



Start “low and go slow”

Initial goal is to get patients moving. Long term goal 3-5 hours weekly.

Ask: *Could you walk 1-2 minutes daily?*

Encourage fitness trackers.

Ask to see fitness tracker log reports during visits if not integrated with OMS platform.

Encourage positive self-talk!

Basic Exercise recommendations (Note: all age groups benefit from both weights and cardio!):

20's more weights

30-49 split time between weights and cardio

Over 50 more cardio

Be specific with your exercise notes and recommendations. Document the exact agreed upon plan and build off of this at future visits until long term goals are met.

Example initial exercise recommendations could include:

Walk for 5 minutes daily

Walk for 10 minutes on Mon, Wed and Friday after work

Bike for 5-10 minutes daily

Experienced patients that exercise:

Build off their current regimen. Always agree on & document details of their current regimen. Some examples:

Increase weight lifting to include benching, curls, squats and pull ups for 25 minutes on Mon, Thursday and Sunday.

Increase running to 40 minutes Mon, Wed. and Friday

Continue tennis for 1 hour Tuesday and Thursday, spin class for 1 hour on Sunday.