

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

ANZAC DAY



WE WOULD LIKE TO ACKNOWLEDGE ALL OUR VETS PAST AND PRESENT FOR ANZAC DAY AND WOULD LIKE TO THANK YOU FOR YOUR SERVICE AND SACRIFICE.

Happy Easter

Happy Easter to our amazing community! Enjoy the long weekend, a bit of chocolate, and some well-deserved downtime. A short walk or light movement can go a long way—everything in balance



Motivation : Take care of your body—it's the only place you have to live.

Nutrition Bite: Protein isn't just for building muscle—it also helps with recovery and keeping you fuller for longer. Aim to include a source of protein (like eggs, yogurt, lean meat, or legumes) in your meals

Quick Fact: Strength training just 2–3 times per week can significantly improve muscle strength, balance, and joint health—helping you stay active and independent for longer

Stronger in April – Move Better, Feel Better

As we move into April, it's a great time to refocus on movement quality and strength. Whether you're training regularly at the gym, home routines or working on rehabilitation, consistent exercise remains one of the most powerful tools for improving health, mobility, and independence.

Why Strength Training Matters (Especially as We Age)

Strength training isn't just about building muscle—it plays a critical role in:

- Improving balance and reducing fall risk
- Supporting joint health and reducing pain
- Maintaining bone density
- Enhancing daily function (lifting, walking, climbing stairs)
- Supporting mental health and energy levels

Even 2–3 structured sessions per week can make a noticeable difference.

Improving functional strength helps with everyday activities such as carrying groceries, getting out of chairs, or maintaining stability while walking.

Exercise Spotlight: Core Stability

Your “core” includes more than just your abs—it involves muscles around your spine, hips, and pelvis that help stabilise your body during movement.

Benefits of improving core stability:

- Reduced back pain
- Improved posture
- Better lifting technique
- Increased balance and stability



Simple exercises we may include in programs:

Dead bugs: Strengthens deep core muscles and improves pelvic and spinal stability.

Bird dogs: Improves balance and stabilises the spine and pelvis.

Pallof press: Strengthens the core and improves anti-rotation control to stabilise the pelvis and spine

Clams - Strengthens hip muscles that support pelvic alignment

Farmers Walk: Builds full-body strength and improves core stability, grip strength, and pelvic control during movement.

Consistency is key. These small exercises can make a big difference over time

