

NEWSLETTER

RESOLVE EXERCISE PHYSIOLOGY

Hello 2026 !

A new year doesn't require a new you—just more support. After the holidays, it's common to feel tired, sore, or out of routine. January is a great time to restart gently, focusing on sustainable movement and consistency. Progress comes from doing the right amount, not the most. We're here to help you rebuild healthy habits safely and confidently, one step at a time

Exercise vs Motivation: What Actually Creates Long-Term Change

Motivation is often seen as the key to exercise success—but it's unreliable. It naturally rises and falls with stress, sleep, health, and life demands. Long-term change doesn't come from constant motivation; it comes from structure, support, and realistic expectations.

When people rely on motivation alone, exercise tends to be inconsistent—doing more when motivation is high and stopping when it drops. This cycle can lead to overdoing it, setbacks, and frustration, particularly when pain, injury, or fatigue are involved.

Research shows that lasting exercise habits are built on routine, confidence, and individualised planning, not willpower.

Exercise physiology focuses on creating programs that fit into real life—even on low-energy or high-stress days.

SMART goals help support this process.

Effective goals are:

Goal Setting

- S** specific
- M** measurable
- A** attainable
- R** relevant
- T** time - bound

REFRESH

How Exercise Physiology Differs from General Fitness Training

While all movement is beneficial, not all exercise is the same—especially when pain, injury, or chronic conditions are involved. Exercise physiology goes beyond general fitness by combining movement with clinical knowledge and evidence-based care. Exercise is prescribed, not just programmed, with real-time adjustments to support recovery and confidence. Education is central, helping clients understand what's safe, what's normal, and how to adapt—because progress is rarely linear.



NEW FOR REP IN 2026

We're excited to welcome **Chole**, our newest Exercise Physiologist. Chole brings years of experience in Personal Training and coaching both in and out of the gym, along with extensive involvement in kite surfing and scuba diving.

She has a strong focus on helping clients move safely and confidently. We're thrilled to have her on board and look forward to introducing them to you in the clinic

