

# Physical Activity Case Assignments (Answers)

## **CASE #1 ANSWER:**

Recommend the SWAP method for H.D. Suggest looking for opportunities to stand at work when possible. Share resources for creating or purchasing a standing desk. Encourage H.D. to purchase a pedometer (such as FitBit) and start tracking steps, using his average to set a new step count goal. Discuss other opportunities for more walking throughout the day, e.g., parking farther from the office, taking walking breaks every few hours, walking after work around the neighborhood. Discuss concept of “push” and brainstorm ideas for simple body weight training exercises at home or free weight exercises at the gym. Remind patient to start slow and work up to higher intensity as time goes on. Be sure that H.D. is leading the brainstorming session for how he can incorporate standing, walking, and “pushing” into his daily life. Set goals for daily and weekly movement sessions. Consider adding movement schedule to calendar.

## **CASE #2 ANSWER:**

L.E. is likely overtraining, which is causing not only her amenorrhea, fatigue, and injuries, but also may be making it harder to lose body fat despite training hard. Discuss the importance of recovery and rest. Encourage patient to have at least one to two full rest days per week with no formal exercise. Address any issues with inadequate recovery such as sleeping less than eight to nine hours per night, inadequate calorie and macronutrient/micronutrient intake, and stress management. Test for HPA-D and sex hormone imbalances caused by overtraining. Discuss the possibility that L.E. will likely need to take some time off from her heavy training schedule if she wants to recover her menstrual cycle.