

Soundbite Script – If the weighted vest fits, wear it

Faheem Ahmad, MD, sports medicine physician, OSF HealthCare

"I highly recommend it to most of my patients, because if you think about it, it adds to whatever kind of exercise you're doing. If you're doing cardio, it adds resistance or strength training. It adds more of a challenge to it." (:20)

Faheem Ahmad, MD, sports medicine physician, OSF HealthCare

"There are many benefits. Number one is your muscles. It makes your muscles stronger. It doesn't matter if you're doing cardio or resistance training, you're benefitting from it." (:20)

Faheem Ahmad, MD, sports medicine physician, OSF HealthCare

"Start by walking two to three times a week and then do 10 to 15 minutes of exercise per day. If you want to push your resistance a little more, then slowly increase by 5% of your body weight every four to six weeks." (:20)

Faheem Ahmad, MD, sports medicine physician, OSF HealthCare

"You can incorporate this into your weight training, your resistance training too, because it gives more resistance, and it gives a challenge to your core, in particular the back muscles." (:12)

Faheem Ahmad, MD, sports medicine physician, OSF HealthCare

"It doesn't matter what kind of exercise you do. But if you incorporate those into your daily life, 150 minutes per week is beneficial for you." (:10)