

GROUP VISIT TOOLKIT

Advanced Prevention for Cardiovascular Disease



Improve the health of your patients with meaningful information

- *Easy to implement*
- *Cost-effective*
- *Time-efficient*
- *Insurance-friendly*

Your patients want to change... now you have the tools

This toolkit explores how lipids, inflammation, genetics and lifestyle contribute to atherogenesis and CVD development. Education on the benefits of lipoprotein testing and proven nutrition and exercise advice help patients understand an advanced prevention approach to CV risk.

Use for patients with these issues:

- Hyperlipidemia
- Hypertriglyceridemia
- Low HDL
- CAD/CVD/CHD
- Diabetes/Prediabetes
- Hypertension
- Metabolic Syndrome
- Peripheral Vascular Disease

THIS GROUP VISIT TOOLKIT INCLUDES:



Visit Forms:

Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.



Patient Handout(s):

Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.



Multi-Media Education:

Choose the format to best suit your presentation style

- Video + audio version
- Presentation slides for custom education

Ideal use for a Group Visit or one-on-one setting

Shilpa P. Saxena, MD is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic 'keep it simple' style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India*.



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Advanced Prevention for Cardiovascular Disease

Patient Name: _____ **Date of visit:** _____

_____ (initial) I understand as a participant in this Group Visit/Shared Medical Appointment, that I and other patients will discuss medical information in the presence of other patients, people, staff, and the clinician. If I have medical concerns that are of a very private nature, I will request to discuss with the clinician in a private setting or will schedule an individual office visit. I will also respect the confidentiality of the other members of the group by not revealing medical, personal, or any other identifying information about others in attendance after the session is over.

CC: ☐ Hyperlipidemia ☐ Hypertriglyceridemia ☐ Low HDL ☐ Hypercholesterolemia
☐ Other: _____

History of Present Illness - Part I (please complete all sections that apply)

1. Date (or Year) of diagnosis: _____
or ☐ Unknown
2. Worsening Factors: (check all that apply)
 - ☐ Current Prediabetes, Insulin Resistance, or Diabetes
 - ☐ Current Smoker or History of Smoking in last 5 years
 - ☐ Current High Blood Pressure
 - ☐ Sedentary lifestyle (no regular exercise activities)
3. Are You Taking Cholesterol Medication(s) as Prescribed?
 - ☐ 100% of the time
 - ☐ Sometimes: _____ % of the time
 - ☐ Never
 - ☐ I do not take cholesterol medication
4. Do you experience any side effects of the medication?
 - ☐ Muscle pain
 - ☐ Right upper abdominal pain
 - ☐ Liver issues
 - ☐ Other _____

Laboratory Review (office use)

Date of last lipid panel: _____

LDL-c _____

HDL-c _____

Triglycerides _____

Non-HDL _____

Total Chol _____

History of lip _____

Current Lifestyle: History of Present Illness - Part II

1. Tobacco use? _____ cigarettes/cigars per day
2. Alcohol use? _____ drinks per week. Most num _____
3. Caffeine intake? _____ caffeinated beverages per day
4. Water intake? _____ glasses per day
5. Exercise? ☐ Yes ☐ No

Type of Exercise	Length of Exercise
<input type="checkbox"/> Walk	> 45 min / 30-45min
<input type="checkbox"/> Run, Jog, Bike, other aerobic	> 45 min / 30-45min
<input type="checkbox"/> Weight lifting	> 45 min / 30-45min

6. Nutrition & Diet

How often do you eat these foods	
Choose from: (4) Daily – (3) Several times per week – (2) Once per week – (1) Never	
Red meat	
Cheese/Dairy	
Fast Food	
Restaurant Food	
Processed carbs (bread, pasta, etc)	
Sweets	

SOAP Note

- ✓ Insurance-friendly
- ✓ Can be scanned into EMR
- ✓ Patient completes all non-gray box sections

Review of Systems: *(check all that apply)*

- | | |
|--|--|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Chest pain on exertion |
| <input type="checkbox"/> Palpitations | <input type="checkbox"/> Swelling in ankles/legs |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> High stress |
| <input type="checkbox"/> Weight gain (____lbs last 3 months) | <input type="checkbox"/> Calf pain with walking short distance |
| <input type="checkbox"/> Weight loss (____lbs last 3 months) | |

Past Medical History: *(check all that apply)*

- ☐ PERSONAL History of Stroke
- ☐ PERSONAL History of Heart Attack/Stent/Bypass Surgery
- ☐ FAMILY History of Stroke/Heart Attack/Stent *(in parent/sibling/aunt/uncle/grandparent before 65 years old)*
- ☐ None of the above

Exam:

- Vitals: Wt: _____ Ht: _____ BMI: _____ BP: _____ Pulse: _____ WC: _____
- CV: ☐ R R R; no M/G/R Abnl: _____ Edema: Yes / No JVD: Yes / No
- Respiratory: ☐ CTA B Abnl: _____ Respiratory Effort: NI Other:

Assessment: *circle response*

Dyslipidemia controlled uncontrolled

Other:

Plan of Care:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Education on cholesterol
<input checked="" type="checkbox"/> Education on lipoproteins
<input checked="" type="checkbox"/> Education on hsCRP, apoB, apoE, homocysteine, Lp(a)
<input checked="" type="checkbox"/> Avoid saturated fats and trans fats
<input checked="" type="checkbox"/> Education materials regarding 'good fats' and 'bad fats' provided
<input checked="" type="checkbox"/> Achieve/maintain optimal weight
<input checked="" type="checkbox"/> Directed to take medication/nutritional support as prescribed | <input type="checkbox"/> Repeat diagnosis-specific labs in ____ months
<input type="checkbox"/> Order lipoprotein testing for further risk assessment
<input type="checkbox"/> Changes to medications/nutritional support include: |
|--|--|

Setting and Managing Your Goals

There is so much wisdom in the old saying, "you can't change what you can't measure". Often the simple act of writing down your goals allows you to keep them in the forefront of your lifestyle. Use the chart below to determine the goals you wish to achieve and track your success as you make changes and improve your health. You may even wish to track your lifestyle changes on a weekly basis, moving items from one column to the next to achieve success!

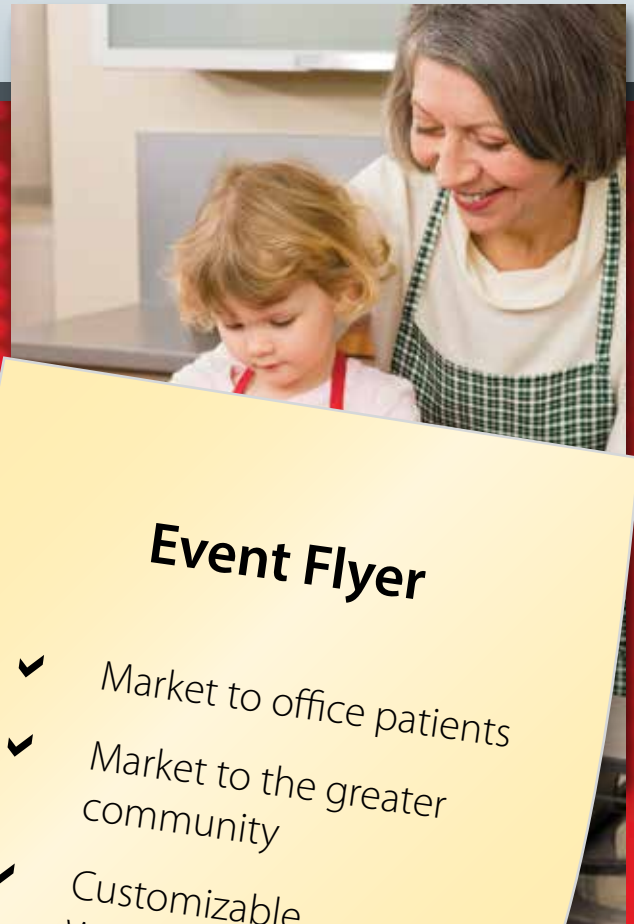
GOALS I WISH TO ACHIEVE	WHAT I AM ACTIVELY CHANGING	WHAT I HAVE ACCOMPLISHED
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

Advanced Prevention for Cardiovascular Disease

Each year, 1 in every 4 deaths in the United States will be from heart disease. It is the leading cause of death for both men and women, and nearly half of the American population has at least one risk factor for heart disease.

If you believe prevention is your best strategy, then you must identify the earliest signs of heart disease and take immediate action to reverse the course *before* a problem develops.

Join us as we teach you the latest in advanced lifestyle medicine, using specialized risk assessments and effective options beyond standard cholesterol medications.



Event Flyer

- ✓ Market to office patients
- ✓ Market to the greater community
- ✓ Customizable Word format

LOGO AREA

Take control of your heart health today!
Register for our upcoming patient Group Visit:

Date/Time/Location

GROUP VISIT

Advanced Prevention for Cardiovascular Disease



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Don't Be a Statistic


Heart disease is the leading cause of death for both men.

PowerPoint Slides

- ✓ Concepts reviewed in video
- ✓ PPT slide files for clinician to present and modify as needed
- ✓ Handouts for patients

more like a volcano eruption

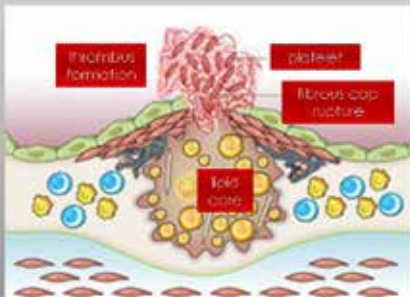
CARDIOVASCULAR DISEASE



It's not FAT clogged plumbing

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CARDIOVASCULAR DISEASE

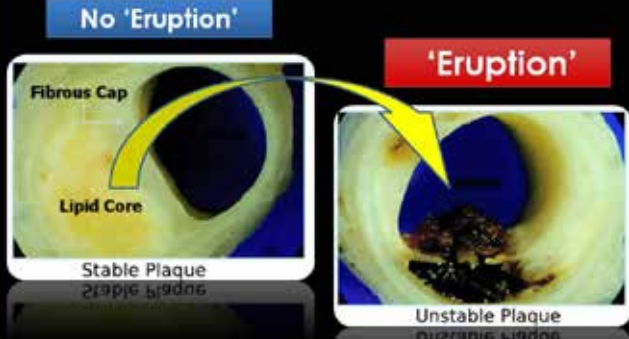


This happens in your blood vessels

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No 'Eruption'

'Eruption'



Stable Plaque

Unstable Plaque

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CARDIOVASCULAR DISEASE



Many factors lead to the eruption...

CARDIOVASCULAR DISEASE



You have control over many of them



IT'S PREVENTABLE



IT'S PREVENTABLE

Life's Simple 7™

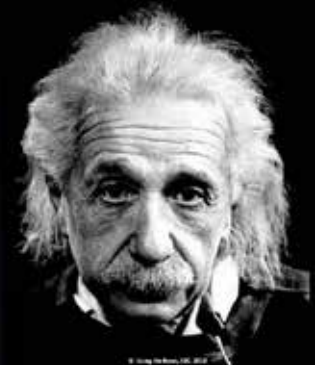
My Life Check was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive healthy life.

	Get Active	★		Control Cholesterol
	Eat Better	★		Manage Blood Pressure
	Lose Weight	★		Reduce Blood Sugar
	Stop Smoking	★	GET HEALTHY – START NOW	
	Manage Stress	★		



“Everything should be made as simple as possible, but not simpler.”

Albert Einstein





Patients Powered by Knowledge

- Cholesterol is not bad;
Bad cholesterol is bad.
- Total cholesterol = Good + Bad
- LDL = "Lousy" cholesterol
- Triglycerides = "Terrible"
- HDL = "Healthy, Helpful" cholesterol



BUT...



BUT...

50% of heart attack victims
had normal cholesterol levels



BUT...

50% of heart attack victims
had normal cholesterol levels

Simplifying Lipids



Water Balloons



Liquid

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Simplifying Lipids



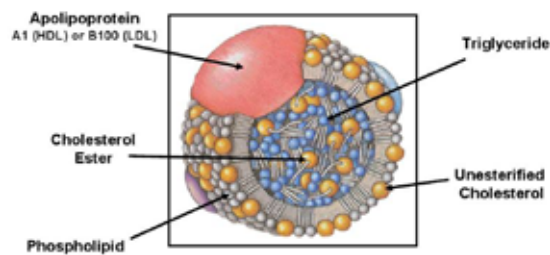
Lipoproteins



Cholesterol

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Unique Lipoproteins Are Formed Based on What's Inside



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Most Labs Measure Cholesterol

TEST DESCRIPTION	OUT-OF-RANGE	IN-RANGE	UNITS	EXPECTED
76005B= LIPID PANEL CHOLESTEROL, TOTAL	228			
76005B= LIPID PANEL HDL CHOLESTEROL		58		
76005B= LIPID PANEL TRIGLYCERIDES		95		
76005B= LIPID PANEL LDL CHOLESTEROL	151			



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Standard lipid panels are only markers for true LDL particle numbers

Water Balloons Better Reveal Your Risk



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Water Balloons Better Reveal Your Risk



Specialized lipoprotein tests that look at 'water balloons' can give you hidden details not seen in your cholesterol panel

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Water Balloons Better Reveal Your Risk



Specialized lipoprotein tests that look at 'water balloons' can give you hidden details not seen in your cholesterol panel



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Atherogenic Particles (heart disease-causing water balloons)



VLDL



VLDL_R



IDL



LDL



sdLDL



very low density

intermediate density

small density

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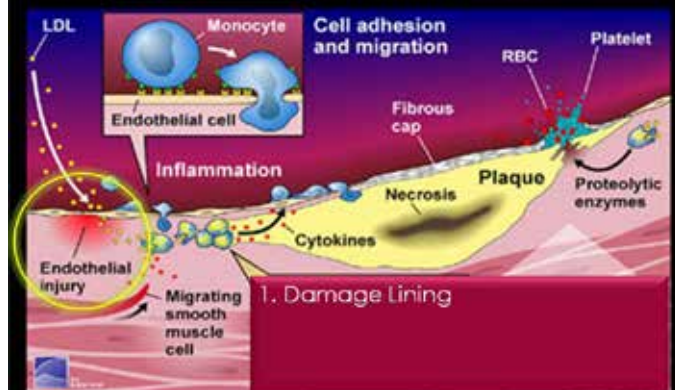
CARDIOVASCULAR DISEASE



It's more like a volcano eruption

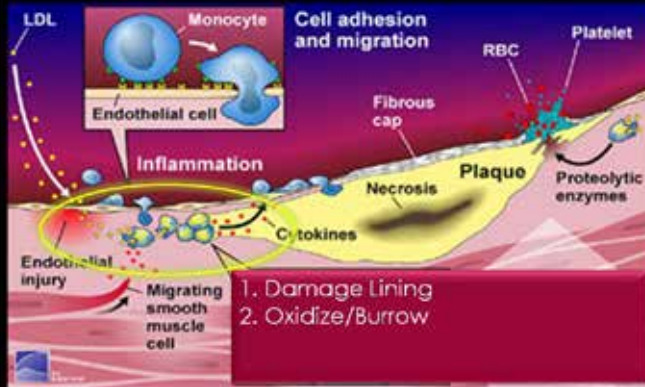
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Atherosclerosis: An Inflammatory Disease

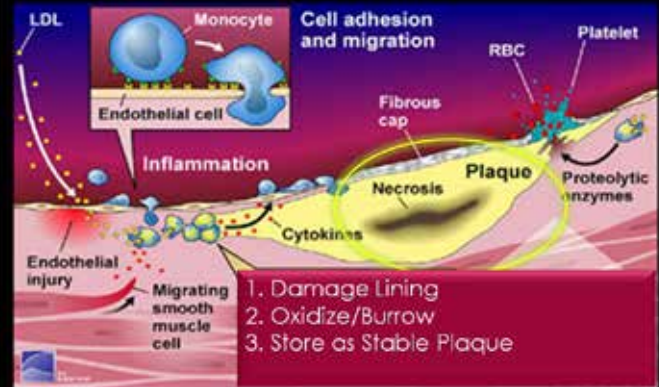


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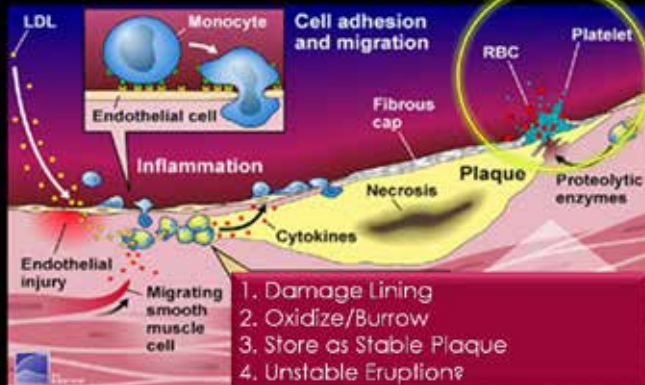
Atherosclerosis: An Inflammatory Disease



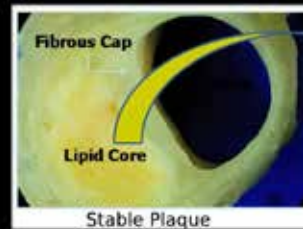
Atherosclerosis: An Inflammatory Disease



Atherosclerosis: An Inflammatory Disease



No 'Eruption'



'Eruption'



1. Damage Lining
2. Oxidize/Burrow
3. Store as Stable Plaque
4. Unstable Eruption?

Advanced Prevention Markers

Apolipoprotein A1
Apolipoprotein B
Apolipoprotein E
Fibrinogen
HDL2
Homocysteine
hsCRP
LDL Particle Concentration
Lipoprotein (a)
LpPLA2
Myeloperoxidase
Small dense LDL
VLDL3

Advanced Prevention Markers

Apolipoprotein A1
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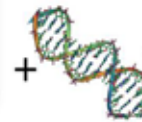
Advanced Prevention Markers

Insulin Resistance

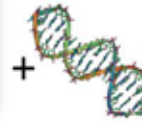
is another hidden, yet common, cause of heart disease.

- ☐ Blood sugar
- ☐ Blood pressure
- ☐ Insulin levels
- ☐ Lipoproteins
- ☐ Obesity

Lifestyle and Genes: It's Simple Math



- More Risk
- More Disease
- Poor Quality of Life



- Less Risk
- Less Disease
- More Quality of Life

Lifestyle and Genes: It's Simple Math

POOR LIFESTYLE

+

YOUR GENES

=

- More Risk
- More Disease
- Poor Quality of Life

GOOD LIFESTYLE

+

YOUR GENES

=

- Less Risk
- Less Disease
- More Quality of Life

4 STEPS

for Cardiovascular Prevention AND Treatment

1. Determine your risk
2. Set personalized targets
 - Weight
 - Blood sugar & insulin
 - Lipids
3. Implement lifestyle medicine
4. Track your progress



CHOICES

for Cardiovascular Prevention AND Treatment

1. Increase dietary fiber
2. Eat colorful plant foods
3. Use healthier oils
4. Eliminate all trans fats



GO for Fiber & Phytonutrients



GO for the GOOD Fats



- Consume High Quality Omega 3's (**GOOD fats**)
- Use olive or coconut oil (**GOOD fats**)
- Go light on meats & dairy

Nutrition Facts

Serving Size: 7 crackers (29g)
Servings per Container: about 10

Amount per Serving

Calories 120

	% Daily Value *
Total Fat 3g	6%
Saturated Fat 1g	2%
Monounsaturated Fat 1g	2%
Polysaturated Fat 2g	4%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 160mg	32%
Potassium 130mg	26%
Total Carbohydrate 23g	46%
Dietary Fiber 3g	6%
Sugars 0g	0%
Protein 3g	6%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Eliminate Trans Fats

Similar to Saturated Fat....

↑ LDL
(bad cholesterol)

Worse than Saturated Fat....

↓ HDL
(good cholesterol)

Nutrition Facts

Serving Size 1 slice

Amount Per Serving	Calories from Fat 90
Calories 260	
	% Daily Values*
Total Fat 10g	20%
Saturated Fat 2.5g	5%
Trans Fat 2.5g	5%
Cholesterol 0mg	0%
Sodium 220mg	44%
Potassium 0mg	0%
Total Carbohydrate 40g	80%
Dietary Fiber 1g	2%
Sugars 19g	38%
Protein 2g	4%



Nutrition Facts

Serving Size: 1 tbsp (14g)
Servings Per Container: About 32

Amount Per Serving

Calories 70 Calories from Fat 70

	% Daily Value*
Total Fat 8g	16%
Saturated Fat 2g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	16%
Total Carbohydrate 8g	16%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 0g	0%
Vitamin A 10%	20%
Vitamin C 0%	0%
Calcium 0%	0%
Iron 0%	0%

INGREDIENTS: Liquid Soybean Oil, Water, Partially Hydrogenated Soybean Oil, Buttermilk*, Hydrogenated Soybean Oil, Cream, Contains Less Than 2% of Salt, Hydrogenated Cottonseed Oil, Partially Hydrogenated Soybean Oil, Lactitol, Potassium Sorbate (Preservative), Lactic Acid, Artificial Flavor, Vitamin A Palmitate, Beta Carotene (Color). CONTAINS: SOY, ALB 30V



Wisdom
is information
in practice

GROUP VISIT

Advanced Prevention for
Cardiovascular Disease

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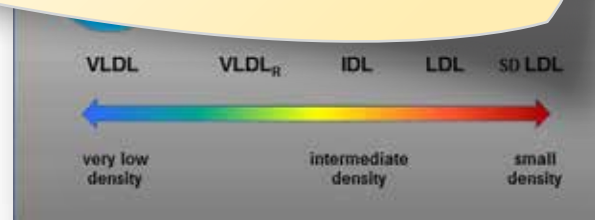
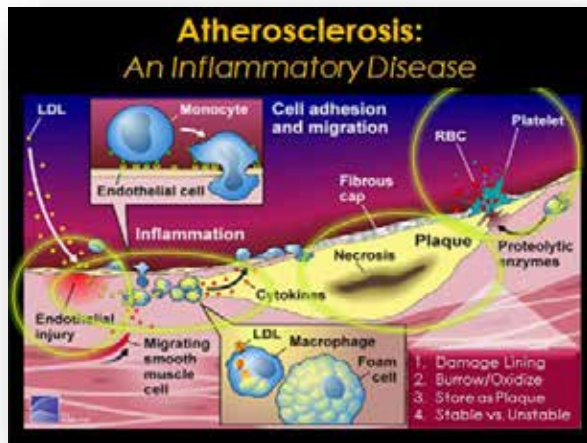
Advanced Prevention for Cardiovascular Disease **Advanced Cardiovascular Testing**

After learning about cholesterol and its role in cardiovascular disease, a total cholesterol result does not provide accurate information. In fact, even a standard cholesterol or lipid lab panel (fasting or non-fasting) cannot reveal all important risk factors.

In the Advanced Prevention for Cardiovascular Disease, we offer advanced tests that can provide additional information regarding your risk. Here are key learning points to help you with your Advanced

Patient Handouts

- ✓ Reference concepts learned from group session
- ✓ Reinforced plan of care
- ✓ Customizable with clinic name/logo









- **Apolipoprotein B (apo B)**
 - Better risk predictor of heart disease
 - Represents total atherogenic particles
- **Very Low Density Lipoprotein (VLDL)**
 - Main carrier for triglycerides
 - Independent risk factor
- **LpPLA2**
 - Indicates inflammation
 - May indicate risk for plaque rupture
- **hsCRP**
 - Marker of cardiac inflammation
 - Useful if no other inflammation present
- **Apolipoprotein E (apo E)**
 - Genetic part of the lipoprotein
 - 6 different combinations (E2,E3,E4)
 - Different combinations require unique lifestyle recommendations
- **Lipoprotein (a)/ Lp(a)**
 - Inherited risk factor
 - Indicates pro-clotting

Office Name | Address | City, State | ZIP | Phone | Fax

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Advanced Prevention for Cardiovascular Disease
Know Your Serving Sizes

Serving Size	Examples of Foods	
 deck of cards 3oz	beef/steak chicken pork/ham lamb tuna tofu veggie burger	
 checkbook 3 oz fish	salmon filet flounder filet halibut filet cod filet tilapia filet	
 tennis ball 1 cup	<u>Whole tennis ball (1 cup)</u> apple blueberries cherries orange pear 2 tangerines 2 plums 3 apricots	<u>Half tennis ball (1/2 cup)</u> beans (black, lentil, etc) butternut/acorn squash corn cottage cheese oatmeal pasta rice greek yogurt
 golf ball 2 tablespoons	<u>Whole golf ball (2 Tbl)</u> almonds avocado cashews hummus peanuts pistachios sunflower seeds walnuts	<u>Half golf ball (1 Tbl)</u> almond butter cashew butter peanut butter
 domino 1 ounce	cheddar cheese colby/jack cheese parmesan cheese swiss cheese	
 die 1 teaspoon	oils (canola, grapeseed, olive, sesame, etc) ghee Smart Balance™/Earth Balance™ butter substitute (1.5 tsp)	

Advanced Prevention for Cardiovascular Disease

Nutrition to Lower Dietary Fat & Balance Blood Sugar

Concentrated Protein 3-4oz, 150 calories

- 2 whole eggs or 3 whites + 1 whole
- Egg Substitute (2/3 cup)
- Fish or shellfish
- Poultry: chicken, turkey (white meat)
- Lamb: leg or lean roast
- Beef: very lean
- Pork: white meat
- Wild game: buffalo, venison, elk
- Tofu
- Soy or veggie burger
- Cottage cheese: 1%-2% (% cup)
- Parmesan (6 Tbs)
- Semi-soft/hard cheese 1%-2% (1-2oz)
- Greek Yogurt: plain unsweetened

Nuts & Seeds 100 calories

- Almonds, hazelnuts (12 whole)
- Cashews (8 whole)
- Peanuts (18 whole)
- Walnuts, pecans (8 halves)
- Other nuts/seeds:
 - Pistachio, pumpkin, sunflower, sesame, pinenuts (2 Tbs)
 - Nut butter (1 Tbs)
- Chia seeds, ground flax seeds

Legumes 110 calories

- Beans (½ cup):
 - black, cannellini, garbanzo
 - kidney, lentil, lima, mung, navy, green peas, pinto, refried, soy (edamame)
- Hummus (¼ cup)
- Bean soup (¾ cup)

Dairy & Alternatives 80 calories

- Almond milk, unsweetened (8 oz)
- Milk, 1%-2% (6oz)
- Soy milk, plain (8 oz)
- Soy yogurt, plain/unsweetened (4 oz)
- Sour cream, nonfat (6 Tbs)

Fruit 80 calories

- Apple (1 medium)
- Apricots (3 medium)
- Berries:
 - blackberries/blueberries (1 cup)
 - raspberries/strawberries (1½ cups)
- Cantaloupe (½ medium)
- Cherries (15)
- Figs (2)
- Grapefruit (1 whole)
- Grapes (15)
- Honeydew (¾ medium)
- Mango (½ medium)
- Orange (1 large)
- Peaches/nectarines (2 small)
- Pear (1 medium)
- Persimmon (½ medium)
- Tangerines (2 small)

Grains

Limit to 1 serving daily 75-110 calories

- Whole wheat bread (1 slice)*
- Whole wheat tortilla or pita (½)*
- Whole wheat pasta (½ cup)*
- Ryvita or Wasa crackers (2 large)*
- Barley (½ cup cooked)*
- Bulgur cracked wheat (½ cup)*
- Whole oats (½ cup cooked)

Gluten-Free Options:

- Buckwheat groats (½ cup)
- Rice, brown or wild (½ cup)
- Quinoa or quinoa pasta (½ cup)
- Udi's gluten-free bread (1 slice)

* Depending on your condition, your practitioner may recommend avoiding gluten-containing foods

Unlimited Vegetables

- Artichokes
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bell peppers
- Broccoli, rapini
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chives/garlic
- Cucumber
- Eggplant
- Fennel
- Greens: beet greens, bok choy, collards, escarole, kale, spinach, swiss chard, mustard

Limited Vegetables 45 calories

- Beets or winter squashes (½ cup)
- Carrots (2 med or 12 baby)
- Sweet potato (½ medium)
- Yucon gold or red potato (½ medium)

Fats 40 calories

- Oils:
 - Cold-pressed, extra-virgin olive, **coconut, avocado oil** (1 tsp)
 - Smart or Earth Balance (1½ tsp)
 - **ghee: clarified butter** (1 tsp)
- Avocado (1/8)
- Olives (8-10 medium)
- Coconut milk, light (3 Tbs)

Bolded Oils have higher smoke point, thus are more stable for high-temperature cooking

Daily Meal Planning

Breakfast

Morning Snack

Lunch

Afternoon Snack

Dinner

Evening Snack

Fluid goal (oz):

[Insert
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Advanced Prevention for Cardiovascular Disease **Reading Food Labels**

FAT:

- 20-25% of diet should come from good fats and oils
- Good fats: avocado, olives, coconut, fish
- Good oils: Cold-pressed, extra-virgin olive, grapeseed, avocado, organic non-GMO canola
- Never heat sesame oil
- Limit saturated fats (go light on fatty meats and full fat dairy)
- Avoid trans fats entirely (stick margarine, Crisco shortening)
- Use coconut oil spray (from health food store) for eggs and sautéing

CARBOHYDRATES & SUGAR:

- Good rule of thumb: No more than 30 carbs per meal
- The lower glycemic, the better
- Get most of your carbohydrates from whole grains, fruits and vegetables
- No more than 5g of sugar per snack

SODIUM:

- Sodium restriction goal is <2000mg
- Celtic sea salt and Kosher salt are better than table salt
- Canned, processed and frozen foods are usually high sodium
- Restaurant foods often have the highest sodium content

INGREDIENTS TO AVOID:

- Refined grains including wheat, white rice, oats, corn, potatoes
- Hydrogenated and partially hydrogenated oils
- High fructose corn syrup
- Artificial sweeteners (Splenda – sucralose, Equal – aspartame)
- Ingredients you can't pronounce or that sound like chemicals

SIMPLE STEPS TO EVALUATE A LABEL:

- Understand the serving size
- Calories: ~100-200 cal per snack / 350-600 cal per meal
- Fat: No trans fat/very limited saturated fat
- The first 4 ingredients should not contain a high glycemic starch or sugar (flour, rice, potato, corn, sugar, etc)
- The less ingredients, the better

Nutrition Facts

Serving Size: 7 crackers (29g)
Servings per Container: about 10

Amount per Serving

Calories 120

	% Daily Value *
Total Fat 3g	5%
Saturated Fat 1g	5%
Monounsaturated Fat 1g	
Polyunsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 160mg	7%
Potassium 130mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	6%
<hr/>	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%



Now that you're on the path to a new, healthier you, here are five simple steps to get moving!

Starting a fitness program may be one of the best things you can do for your health. Physical activity reduces your risk of chronic diseases like diabetes, heart disease, arthritis and more. Additionally, moderate and consistent exercise can improve your balance and coordination, help you sleep better, manage your weight and improve your self-esteem. You can get started in just five simple steps, but be sure your physician clears you to get going.

Step 1: Determine your level of fitness

You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

- Your pulse before and after you walk 1 mile
- How long it takes you to walk 1 mile
- How many push-ups you can do in one session
- How many sit-ups you can do at one sitting
- How far you can reach forward while seated on the floor with your legs extended in front

Step 2: Design your fitness program

It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:

- **Know yourself** Are you starting a fitness program to help lose weight? Or do you have another motivation, such as preparing for a marathon? Having clear goals can help you gauge your progress. Also, know what type of environment you do best in. Some people love the gym or group fitness environment while others prefer to 'walk alone' or use video workouts.
- **Set your goal** Most adults should aim for at least 150 minutes of moderate-intensity aerobic activity — or 75 minutes of vigorous aerobic activity — a week. Adults also need two or more days of strength training a week.
- **Ease in** Work with your physician to gauge what level to start. Then, gradually increase your exercise intensity, strength and endurance. Then start cautiously and progress slowly. If you have an injury or a medical condition, consult your physician or a physical therapist for help designing a fitness program that best suits your needs.
- **Book it!** Finding time to exercise can be a challenge – it's the main reason people avoid exercise. Truth is, you just need to prioritize and schedule it. That's right, we suggest you schedule time to exercise as you would any other appointment. Other ideas include watching your favorite show while walking on the treadmill, reading while riding a stationary bike, or listening to books on your digital audio device while walking outdoors. A great song list can really help pass the time during a strength training workout.

- **Crosstrain** To keep you and your muscles from getting bored, change it up! (Cross training also reduces your chances of injuring or overusing one specific muscle or joint). Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming, strength training and yoga.
- **Pace yourself** Many people start an exercise program in a frenzy — working out too long or too intensely — and give up when their muscles and joints become sore or injured. Alternate cardio and strength training to build muscle mass, not injure it. Rest and recovery are essential.
- **Share it** Tell your exercise plan to friends and family. Ask them to assist with your motivation and keep you going. But this plan goes both ways—don't get upset with your loved ones when they try to motivate you. Also, a shared, written plan can also encourage you to stay on track. When you share any exercise goals, you're more likely to stick with it.

Step 3: Prepare your equipment

If you're planning to join a gym facility, this step is pretty easy. Visit more than one establishment and find your best fit. If you're interested in exercise classes, make sure their schedule works for you. Ask about their busy times and determine if it matches your schedule. Also, many gyms include one or two personal training sessions to get you acquainted with the machines or the types of exercises you should expect in a class.

Fitness videos are also another popular way to fit exercise into your daily life without leaving home. Choose videos that provide exercise at your level and not too far above, as injury may occur. Consider trying something new—who knows, you just might love Zumba™. You may also need new athletic shoes. Be sure to pick shoes designed for the activity you have in mind.

If you're planning to invest in exercise equipment, choose something that's practical, enjoyable and easy to use. Consider checking out certain types of equipment at a fitness center before investing in your own equipment. To stretch your exercise dollars, consider buying used equipment – most often you'll get very good quality for the money.

Step 4: Get started

Now you're ready for action. As you begin your fitness program, keep these tips in mind:

- **Easy does it** Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of exercise most days of the week.
- **Work out in small doses** You don't have to do all your exercise at one time. Shorter but more-frequent sessions have aerobic benefits, too. Fifteen minutes of exercise a couple of times a day may fit into your schedule better than a single 30-minute session.
- **Get your creative juices flowing** Maybe your workout routine includes various activities, such as walking, bicycling or rowing. But don't stop there. Take a weekend hike with your family or spend an evening ballroom dancing.
- **Honor your body** If you feel pain, shortness of breath, dizziness or nausea, you may be pushing yourself too hard. Be sure to notify your physician if any concerning symptoms occur.
- **Be flexible** If you're really overwhelmed or too sore, give yourself permission to take a day or two off. Just know that you'll start back right where you left off.

Step 5: Monitor your progress

Repeat your personal fitness assessment six weeks after you start your program and then again every three to six months. You may notice that you need to increase the amount of time you exercise or increase the amount of weight you work with in order to continue improving. Or you may be pleasantly surprised to find that you're exercising just the right amount to meet your fitness goals.

If you lose motivation, set new goals or try a new activity. Exercising with a friend or taking a class at a fitness center may be just what it takes.

Starting an exercise program is an important decision. But it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.

Your patients want to change... now you have the tools

This toolkit explores how lipids, inflammation, genetics and lifestyle contribute to atherogenesis and CVD development. Education on the benefits of lipoprotein testing and proven nutrition and exercise advice help patients understand an advanced prevention approach to CV risk.

Use for patients with these issues:

- Hyperlipidemia
- Hypertriglyceridemia
- Low HDL
- CAD/CVD/CHD
- Diabetes/Prediabetes
- Hypertension
- Metabolic Syndrome
- Peripheral Vascular Disease

THIS GROUP VISIT TOOLKIT INCLUDES:



Visit Forms:

Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.



Patient Handout(s):

Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.



Multi-Media Education:

Choose the format to best suit your presentation style

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Ideal use for a Group Visit or one-on-one setting

Shilpa P. Saxena, MD is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic 'keep it simple' style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India*.

