

the benefits of moving

Did you know that exercise helps our brain?

It assists in neurological functioning, emotional wellbeing and general health. This includes;

Improved mood and emotional regulation.
Reduced depression, stress and anxiety levels.

Improved cognitive functioning; concentration, memory, attention, judgement and learning ability.

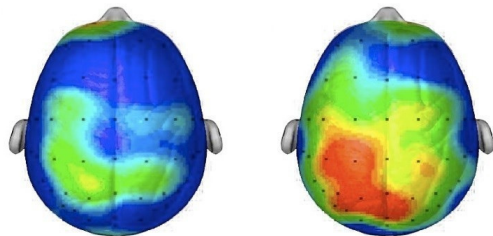
Improved sleep quality & duration.

Improved physiological wellbeing; reduced risk of stroke, heart disease and diabetes.

Improved injury recovery.

Supports pain management, tolerance and increases strength and capacity thresholds.

Overall wellbeing:



After sitting quietly

After 20 minute walk

Reproduced with permission from Dr Chuck Hillman

Exercising with an injury

Pace your activity

Avoid overexerting yourself and then requiring longer rest times to recover

Pacing increases strength and stamina through doing small amounts regularly while being mindful of your limitations, pain or physical capacity

Barriers to pacing

“Just a little more” - eg. You are mowing the lawn and despite the pain/fatigue, you don't want to stop

“I was enjoying myself” - eg. You feel restricted by your pain and when you do something you like, you don't want to stop!

“I lost track of time” - eg. You get involved in what you are doing and realise you've done too much too late!

“I don't know how to pace” - eg. You are doing a new activity and can't judge when to stop

Suggestions

Base your pacing on time rather than pain levels

Slowly test your abilities and tolerances

Consult a practitioner familiar with persistent pain management techniques

Develop strategies to overcome barriers to pacing

exercise

000 – for an immediate emergency - request Ambulance

**Suicide Call Back Service
1300 659 467**

**Lifeline – 13 11 14
www.lifeline.org.au**

Mensline 1300 78 99 78

Parentline 13 22 89

Qlife1800 184 52



How to get MOVING...

Introduce incidental exercise into your life; take advantage of the walking you do by making it brisk, take the stairs rather than the escalator, park your car further away from your destination or avoid short cuts.

When you exercise to ensure the following happens; get your heart rate up, sweat and feel “puffed” – aim for half an hour at least.

Consult your doctor if you have health conditions that may affect the nature of the exercise you undertake.

Consult an exercise physiologist on what exercises you can do with an injury or if you experience other health-related complications including chronic pain that may restrict your capacity exercise – **there is always something you can do!**

Treat exercise as a prescribed medication; have a health check, follow doctor’s advice and stick to it, even when it’s hard to swallow!

Exercise doesn’t have to be expensive and you don’t have to have the latest gear; walk around a park, take a swim (in a heated pool or at the beach), take the stairs to your unit or the shops.

If you can join a club (check Face- book, the gym, the newspaper or community health), you will enjoy the social aspect as well as the physical benefits.

Focus on the secondary benefits of exercise; being outside, breathing deeply, stretching or enjoying nature

Grab a friend and do it together!

Consult with your doctor before starting any rigorous exercise regime. Work with an exercise physiologist or physiotherapist if you have experienced an injury to ensure appropriate management. Consider hydrotherapy as a gentle starting point.

DON'T!

Don't overdo it; pace yourself. You see results without the fluctuations in pain or discomfort.

Don't go against the doctor's recommendations.

Don't plan exercise late at night if you have sleep problems.

Keep it in moderation.

Don't look for excuses not to exercise!

No Cost or Low-Cost Ideas!

Go for a bushwalk at a National Park, reserve or beach.
(take a swim too!)

Ride a bike or if you are largely immobile (such as after an injury) try a pedal exerciser.

Get advice from your exercise physiologist/physiotherapist relevant to your injury.

Look for community-based exercise programs through the local council, recreational centre or swim centre.