

**PR2.F – Case Study****The case of an obese teenage girl****Description of the case Study**

A 13-year-old girl, BMI 28, wants to reduce her body mass by being physically active. Her history shows normal glucose range, normal blood pressure, no chronic conditions. No pain nor spasms are present when walking. She is physically inactive both during her PE lessons and outside school. What regime of exercise would you recommend to this patient? (What are your end goals?)

**Questions**

1. Which level of intensity would you recommend?
  - A. As low as possible
  - B. Moderate
  - C. Vigorous
  
2. How can you assess moderate physical activity?
  - A. the person can talk, but cannot sing during the physical activity
  - B. the person can talk and sing during the physical activity
  - C. the person cannot even talk
  
3. For this girl to lose 1 kg, how many calories should she expend?
  - A. 5000
  - B. 7000
  - C. 9000
  
4. How long should the exercise session last?
  - A. 15 min
  - B. 30 min
  - C. 45 min
  - D. 60 min
  - E. As long as it is pleasant



**Key and feedback:**

**Question 1:**

B. Moderate

Feedback: Extreme intensity can cause patients to stop exercising and there is a possible risk of injury. Lower intensity exercises do not result in target calorie consumption, but only to the general wellbeing.

**Question 2:**

A. the person can talk, but cannot sing during the physical activity

Feedback: “walk and talk” measure.

**Question 3:**

B. 7000

**Question 4:**

E. As long as it is pleasant

Feedback: 60 min per day is recommended, but should start with 10 minutes and gradually increase. It is paramount for the activities to be safe, interesting, fun, to engage main muscle groups, and for the programme to be sustainable.

