

## GUIDE FOR PATIENTS

# EXERCISE TRAINING TO IMPROVE HEALTH AND SUPPORT MANAGEMENT OF OVERWEIGHT AND OBESITY IN ADULTS

Recommendations of the EASO Physical Activity Working Group

Exercise training refers to any movement that is intentional, structured and repetitive undertaken with the primary goal of improving health or physical fitness

### AEROBIC TRAINING AT MODERATE INTENSITY

Prolonged and continuous activity such as walking, cycling, running, swimming...

You are breathing hard but can still have a conversation easily



### RESISTANCE TRAINING AT MODERATE-HIGH INTENSITY

Exercises with weight machines, free weights, resistance bands, or using body weight

You are able to perform between 10 and 20 consecutive repetitions



### HIGH INTENSITY INTERVAL TRAINING

Short periods of high-intensity exercise, alternating with short recovery periods

During the high-intensity periods, your heart rate is > 85% of its maximal value



## IMPORTANT STEPS TO GET STARTED

- Define **your main goal** for your daily exercise. This document provides **evidence-based recommendations** for 5 specific goals:
  - 1 Become stronger and improve fitness
  - 2 Feel better
  - 3 Protect my heart and internal organs
  - 4 Support me in weight management
  - 5 Optimise the benefits of bariatric surgery
- Choose activities that you find both **enjoyable** and **meaningful**
- Remember that **progress** is personal and is achieved **step by step**
- **Ask advice** from your doctor or a physical activity specialist before engaging in a new type of physical activity, especially if you have been inactive for a long time
- **Seek support** from family, friends and other patients

## GOAL 1. BECOME STRONGER AND IMPROVE FITNESS

### MUSCLE STRENGTH

Undertake **resistance training**, alone or combined with **aerobic training**

### CARDIORESPIRATORY FITNESS

Engage in any type of **exercise training you enjoy**. Any combination of aerobic exercise, resistance training, and/or HIIT (after cardiovascular risk assessment and with supervision) are recommended.

Improving physical fitness predicts greater longevity and decreases risk of chronic disease. Improving physical fitness increases your ability to engage in everyday activities that require strength or endurance.



## GOAL 2. FEEL BETTER

### EATING BEHAVIOUR

Exercise will not have substantial impact on energy intake but rather may promote healthy eating behaviours or improve appetite control

### APPETITE AND SATIETY

Exercise may increase fasting hunger but improve the strength of satiety.

### QUALITY OF LIFE

Engage in **aerobic** or **resistance training** or a combination of both.

Exercise has very positive effects on eating behaviour. For example, it may decrease your desire to eat high-fat foods. Regular exercise can improve your physical well-being, vitality and mental health.



## GOAL 4. SUPPORT ME IN WEIGHT MANAGEMENT

### WEIGHT LOSS AND REDUCTION IN ADIPOSITY

Practice 2h30m to 3h per week of walking or **aerobic exercise** training of at least moderate intensity. Try **HIIT** only after thorough assessment of cardiovascular risk and with supervision. Be aware that expected weight loss is on average not more than 2 to 3 kg.

### WEIGHT MAINTENANCE FOLLOWING WEIGHT LOSS

Increase the volume of **aerobic exercise** (200 to 300 min/week).

### PRESERVATION OF LEAN BODY MASS DURING WEIGHT LOSS

Do some **resistance training** at moderate-to-high intensity

Your focus should be on preservation of lean body mass and improving weight management in the long term rather than short term weight loss when exercising.



## GOAL 3. PROTECT MY HEART AND INTERNAL ORGANS

### LOSS OF VISCERAL AND LIVER FAT

Engage in moderate intensity **aerobic exercise**. Try **HIIT** after assessment of cardiovascular risk, ideally with supervision.

### IMPROVE INSULIN SENSITIVITY

Engage in any type of **exercise you enjoy**: aerobic exercise, resistance training or a combination of both, or HIIT.

### LOWER BLOOD PRESSURE

Do **aerobic exercise** at moderate intensity

Reducing visceral and liver fat lowers cardiovascular risk. Improving insulin sensitivity helps prevent type 2 diabetes. These benefits of exercise happen even with limited weight loss.



## GOAL 5. OPTIMISE THE BENEFITS OF BARIATRIC SURGERY

### ADDITIONAL WEIGHT LOSS AND REDUCTION IN ADIPOSITY

Engage in a combination of **aerobic** and **resistance training**

### IMPROVEMENT IN PHYSICAL FITNESS AND PRESERVATION OF LEAN BODY MASS

Engage in a combination of **aerobic** and **resistance training**

Exercise will substantially improve both cardiorespiratory and muscular fitness. Exercise is an integral part of the long-term management strategy following bariatric surgery.

Whether or not you engage in structured exercise, replacing sedentary behaviour with physical activity has many health benefits!