

Resistance Chair Guideline for Obesity

General Information

Obesity is a common condition affecting many people of all ages. Effective management of weight is based on a combination of exercise, nutrition, and behavior modification(1). A regular exercise program is essential for long-term weight loss and control. The Resistance Chair Solution offers a variety of exercises that can be tailored to each individual level of fitness. The Resistance Chair is simple and convenient to use, making it ideal for a regular program. Exercise has been shown to improve many obesity-related diseases, such as increasing glycemic control and insulin sensitivity; possibly preventing type II diabetes (see Diabetes Guideline)(2). It has also had positive effects in normalizing cholesterol levels, reducing hypertension, and reducing risk of coronary artery disease.

Resistance Chair Recommendations

Obesity can be linked with other serious medical conditions such as cardiovascular disease, high cholesterol, diabetes, advanced arthritis, and other diseases which should be monitored. Each exercise program should be tailored specifically for obese individuals to match the level of conditioning. A combination of consistent exercise, such as the Resistance Chair general conditioning and aerobic program, lifestyle changes, altering eating habits and ensuring proper nutrition is the key to long-term weight loss. A target physical program should be performed 3 to 7 days a week and last for at least 20 to 30 minutes. The intensity of the exercises should be gradually increased over time and overexertion should be avoided. A good rule of thumb is to perform exercises at a level where a normal conversation could occur without difficulty.

References

1. Jakicic, JM, Winters, C, Lang, W, Wing, RR. Effects of intermittent exercise and use of home exercise equipment on adherence, weight loss, and fitness in overweight women: a randomized trial. JAMA 1999; 282: 1554.
2. Tremblay, A, Despres, J, Maheux, J, et al. Normalization of metabolic profile in obese women by exercise and a low fat diet. Medicine & Science in Sports & Exercise 1991; 23: 1326.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.