Weight Loss On the Anti-Gravity Treadmill

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GENERAL PRINCIPLES
This protocol for Weight Loss is designed as a general guideline for use of the AlterG Anti-Gravity Treadmill as an exercise tool. We recommend conferring with a physical therapist or doctor before beginning this program, as the progression should be individualized and based on your specific needs, physical examination, progress, and complications or pain.

WHY THE ANTI-GRAVITY TREADMILL?
Exercise, including walking, can be painful for anyone who is overweight. In fact, Obesity and a higher Body Mass Index are risk factors associated with osteoarthritis. Exercise is a proven way to reduce body fat; however, osteoarthritis or other injuries can limit exercise capability because of increased joint pain. By reducing your effective weight during exercise with the AlterG Anti-Gravity Treadmill, you can reduce or eliminate pain you might experience while walking. Reducing your pain means you can increase your activity levels and caloric burn.

GOAL
Enable consistent exercise activity as part of a weight loss program
- Monitor heart rate and Rating of Perceived Exertion 1-10 (RPE) throughout activity.
- Aim for 30 minutes of physical activity at least 3 days a week, either continuously or at regular intervals of at least 10 minutes duration (as tolerated).
- Physical activity should begin at a low to moderate intensity, target heart rate = 20-40% of your age predicted heart rate maximum. This is calculated by: (206.9 – (0.67 x age)) x 20 and 40% respectively. RPE should be low, 1-3 on a modified Borg scale of 1 – 10.

EXERCISE PROTOCOL
1 Begin with light stretching for the legs as instructed by a personal trainer or a physical therapist
2 Anti-Gravity Treadmill Exercise
   • Walk at 50-70% body weight for 15-30 minutes
   • Reach target heart rate by increasing walking speed as necessary to 1.5-3.5 mph.
   • If walking is comfortable and heart rate is below the target zone, add treadmill incline.
   • Progressively increase each session by increasing one of the following: body weight, exercise intensity (speed and/or grade), and/or duration by 1-5% as tolerated pain free. Effective body weight should be increased based on your level of pain. When increasing exercise intensity and/ or duration, keep the heart rate in the target.
3 Stretch again after exercising on the Anti-Gravity Treadmill
4 Apply ice as necessary to prevent muscle soreness or joint pain from activity and to allow exercise activity the next day.
5 Follow the progression table below with goal of consistent exercise activity at least 3 days/week

AlterG Anti-Gravity Treadmill Progression Table

<table>
<thead>
<tr>
<th>Week</th>
<th>BW%</th>
<th>Speed (mph)</th>
<th>Incline (grade)</th>
<th>Time(min)</th>
<th>Target HR</th>
<th>RPE (1-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>50-70%</td>
<td>1.5-2.5</td>
<td>1%</td>
<td>15-30</td>
<td>20-40%</td>
<td>1-3</td>
</tr>
<tr>
<td>6-12</td>
<td>70-80%</td>
<td>2.5-4.0</td>
<td>3-5%</td>
<td>30-45</td>
<td>40-60%</td>
<td>3-5</td>
</tr>
<tr>
<td>12+</td>
<td>80-95%</td>
<td>4.0+</td>
<td>3-5%</td>
<td>45-60</td>
<td>60-85%</td>
<td>5-7</td>
</tr>
</tbody>
</table>

NOTES
- Weight loss cannot generally be achieved by solely increasing physical activity; modifying diet will also be necessary. Log a food diary in order to calculate a 500 Calorie/day deficit to meet ACSM’s guidelines for a 1-2 pound/week weight loss.
- Healthy weight loss requires long-term changes in eating habits. Well-balanced, micronutrient dense meals before, during, and after exercise is important.
- Maintain adequate hydration.
- Set up regular meetings with a nutritionist for further guidance and instruction regarding diet planning.

REFERENCES