

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

Free weights VS Machine weights

Machine Weights

Examples: Leg press, chest press, lat pulldown

Movement: Fixed path of motion

Muscles Used: Targets specific muscles
More stable; good for beginners/
rehabilitation

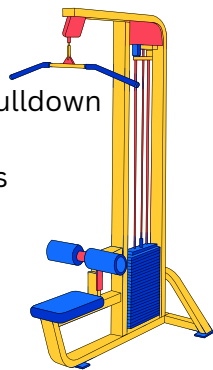
Easier to maintain proper form

Benefits:

Great for isolating specific muscles

Useful for rehab or controlled movements

Quicker setup for some exercises



Free Weights

Examples: Dumbbells, barbells, kettlebells

Movement: Allows natural, full-range motion

Muscles Used: Stabilizer muscles
Versatile; can perform many exercises
Require proper form and balance

Benefits:

Improves balance and coordination

Engages more muscles per movement

Mimics real-life motions

More variation in workouts



Mental Health Week

Mental illness affects cognitive, behavioural, and social functioning, often making it difficult to engage in work, social, or physical activities. This can worsen the condition and lead to social isolation. Common mental illnesses include anxiety, depression, schizophrenia, bipolar disorder, and personality disorders.

How does Exercise help mental health

Exercise is an effective treatment for acute and chronic mental illness, sometimes matching or surpassing medication in easing depression. Even one workout a week improves mood and should be part of mental health care. It also helps reduce medication side effects by strengthening muscles and managing weight and blood pressure

Remember

- o Higher doses of exercise may be more effective at improving mental illness but people may be less likely to stick to them. Start slow and gradually build up. Possibly start with 10-15 min of walking daily.

- o Set short realistic goals for exercise

- o It can take time of benefits to show – Some studies have shown reduction in depression after 8 constant weeks or more.

- o Having an Exercise Physiologist who understands the complexity of challenges associated with mental health conditions and has the skills and knowledge to help manage the condition such as any barriers you may come up against.