

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.

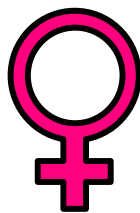
We will endeavour to help you reach your goals and support you along your health and well-being journey. Find us at the back of the RSL near the big helicopter

International Womens Day

International Women's Day is held each year on **March 8**. It celebrates the social, economic, cultural, and political achievements of women while advocating for gender equality worldwide. Recognized by the United Nations, the day serves both as a celebration of progress and a call to action to address ongoing challenges.

At its core, International Women's Day is about honoring the strength, resilience, and contributions of women throughout history and in our everyday lives. It encourages communities, organizations, and individuals to uplift women's voices, challenge bias, and work collectively toward a more inclusive and equitable world.

More than just a day of recognition, it is a reminder that advancing gender equality benefits everyone and that meaningful progress happens when we stand together.



Nutrition Bite: Drinking water before, during, and after exercise helps maintain performance and recovery. It helps regulate body temperature, maintain blood volume, and support muscle function, directly impacting performance and safety

Motivation : Consistency beats intensity. Small steps lead to lasting gains

Quick Fact: Just 30 minutes of moderate exercise, like brisk walking, five times a week can improve memory, boost mood, and reduce the risk of cognitive decline.



BRAIN AWARENESS

Brain Awareness Week is dedicated to increasing the understanding of brain health. The brain influences everything we do – from learning and memory to emotions, behaviour, and overall wellbeing. The week encourages conversations about mental health and neurological disorders. It also highlights advances in research that are transforming diagnosis, treatment, and prevention, while encouraging practical steps to lower risk and identify symptoms sooner. Looking after our brain health is vital at every age and stage of life.

Common Brain Diseases in Australia

- Migraine and tension-type headaches
- Stroke
- Alzheimer's disease and other dementias
- Epilepsy
- Parkinson's disease
- Cerebral palsy
- Multiple sclerosis



Risk Factors

Brain diseases and disorders can affect anyone. While some conditions are idiopathic (with no known cause).

Others may be influenced by:

- Genetics
- Environmental exposure
- Infections
- Injuries
- Lifestyle factors

How Exercise can help?

Regular exercise is a powerful way to support brain health. It increases blood flow and oxygen to the brain, strengthens neural connections, and promotes the growth of new brain cells. Exercise also boosts memory, learning, and focus, reduces stress and anxiety, improves mood, supports healthy sleep, and lowers the risk of cognitive decline, stroke, and other neurological conditions. Even moderate activity, done consistently, can have lasting benefits for brain function at every stage of life.

