

Discussion and Application

Lesson 1

Question #1: Define chronic illness, and provide an overview of how your fitness practice will benefit clients with one or more chronic illness. If possible, provide an example of how you have already done this.

Best Answer: Chronic disease is defined as a disease that progresses slowly, lasts for a year or more, requires ongoing medical care, and interferes with activities of daily living, versus acute disease which comes about and dissipates quickly. Most chronic diseases are caused by a few risk behaviors such as smoking, poor nutrition, excessive alcohol consumption, and a lack of physical activity. Physical activity can positively affect over 30 chronic conditions, making it the number one deterrent of chronic disease in primary and secondary prevention. Benefits can include:

- Helping the 50-60% of the population who suffer from chronic disease
- Helping the 10% of the US population who from diabetes
- Help reduce the 40% obesity rate
- Help reduce the number of deaths caused by CVD
- Help the 100 million US adults who suffer from hypertension
- Help the 30 million adults who suffer from osteoarthritis
- Help ease the burden of cancer
- Help more people meet the minimum guidelines for physical activity

Question #2: Explain the three levels of prevention and provide examples of each one. How would you explain this to a client?

Best Answer: Prevention is categorized as primary, secondary, or tertiary. The goal of primary prevention is to stop a condition before it starts and includes immunizations, targeted types of exercise, and wellness programs and education. Secondary prevention interrupts the progression of disease in the hopes of slowing down or reversing the progression. Examples include treatment for hypertension, asthma, and some cancer treatments. The goal of tertiary prevention is to manage and treat symptomatic disease in the hopes of reducing the severity, restoring function, and reducing disease related complications, and includes measures such as treatment for late stage cancer, coronary heart disease, and rehabilitation. The number one deterrent of chronic disease is physical activity for primary and secondary prevention;

therefore, the main goal of Clinical Exercise in the healthcare continuum is to prevent the onset of chronic disease.