



Injury and Disease Prevention Program Guide

Session	Topic Discussion
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Overview

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| 1 | <ul style="list-style-type: none">Orientation to programEvaluation of risk for injury - questionnaireRisk stratification for health/injury risks, contraindications for exerciseDiscuss personal goals including BMI and weight loss goals/tracking recommendationsComplete questionnaire for access to fitness equipment |
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Review Mechanisms of Injury

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| 2 | <ul style="list-style-type: none">Types of injuriesGeneral mechanisms of injury (body weight, muscle weakness, muscle imbalance, etc.)Self evaluation of injury riskBalance |
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Healthy Eating & Exercise Recommendations

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| 3 | <ul style="list-style-type: none">Review of food tracking/balance of nutrientsGeneral exercise recommendationsProvide general full body stretching program |
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Specific Exercise Recommendations/Progression

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| 4 | <ul style="list-style-type: none">CV exercise recommendations – based on goalsMuscle strength and endurance – based on evaluation and goalsBalance exercises |
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Review of Barriers and Challenges

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| 5 | <ul style="list-style-type: none">Muscle soreness, prevention/treatment of injuriesOvercoming time and other barriers to ongoing exercise |
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Progress Evaluation and Questions

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| 6 | <ul style="list-style-type: none">Schedule ongoing coaching for exercise progressionFollow up on other goals such as weight loss/referral to other health programs as appropriate: First5, Prediabetes, Stress, etc. |
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