

NEWSLETTER

RESOLVE EXERCISE PHYSIOLOGY

WHO ARE WE?

Welcome to Resolve Exercise Physiology or as we like to call ourselves REP.

We are Exercise Physiologists who specialise in clinical exercise prescription. We work with a variety of conditions not limited to but including; chronic disease, MUSK conditions, disabilities and much more.

We will endeavour to help you reach your goals and support you along your health and well-being journey. Find us at the back of the RSL near the big helicopter

HOW THE COLD AFFECTS US & BENEFITS OF EXERCISE



The colder months can affect your joints causing pain, weakness and general soreness not to mention those winter blues. This can be due to;

- o **Blood vessels constrict** therefore our muscles/ ligaments around our joints stiffen reducing joint movement. Using the joint with stiff muscles can cause pain and extra stress loading.
- o **Blood flow changes.** Our bodies are consistently working to keep at homeostasis. The body re-routes some blood away from the distal parts of the body to our core which protects our cells and organs from damage. Restriction of blood vessels can also place increased strain on people whose coronary circulation is already impaired.

As the temperature begins to drop it can be tempting to hibernate indoors and waiting it out till sunny and longer days return. But its important to keep moving!

HOW CAN EXERCISE HELP?

- o **Boosts blood flow** and is a natural way to keep warm.
- o **Keep the winter blues away** - One of the best ways to combat the blues is to keep physically active. Even if it is only a few times a week, this can make a huge impact in your mood and well-being.
- o **Exercising in cold weather** burns more calories than in warm weather, since the body has to work harder to keep its core temperature regulated, kicking the metabolism into overdrive
- o **Triggers the immune system** to work harder, which may result in fewer coughs and colds during the cooler months.

Its important to remember to;

- o **Drink plenty of water** - Your body uses more energy when you're active in the colder weather. Staying hydrated can also keep viscosity of our blood low and therefore increase the flow.
- o **Eat a healthy balanced diet** to avoid getting run down from illness and associated aches and pains, also maintaining a healthy weight to reduce added pressure to joints.

Coffee; Is it healthy?

Coffee is among the most widely consumed beverage in the world, it is estimated that over two billion cups of coffee are consumed daily. For many coffee lovers, it's more than just the smell of roasted beans and a smooth, rich taste. It's the ritual of starting the day. The good news is it has some health benefits too.

1. Coffee can combat depression
2. It contains Antioxidants. Antioxidants are essential as they can prevent or delay some types of damage to your body's cells (may reduce chronic diseases).
3. Polyphenols are naturally occurring compounds in coffee (also dark chocolate) - they protect the body from inflammation
4. Boosts energy levels
5. Benefits for our skin (when used as a paste, scrub or mask). It can increase blood circulation, has anti-aging benefits and moisturize skin.

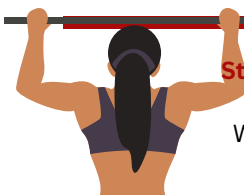
As with all things, have in moderation as coffee can also cause an increase in anxiety, jitters, increased blood pressure and heart rate

We would like to welcome a new little addition to the resolve family.

Welcome



Charley
Mae Ross
Born 26th
June



Starting after the of age 30, people can lose 3-5% of their muscle mass per decade.

Without regular exercise, the muscles slowly begin to deteriorate in quality and strength through a process known as sarcopenia. A solution to this dilemma is to ensure you are building an adequate balance of strength-training in with your cardio routine