

# General considerations for individuals with obesity

**Lower physical activity levels are prevalent in adults who are overweight and obese**

This is likely due to low exercise capacity and being easily fatigued

## Modifications:



### **Start slow**

E.g., If you are starting a walking programme, start with leisure walking instead of brisk walking.



### **Take breaks in between**

E.g., Instead of doing 20 mins of physical activity continuously, aim for 2 x 10 mins with a break in between.



### **Progress gradually**

Monitor your overall energy and fatigue levels during and the day after exercise. Ensure that you do not feel excessively fatigued, such that you can't carry out your normal daily routine.

[\(Source: Cassidy et al., 2017\)](#)