

Program for Reducing Obesity (PRO) Exercise with PT Group

This 12-week program is designed to support individuals in starting or maintaining an exercise routine. Each session offers practical tools and knowledge to build strength, improve movement, and promote long-term wellness—especially through preserving muscle mass for healthy weight management.

Week 1- Beginning an Exercise Program

Explore common challenges in starting a fitness journey and discover strategies to overcome them. Learn how consistent movement leads to lasting rewards.

Week 2- Body Awareness and Proprioception

Understand how body awareness and proprioception enhance exercise form and reduce injury risk, laying the foundation for safe and effective movement.

Week 3- Upper Body Strength

Focus on posture and alignment while strengthening the shoulders, elbows, and wrists. Learn techniques to build upper body strength with proper form.

Week 4- Lower Body Strength

Develop strength in the hips, knees, and ankles with attention to posture and movement mechanics. Improve stability and mobility for everyday activities.

Week 5- Low Back & Pelvis Health

Learn how to activate, strengthen, and stretch key muscles to support spinal health and reduce discomfort in the lower back and pelvis.

Week 6- Myofascial Meridian Lines

Discover the interconnected lines of fascia that support movement and strength. Explore how understanding these lines can improve mobility and reduce strain.

Week 7- Equipment & Exercise Anywhere

Gain confidence using gym equipment and learn how to adapt workouts for any environment. Understand exercise “dosing” for sustainable progress.

Week 8- Yoga & Mindfulness

Introduce yoga fundamentals with a focus on safety and effectiveness. Explore how mindfulness can support physical and emotional well-being.

Week 9- Active & Passive Recovery

Learn the benefits of recovery strategies, both active and passive, to support muscle repair, reduce fatigue, and enhance overall performance.

Week 10- Running Lab

Dive into best practices for running longevity, including form, pacing, and injury prevention techniques tailored for all levels.

Week 11- Nutrition & Inflammation

Understand how nutrition affects chronic inflammation and pain. Learn dietary strategies to support healing and improve exercise outcomes.

Week 12- Executing the New Plan

Put it all together with a personalized plan. Learn how to structure your routine with planning, execution, rest, and repetition for long-term success.

Topics subject to change based on the needs of the group and per the discretion of the facilitator or physician.