

## Kalamunda Physiotherapy Centre

# Summer is passing us by.... But you can still keep your fitness!

With brighter, longer and better days, getting fit for summer has been a priority for many of us. Some of our patients will want to get in better shape after too much time hibernating in front of the TV and gaining a few unwanted kilos. Others simply want to get out there and enjoy the longer evenings while trying to keep in shape. Still others will want to revive those New Year's resolutions and do something about getting fit and staying healthy and happy. Whatever your reason, the physiotherapists in this practice can help you get fit and maintain it! Summer is passing us by, but that's no need to stop your fitness program. Even after the long summer days are over, why not maintain your fitness for the year ahead!

### The good news

There are plenty of advantages for you when you make that decision to take up regular exercise. Exercise helps to burn off those calories that accumulate every day, making you feel mentally better about what we're doing and contributing to an overall sense of wellbeing. Even simple everyday things like cycling or strolling will knock off those calories – 30 minutes cycling burns off 300 calories, while 30 minutes strolling will account for about 110 calories. If you only do a moderate amount of exercise, this will still help you to cope with stress, tension and pressure. It will assist you to maintain a healthy heart and a healthy weight. You'll find that your energy levels will improve dramatically and you won't feel so tired.

### Exercise should be fun

For a lot of people, the one thing preventing them from exercising is the thought of actually doing it. Getting fit doesn't have to be daunting or even difficult. All it requires is finding something you want to do, giving it a go and enjoying all the benefits that come with feeling healthier and fitter. Your choice of exercise can be as simple as picking up an abandoned skipping rope and doing some hopping, throwing a frisbee around with a friend, or spending 20 minutes a day walking to and from the bus stop instead of taking a lift.

### Getting started

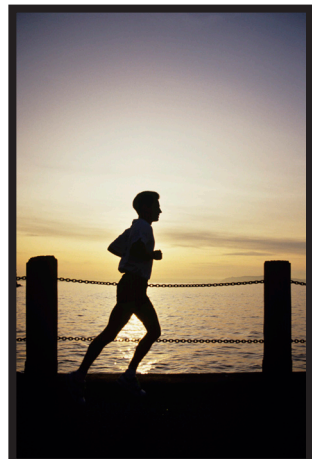
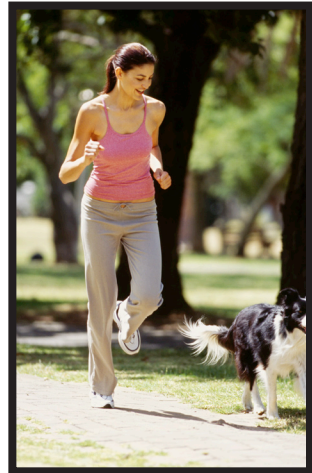
Perhaps the easiest exercise of all is walking. Walking is good for your heart and muscles. Indeed, medical research shows that just 20 minutes walking three times a week is a sure way to maintain a healthy heart and provides a huge jumpstart to a healthy lifestyle. You may not think you have the time to do this but it's a lot easier than you might think. There are plenty of ways to incorporate exercise into your lifestyle. Come and ask us how! Whatever you do, don't use lack of time as an excuse to stop you from getting on the road to fitness!

We do recommend a visit to a health practitioner for assessment and to assist in setting intensity as a good first step.

### We can help you!

Why wait? Get fit for summer and beyond, and do it now! See one of our physiotherapists about developing an exercise program for you today and help in getting you motivated. If you have any injury concerns, stop your activity and consult one of our physiotherapists. The sooner you address these injuries the quicker you can resume your favourite activity.

We can recommend exercises that are designed specifically for you to achieve your desired level of fitness. The more you repeat and become aware of an activity, the easier it becomes. Our practice looks at types of exercises/activities, specific workloads, durations of activities/sessions and intensity guidelines and can devise a plan to help you achieve your target fitness level.



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# Fitness for Seniors

Summer has not only been a great time for the young to get fit and active, but also for the seniors and all the young at heart to get fit too. What better time for seniors to get out and about and enjoy the great outdoors. Medical evidence shows that if you keep fit by exercising regularly you increase your chances of living a healthier life – Feeling well, looking well, maintaining your lifestyle. The physiotherapists in this practice encourage people to keep active with sensible exercises suited to their age and physical condition.

### Why exercise for seniors?

**Strength and mobility** – exercise helps to prevent stiffness in your joints and helps to strengthen your muscles.

**Fitness and weight** – exercise increases your heart rate and can improve your fitness by enhancing the efficiency of your heart and lungs.

**Weight** – exercise increases the amount of energy your body burns up and, in combination with a healthy diet, can help to control your weight.

**Sleep** – exercise can improve your sleep by increasing your sense of well-being and making you a bit tired.

**Bone health and fractures** – exercise is important in the prevention of osteoporosis, and can reduce the risk of falling by improving your balance.

### It's never too late!

Everybody can exercise. The level of exercise will differ for each individual. Some seventy- year-olds climb mountains - others the same age will find much gentler forms of exercise are appropriate. The important thing is to participate in activities that you enjoy and with which you can cope. Your Physiotherapist can advise you on suitable activities.

### What is best?

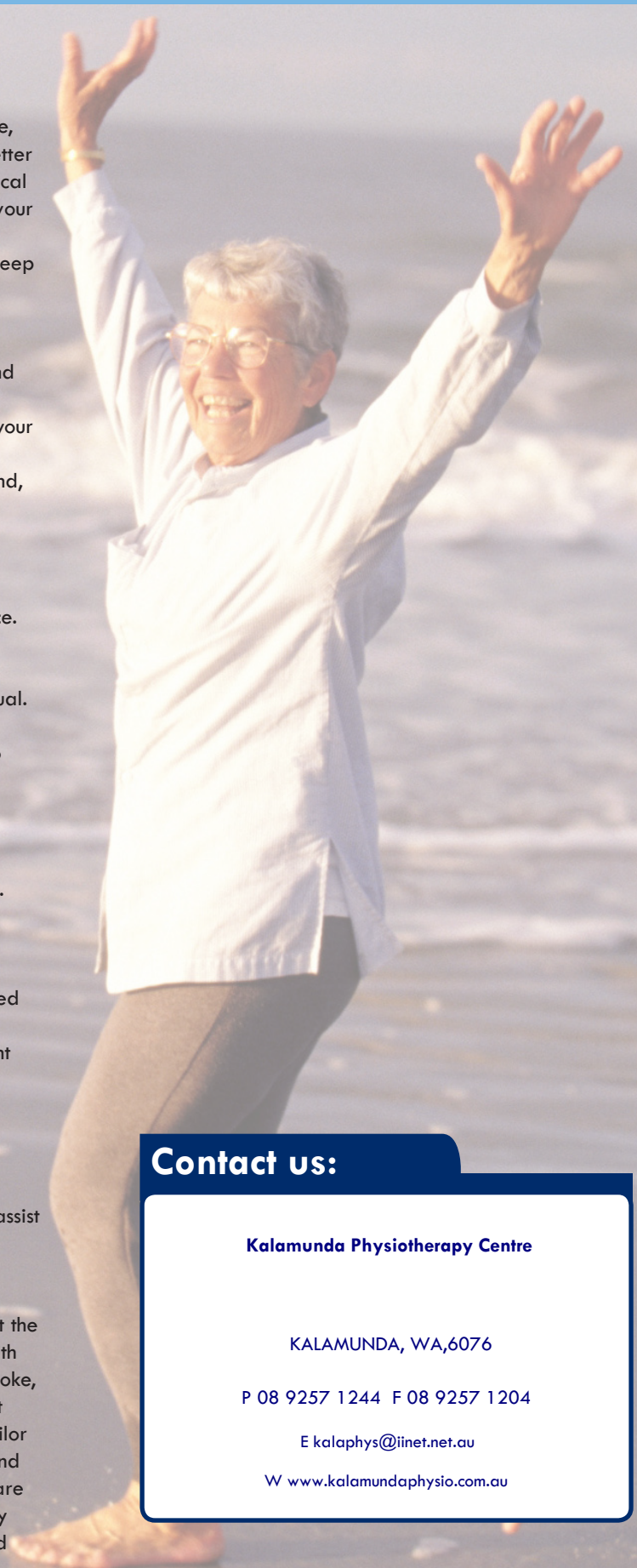
Increasing your fitness level means being able to do more with less effort. Remember:

- Incorrect exercises can be worse than no exercise.
- The right exercises need to be done correctly and regularly.
- Monitor your progress e.g. check for improved walking times or increased distances.
- Always warm-up and end with some muscle stretches – this helps prevent injury and stiffness.
- Wear sensible, comfortable clothes and shoes when exercising.
- Don't over exert yourself. You should be able to talk or whistle whilst exercising, otherwise you are working too hard.

We do recommend a visit to a health practitioner for assessment and to assist in setting intensity as a good first step.

### How physiotherapy can help

Physiotherapists are highly skilled in developing exercise programs to suit the needs of seniors. Although physiotherapists are particularly concerned with people who have a condition which limits them physically e.g. arthritis, stroke, a fracture, osteoporosis or heart disease, healthy people can also benefit from seeing a physiotherapist. The physiotherapists in this practice can tailor a program to suit your specific needs to optimise your physical function and fitness and can help you to remain mobile or improve your mobility. We are trained specifically on physical aspects of the human body and are highly qualified to advise you on an individual graded exercise programme and help you monitor your progress.



## Contact us:

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