

Exercise Plan for Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD) Patients

Regular physical activity plays a crucial role in managing Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD), formally known as Non-alcoholic Fatty Liver Disease (NAFLD). This exercise plan is designed to help improve liver health, reduce liver fat accumulation, and promote overall well-being.

Guidelines:

- 1 Consult with a Healthcare Professional:** Before starting any exercise program, it's essential to consult with your healthcare provider or a qualified exercise specialist to ensure the exercises are safe and appropriate for your condition.
- 2 Gradual Progression:** Start with low-intensity activities and gradually increase intensity and duration as tolerated. Listen to your body and avoid overexertion.
- 3 Include Aerobic and Resistance Training:** Incorporate a combination of aerobic (cardiovascular) and resistance (strength) training exercises to maximize health benefits and promote weight loss.
- 4 Stay Consistent:** Aim to engage in physical activity on most days of the week, aiming for at least **150** minutes of moderate-intensity aerobic exercise or **75** minutes of vigorous-intensity exercise per week, along with two or more days of resistance training.

Types of Aerobic Exercise:



Brisk Walking: Walking at a brisk pace is a low-impact aerobic exercise that can be easily integrated into daily routines. Start with shorter durations and gradually increase to 30-60 minutes per session.



Cycling: Riding a stationary bike or cycling outdoors is an effective way to get aerobic exercise while being gentle on the joints. Aim for 20-30 minutes at a moderate intensity.



Swimming: Swimming laps or participating in water aerobics provides a full-body workout with minimal impact on the joints. Aim for 20-30 minutes of continuous movement in the water.



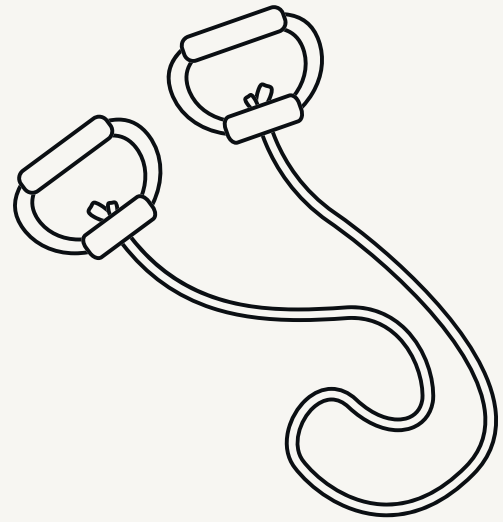
Elliptical Training: Using an elliptical machine at the gym provides a low-impact aerobic workout that engages both the upper and lower body. Aim for 20-30 minutes at a moderate intensity.



Dancing: Dancing to your favorite music is a fun way to get aerobic exercise. Whether it's dancing at home or taking a dance class, aim for 20-30 minutes of continuous movement.

Resistance Training:

- **Bodyweight Exercises:** Perform exercises such as squats, lunges, push-ups, and modified planks to target major muscle groups.
- **Resistance Bands:** Use resistance bands to perform exercises like bicep curls, shoulder presses, and seated rows.
- **Weight Machines:** If available, use weight machines at the gym to perform exercises such as leg presses or chest presses.



Flexibility and Mobility Exercises:

- **Stretching:** Incorporate dynamic and static stretches to improve flexibility and range of motion. Focus on stretching major muscle groups, including the hamstrings, quadriceps, chest, shoulders, and back.
- **Yoga or Tai Chi:** Participate in yoga or Tai Chi classes to improve balance, coordination, and overall well-being.

Daily Physical Activity:

- Incorporate movement into your daily routine, such as taking the stairs instead of the elevator, parking farther away from your destination, and engaging in household chores or gardening.

Overall, regular exercise is an essential component of lifestyle interventions for the management of metabolic dysfunction associated steatosis liver disease (MASLD). It can improve insulin sensitivity, reduce visceral fat, increase fatty acid oxidation, promote weight loss, reduce inflammation, and improve lipid profile, all of which contribute to better metabolic health and may help to prevent the progression of MASLD.

