

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

"snacks-ercise"!

With busy schedules filled with work, family, and social obligations, exercise often falls to the bottom of the list. but it should be a top priority—especially on stressful days. the good news? movement doesn't have to mean a full workout. small "snacks" of exercise throughout the day can add up.

Morning:

hit snooze? use those 9 minutes for gentle bed-based moves like pelvic tilts, knee rocks, and glute bridges. while waiting for your coffee, sneak in calf raises, bench push-ups, or tricep dips.

Day:

park farther away from your end destination or get off the bus a stop early. At the office, avoid periods of long sitting—stand, stretch, walk, or do a few lunges. Short movement breaks can reduce health risks.

Evening:

When you're tired, movement still matters. Try single-leg balances while brushing your teeth—it's quick and effective.

Bottom line: movement doesn't have to be all or nothing. sprinkle it in throughout your day—it all counts.

Our Exercise Physiologists Favourite Exercises

Deadlift

Deadlifts: The Ultimate Full-Body Exercise

Deadlifts are a powerful compound movement that works nearly every major muscle group — legs, glutes, back, core, grip, and shoulders — while mimicking a fundamental motion: lifting something from the ground.

Key Benefits:

Full-Body Strength: Builds the posterior chain, core, and grip for overall muscle growth and power.

Better Posture & Core Stability: Strengthens the back and core to correct slouching and improve alignment.

Athletic & Functional Performance: Enhances hip drive, coordination, and real-world strength for sports and daily activities.

Bone Health: The controlled mechanical stress boosts bone mineral density.

Push ups

Push-ups are a great exercise because they offer a combination of strength, endurance, and functional fitness benefits — all without needing any equipment.

Key Benefits

Builds Upper Body Strength: Strengthen multiple muscle groups, including the chest, shoulders, and triceps, while also engaging the abdominal muscles for core stability.

Adaptable for All Levels : You can modify push-ups to match your fitness level — from knee push-ups for beginners to one-arm or decline push-ups for advanced athletes.

Improves Functional Fitness: The movement mimics real-life pushing actions (like getting up off the floor or moving objects, opening doors), which helps improve overall functional strength and coordination

Farmer's Carry

The Farmer's Carry is a powerhouse movement that is simple, effective, and functional targeting nearly all major muscle groups—making it a great addition to any workout routine.

Key Benefits:

Full-Body Conditioning: Your shoulders, traps, lats, glutes, legs all work together, making it a highly efficient compound movement

Core Stability: Maintaining an upright posture while walking with weight Strengthens your midsection enhancing balance and posture.

Functional: Mimics real-life activities—like carrying groceries or heavy bags—making daily tasks easier and safer.

Remembrance Day

Each year on November 11 we honour the men and women who have served and sacrificed in wars, conflicts, and peacekeeping missions around the world. It marks the anniversary of the end of World War I in 1918, when hostilities ceased on the eleventh hour of the eleventh day of the eleventh month. On this day, people wear red poppies, observe a moment of silence, and reflect on the courage, dedication, and loss of those who fought for freedom and peace. Remembrance Day reminds us that their sacrifices must never be forgotten