight loss.

**The Exercise Clinic will close between Christmas and New Year only and will re-open on 4th January 2010. We look forward to continuing to assist your patients to optimise their health and quality of life.**

**Please advise your patients to keep a regular exercise habit across the festive season to maintain the lifestyle improvements they have already achieved.**

### BOOKINGS AND ENQUIRIES

**For all three programs are made by calling (02) 9439 9773 or via email at [admin@theexerciseclinic.com.au](mailto:admin@theexerciseclinic.com.au).**

