

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

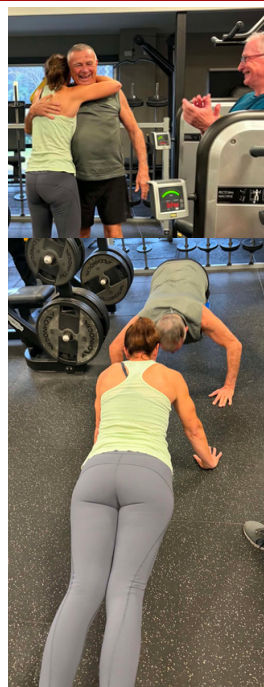
Vietnam Veterans' Day 18 August

On 18 August, we commemorate Vietnam Veterans' Day. This being the anniversary of the Battle of Long Tan in 1966. We remember the sacrifices of those who died and say thank you to almost 60,000 Australians who served during the 10 years of our involvement in the Vietnam War.



Client Spotlight

One of the standout moments at the gym recently was a friendly push-up competition between one of our incredible 80-year-old members and one of our gym regulars. What started as a bit of friendly banter quickly turned into a crowd-pleasing showdown, with plenty of laughs and encouragement from everyone watching. It was a fantastic reminder that fitness has no age limit, and a little healthy competition can bring out the best in all of us. Safe to say, both competitors earned plenty of respect—and a few smiles along the way!



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Let's Talk Urinary Incontinence

Urinary Incontinence: You Don't Have to Live With It
Urinary incontinence (UI) is more common than many people realise, affecting both men and women of all ages. While it can become more common with pregnancy, ageing, menopause, or prostate conditions, it isn't something you simply have to accept. Effective treatment is available, and exercise can play an important role in improving symptoms.



What is Urinary Incontinence?

Urinary incontinence is the involuntary leakage of urine. It can be linked to pregnancy and childbirth, menopause, ageing, prostate conditions, surgery, diabetes, chronic coughing, constipation, or pelvic floor weakness. Common symptoms include:

- Leaking urine during coughing, sneezing, laughing, lifting, or exercise
- A sudden, difficult-to-control urge to urinate
- Frequent toilet trips or waking at night to urinate
- Avoiding activities due to fear of leakage

The Role of Pelvic Floor Muscles

Your pelvic floor muscles support your bladder and bowel and, like any other muscle group, can be strengthened with the right exercises. Pelvic floor training can improve strength, endurance, coordination, and bladder control.

How Can an Accredited Exercise Physiologist Help?

Regular exercise can improve bladder control by strengthening muscles, supporting a healthy weight, and improving overall wellbeing. An Accredited Exercise Physiologist (AEP) can create a personalised exercise program to help strengthen and activate your pelvic floor, modify activities that may trigger leakage, and help you return to exercise with confidence.

WELCOME OUR NEW EP

As we say goodbye to our wonderful EP, Chloe, we warmly welcome our new EP, Paul. With his background as an ex-military professional, Paul brings a disciplined, supportive, and goal-focused approach to exercise and rehabilitation. We look forward to the fresh ideas, experience, and energy he brings to our team

