BIO│ANALOGICS®

HEALTH MANAGEMENT SYSTEM
AEROBIC EXERCISE MODULE

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1.0 Program Module Installation

Installing the Aerobic Exercise Module with the System Module

Once the HMS program is installed, the system will automatically prompt you to install the system modules you have purchased. To install the modules, simply select the next button. You will be prompted to select your disk drive (A: or B:). Once you have input the proper selection, select the next button and the module will automatically install. You may load as many modules as you have at this time.

Installing the Aerobic Exercise Module at a later date

If you choose to load a module at another time, simple select the Module option from the task bar at the top of the screen and choose to Install a new module. You will be prompted to select your disk drive (A: or B:). Once you have input the proper selection, select the next button and the module will automatically install.

You should now review the following documentation for aerobic exercise module.

2.0 Setting Up Your Aerobic Exercise Default Programs

The HMS program allows you to input specific Aerobic Exercise programs for your clients. You may choose to design a program for each individual client or use the default set-up feature to come up with an un-limited number of your own programs.

2.1 Task Bar/System

To enter the Aerobic Exercise set-up, select the System option from the upper task bar, then select the Set-up Aerobic Exercise Option.

2.2 Making a Default Program

Once you have entered this section, you will see the exercise development screen structure. To develop a new program select the "+" button.

2.3 Day of Week

Use you mouse and "right mouse click" on the day of the week for the first exercise session.

2.4 Exercise

Next, select the desired Aerobic Exercise from the list.

2.5 Time

Now, input the number of minutes you wish to use.

2.6 Completing the Default

After you input the number of minutes for each exercise, repeat the process from 2.2 to 2.6 for each exercise and each day you wish to choose.

2.7 Naming the Program

After you have completed the exercise program default, select the "finished" option from the radio buttons on the right side of the window. You will then be prompted to input the name of the exercise program e.g. "5 Day Walking". This is the name you will use to select a program when you are selecting a specific default program for a client.

You may create as many Aerobic Exercise Program defaults as you like during this process, or you may return to the Set-up Aerobic Exercise program recommendations at a later date.

You are now ready to continue with the module installation process or begin to input client data.

3.0 Program Usage and Overview

As with all modules associated with the HMS program, before you can use the aerobic exercise module, you must first either input information for a new client or recall an existing diet.

Once you have selected a client, select the aerobic exercise program from the speed bar.

4.0 Setting Up an Aerobic Exercise Program

Once you have selected the aerobic exercise program from the speed bar, an input window will appear which will allow you to develop a client's program.

4.1 Aerobic Heart Rate (AHR)

You should select the clients AHR as either light, moderate or heavy. The calculated heart rate zone will be calculated for the client and prompted next to the level.

4.2 Adding an Exercise

The exercise schedule will be listed on the input screen. If you have recalled an existing client, their current program will be listed. If the program is for a new client, the field will be blank. Note that a "check" indicates that there are existing exercises for a specific day. Select the day you wish to add an exercise to. To add an exercise, select the Add button and a list for the days of exercise will appear. Next, select the drop down exercise selection box and select the appropriate exercise. Once you have selected the exercise, input the number of minutes (duration) for the exercise

NOTE: *IF YOU WISH TO ADD AN EXERCISE TO AN EXISTING PROGRAM, HIGHLIGHT THE DAY OF EXERCISE FROM THE LIST, SELECT THE ADD BUTTON AND REPEAT THE PROCEDURE.*

4.3 Deleting an Exercise

If you would like to delete an existing exercise, simply highlight the activity and select the Delete button.

4.4 Weekly Caloric Expenditure

The Weekly caloric expenditure will be totaled for each client in the aerobic exercise input window. The total caloric expenditure will be used to individually the nutrition plan.

When you are finished developing the program, you can select another module or the Finish button to prepare a report, choose the "Next" button to proceed to the next module, or use the mouse to select any of the available modules from the speed bar.

5.0 Tips For Making an Aerobic Exercise Program

Aerobic exercise is one of the fundamental keys to success for any Health Management program, especially weight reduction. The following information will provide you with a quick overview for making aerobic exercise plans.

5.1 Select a Variety of Different Exercises

Try to select more than one type of activity. Review the client history and interview to select at least two (2) types of exercise for the week.

5.2 How Many Days Per Week?

If the client is just starting on an exercise program, they should exercise no more than 3 days per week for the first few weeks. Do not encourage exercise on a daily basis. By the end of a 12-week program, the patient should be exercising 5 days per week.

5.3 How Long Should the Exercise Be?

At first, no more than 20 minutes at their aerobic heart rate. However, by the end of a 12-week program, many clients will be exercise for up to 40 minutes. Do not encourage exercise periods of longer then 40 minutes.

5.4 What is the Best Type of Exercise?

The correct answer is that it is the exercise that the client will do.