

# Medically Supervised Weight Loss Program (MSWLP)

## Exercise and Movement

This section includes:

- Guidelines for weight loss
- Guidelines for weight management

## ASSIGNMENT

Answer the questions below:

1. List 3 activities that you are willing to do during the week to increase your focused movement to 30 minutes per day.
2. How much exercise is recommended for health benefits?
3. How much exercise is recommended to prevent weight regain after surgery?