

# Questions for your doctor about health & fitness



You may wish to print this sheet and use it while talking to your healthcare provider

## General Questions

## Notes

Is morning or evening the best time to workout for weight loss?

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How should I exercise if I have type 2 diabetes?

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There are so many brands of fish oil and other supplements on the market, how do I know which to choose?

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As a female I am worried about osteoporosis. Can weight training help?

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Does drinking caffeine effect my workouts in any way?

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Are there any types of lifts I should avoid? Are there any that would be particularly beneficial?

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I have lower back issues and experience muscle spasms when I do abdominal exercises.

What can I do to get rid of my belly fat?

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If I exercise longer at a lower intensity, will I burn more fat?

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Is it correct that all I need is aerobics to lose weight (fat)?

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Do men and women need to train differently?

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How much protein intake do I need when I start an exercise program?

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I started exercising regularly about a month ago. Why am I gaining weight?

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