

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

Client Spotlight: Building Better Balance

A big shout-out to this amazing client for the dedication, consistency, and effort he brings to every session. Hard work really does pay off!

Balance is about much more than simply staying upright—it's about moving confidently and responding to the unexpected.

This client is training dynamic balance by combining an unstable surface with upper-body coordination tasks. This type of exercise challenges the brain and body to work together, improving the ability to react, stabilise, and move with confidence in everyday life.



💡 Exercise Myth

"Pain means I should stop exercising."

Not all pain means you've caused harm. If you've recently started exercising or increased your training, it's normal to experience **Delayed Onset Muscle Soreness (DOMS)**—muscle stiffness or soreness that usually appears 24–48 hours after exercise and settles within a few days. For people managing conditions such as osteoarthritis or tendinopathy, some mild **discomfort during exercise (up to 3/10)** can also be acceptable, as long as it doesn't continue to increase and returns to your usual level within 24 hours. However, sharp, worsening, or persistent pain should be assessed.

Remember: Some soreness is normal. Staying active within a manageable level of discomfort is often one of the best ways to build strength, improve function, and support recovery.



STAY ACTIVE

Mobility Matters This Winter

Have you noticed your joints feeling a little stiffer on cold winter mornings? You're not alone.

Cold weather doesn't cause arthritis or worsen joint damage, but it can make muscles and joints feel tighter and more uncomfortable. During winter, we often move less, muscles and connective tissues can become less flexible, and some people with joint conditions may notice increased sensitivity.

For those living with osteoarthritis (OA), this stiffness can make everyday movements like getting out of bed, walking, or climbing stairs more challenging. The good news is that regular movement is one of the best ways to manage OA symptoms. Exercise helps keep joints moving, strengthens the muscles that support them, and can improve pain, mobility, and overall function

A few simple habits:

- Start your morning with 5 minutes of gentle movement. March on the spot, perform a few sit-to-stands, shoulder rolls, or take a short walk around the house to increase circulation and reduce stiffness.
- Warm up before exercise. Spending 5–10 minutes gradually increasing your heart rate and moving your joints prepares your muscles for activity and helps you move more comfortably.
- Stretch after your workout. Gentle stretching can help maintain flexibility and reduce muscle tightness.
- Keep moving throughout the day. If you've been sitting for a while, stand up, walk around, or do a few mobility exercises every hour. Frequent movement is often more beneficial than staying still for long periods.

Remember: Motion is lotion!



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