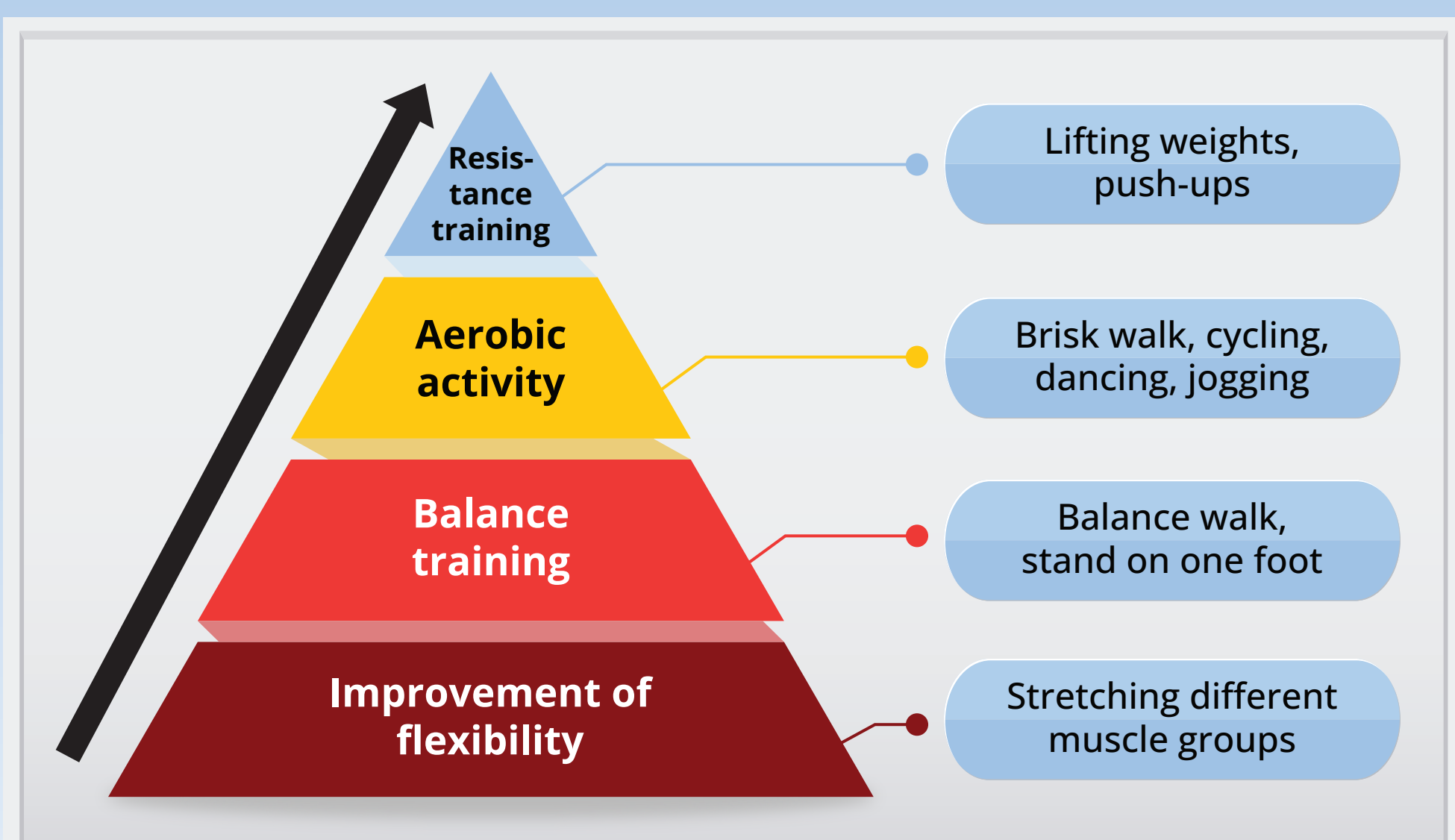




# ObesiTalks

Understand. Assess. Act.

## Exercise Prescription for Weight Management



Start with flexibility and balance exercises, gradually progressing to non-weight bearing aerobic activity, low impact aerobic exercises, high impact aerobic exercises, and ultimately resistance exercise.



**Structured exercise plan under expert guidance**



**Tailored plan based on individual's potential and comorbid conditions**



**Gradual stepping up considering safety**



**At least 60 min of physical activity per day for weight loss and management**



**45–60 min of moderate-intensity activity in a day may help in going from being overweight to normal weight**



**≥60 min of moderate-intensity activity in a day may help in transitioning from obesity**



**Resistance or muscle strengthening exercises to be included for at least 3 days/week**