

# 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

6 MAY – 12 MAY

**HEART  
WEEK**



#### What is Cardiovascular Disease?

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels.

- **Coronary heart disease** – a disease of the blood vessels supplying the heart;
- **Cerebrovascular disease** – a disease of the blood vessels supplying the brain;
- **Peripheral arterial disease** – a disease of blood vessels supplying the arms and legs;
- **Deep vein thrombosis and pulmonary embolism** – blood clots in the leg veins, which can dislodge and move to the heart and lungs;
- Heart attacks and strokes are usually acute events.

#### FAST FACTS

- Cardiovascular disease costs the Australian Gov \$5 billion more each year compared to any other disease.
- 1 Australian has a heart attack or stroke every 4 minutes
- 40% more men die from CVD compared to women.

The two biggest things we can do to reduce CVD is eat healthy and be physically active.

### ARE YOU DOING THE RIGHT AMOUNT OF EXERCISE?



#### 18-64 YEARS

Be active on most, preferably all days. Accumulate 150 to 300 minutes of moderate intensity or 75 to 150 minutes of vigorous intensity or a combination of both. Strength train at least 2 x weekly.

#### 65 + YEARS

Be active on most, preferably all days with at least 30 minutes of moderate activity per day.

These activities can be strength, balance, flexibility and cardiovascular.

If 30 minutes difficult right now, start with just 10 minutes once or twice a day. Strength train at least 2 x weekly.

Remember everyone is different and what might work for some wont for others. Reach out if you need advice or where to get started or just a refresher.



Here is one of our clients - Proving that age is just a number at 98 years young. It is never too late to be active.



### EXERCISE RIGHT WEEK 20-26TH MAY

The week highlights the benefits of exercise for health and well-being, whether you're suffering from an injury, battling something bigger like cancer, dementia or diabetes, or you just want to up learn more about fitness. It is important to get the right advice from an Exercise Physiologist and movement expert to ensure you're exercising right. Just moving for 30 minutes a day can make a world of difference to your health and well-being.

Watch our Facebook page during the week for some fun information and facts.