

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

Aerobic vs. Anaerobic Exercise: What's Right for You?

Different types of exercise offer different health benefits. Choosing between aerobic and anaerobic workouts depends on your goals.

Aerobic Exercise

Also known as "cardio," aerobic exercise involves moderate to long-duration activity that raises your heart rate and breathing. It relies on oxygen to fuel the body using fat and glucose.

Benefits:

- Supports weight loss
- Lowers risk of high blood pressure, obesity, and chronic disease
- Improves bone health, balance, sleep, and mental well-being
- Enhances cardiovascular health and quality of life

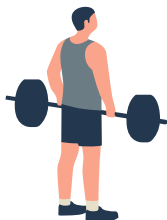


Anaerobic Exercise

Anaerobic workouts are short, high-intensity bursts that use stored energy (not oxygen), mainly by breaking down glucose. They're ideal for building strength and endurance.

Benefits:

- Builds muscle and burns fat
- Strengthens bones
- Increases stamina for daily activities
- Boosts immunity
- Helps break through fitness plateaus
- Maintains muscle mass with age



Hydrotherapy and Aquatic Exercise

Hydrotherapy is a form of gentle physical therapy or exercise performed in water.

Benefits: Water offers powerful therapeutic benefits for both the body and mind. As a low-impact activity, hydrotherapy provides gentle resistance and natural support, making it especially beneficial for those living with chronic pain. The warmth of the water helps to loosen stiff muscles and joints, enhance mobility, and ease tension throughout the body.

Beyond the physical benefits, water has a unique ability to calm and rejuvenate the mind. Simply seeing or hearing water can trigger the release of neurochemicals that support well-being, increase blood flow to the brain and heart, and promote deep relaxation.

Hydrotherapy offers significant advantages compared to other traditional exercise physiology treatments, including:

- Buoyancy
- Viscosity
- Hydrostatic Pressure
- Warmth



We run a group hydrotherapy class on Wednesdays with our awesome EP Byron or Private sessions are also available with any of our team.



MONDAY SEP 1 - SEP 5

This year, the theme is 'Say yes to you'. This week is a reminder to all women to prioritise their health and wellbeing by remembering;

o **Every Check Matters** – stay up to date with your health checks

o **Take the lead** – Empower yourself with the right knowledge and tools to help you have confident and informed conversations with your health care professional.

o **Heart Smart** - Heart disease affects women in ways that are often overlooked, learn the basics of blood pressure and cholesterol.

o **Pain to Power** - Pain isn't just 'part of being a woman', and you don't have to push through it alone

o **Be kind to your mind** - Whether you're navigating the pressures of daily life or planning for the years ahead, looking after your mind is just as important as caring for your body

Women's bodies are extraordinary and we should take care of them. Here at Resolve Exercise Physiology we love supporting women through all ages to achieve their desired health goals; no matter what stage of life they are at.

*Empower
Women
Empower
Women*

Did You Know?

o Women generally have a stronger immune system compared to men and are more robust in response to infections. This is due to female hormones enhancing the immune system.

o On average, women live longer than men

o Women may experience delays in diagnosis, overprescribing, and a failure to properly investigate symptoms, particularly for conditions like heart attacks.

o Females have greater flexibility compared to men, as their muscles and tendons contain more elastic, i.e. our bodies can accommodate for child birth.

o Women tend to have a high pain threshold compared to men.
o About 252,000 Australian females aged 30 and over are estimated to be living with dementia, the equivalent of 19.2 per 1,000 females.

o heart disease, is a major health concern for women, and is the leading cause of death for women. The risk increases post-menopausal due to changes in hormones. Women also tend to have different symptoms compared to men.

