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Physical Fitness and Weight Management Program – 6-month Review on Self-empowerment Exercises Program in Primary Health Care Service for Chronic Disease

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Introduction

Weight Management has been a challenge in various chronic diseases. A combined program led by physiotherapist and dietitian aims at promoting proper training strategies on physical fitness and weight management, dietary and lifestyle modifications and self-exercise empowerment.

Objectives

(1) To minimize health risk for chronic metabolic disease (2) To facilitate self-participation and self-empowerment of exercise habit (3) To promote and enhance physical fitness and healthy life style

Methodology

Patient seen in General Outpatient Clinic (GOPC) at HKEC with HT, DM, BMI >25 and motivated were included into the Physical Fitness and Weight Management Program. Patients with recent stroke, recent surgery, COPD, IHD, CHF, unstable medical condition or age above 70 were excluded. The program was run in group format and consisted of 4 sessions held in 2 months' time and a 6-month follow-up session in General Outpatient Clinic at HKEC. The content included education on weight management and dietary concepts; exercise planning, disease-based exercise precaution, modified exercises circuit training and home-based exercises practices. Fitness consultation and advices, tailor-made exercise prescription and progression were given by physiotherapist. Nutrition education on weight management was conducted by dietitian in the 3rd session. Outcomes were measured at the first session, the 4th session and the 6-month follow-up.

Result

43 patients (34 female and 9 male; age 36-67) completed the program from June 2014 to March 2015. Upon 6-month follow-up, there were significant improvement (p

≤ 0.05) in Body Weight (↓ 76.61 to 75.69kg), Body Mass Index (↓ 30.48 to 30.05), Waist Circumference (↓ 101.1 to 99.2cm), 2-minute steps test(↑ 82.5 to 99.1 steps) and Resting Heart Rate (↓ 75.85 to 73.65 bpm). Improvements were also shown in the pre/post mean values of resting systolic blood pressure (SBP) (↓ 129 to 127mmHg) and resting diastolic blood pressure (DBP) (↓ 76.3 to 75.6mmHg) though the differences were not statistically significant.