

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.

Winter Wellness Tips



Keep Moving

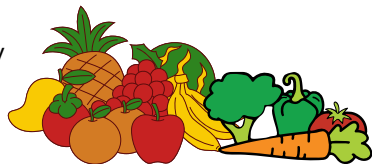
Cold weather often reduces activity levels. Aim to: Keep daily steps up, Stretch regularly, Maintain your scheduled sessions
Even short workouts make a difference

Prioritise Recovery

Recovery is just as important as training:
Aim for 7–9 hours of sleep, Stay hydrated
Include mobility work throughout the week

Support Your Immune System

Winter can challenge energy and immunity. Focus on:
Protein-rich meals
Fruit and vegetables daily
Adequate water intake
Managing stress levels



Client Spotlight: 101 Years Young

This month we're celebrating one of our most inspiring clients, who is 101 years of age.

Through Exercise, he continues to focus on maintaining his strength, balance, mobility, and independence. His commitment to staying active demonstrates that movement remains important at every stage of life. He loves to walk.

He is a wonderful example of how consistent, exercise can contribute to ongoing health and wellbeing.

Age is just a number, and at 101, he's proving that staying active can help keep you moving, thriving, and independent. ❤️



Men's Mental Health Week 9th -15th June

Men's Mental Health Week is a reminder that mental health matters just as much as physical health. It's about encouraging men to look after their wellbeing, stay connected, and seek support when needed.

Why it matters

Many men still struggle in silence, despite growing awareness
3 in 4 suicides are men
1 in 5 men die before age 65, often from preventable causes
10 men a day die from physical inactivity

The role of exercise

Regular movement supports both body and mind by helping to:
Reduce stress and anxiety
Boost mood and energy
Build routine and confidence
Improve sleep
Create connection and community
Even small steps—like a daily walk—make a difference.

Key health reminders

Most men aren't active enough for long-term health
Physical inactivity is a major risk factor
Preventative health checks (heart, mental health, cancer screening, lifestyle habits) can save lives

Connection is key

Strong social connections matter. Men without close mates are at higher risk of depression and suicidal thoughts.

Take action

Check in with yourself and others - it can save lives
Stay connected
Prioritise sleep, movement, and nutrition
Reach out for support when needed
You're not alone—support is always there.

"I've failed over and over and over again in my life and that is why I succeed."
— Michael Jordan

"Ultimate vulnerability. That's manly."
— Cameron Conaway

"In the middle of difficulty lies opportunity."
— Albert Einstein