

START'R



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WWW.IRBMS.COM

Hello,

Based on the study of your BMI and waist circumference, we have identified a risk factor for your health.

Waist circumference is the outward sign of fat accumulation around the organs (liver, intestine, pancreas) located in the abdomen. This particular distribution of fat exposes you to an increased risk of cardiovascular disease, diabetes, cholesterol...and causes what is known as the metabolic syndrome.

Practicing safe physical activity and dietary adaptation advice can, without medication, improve your health by reducing your risk factors and improving your well-being.

We recommend that you consult your referring physician who will perform or request a laboratory test to detect potential abnormalities, including diabetes, and will examine you by monitoring, among other things, your blood pressure.

While waiting to perform this assessment you can start an adapted physical activity program by respecting simple dietary rules such as consuming 5 fruits and vegetables per day, which can be consulted on the IRBMS website.

Give priority to :

- An endurance activity of moderate intensity (walking, jogging, cycling, swimming...) at least 3 times a week and if possible every day for 45 to 60 minutes.
- An activity against muscular resistance which must be carried out according to your tolerance to the effort, at a rate of 10 to 15 repetitions per muscle group, to reach a working strength equal to 50% of the maximum voluntary strength.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical supervision in connection with a practice of physical activity.



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DE LA MÉDECINE ET DU SPORT SANTÉ