

# Live Stronger, Live Longer: #12 Exercise For Health

## BURDEN OF INACTIVITY:



**4 in 5 adults** are NOT meeting the National Physical Activity Guidelines. Only **1 in 2** adults complete the required aerobic exercise each week, and only **1 in 4** achieved the strength training recommendations.



Nearly **half** of employed adults describe their work day as mostly sitting.



In 2018 physical inactivity contributed to the burden of:

- 20% type 2 diabetes cases
- 16% coronary heart disease cases
- 16% uterine cancer cases
- 12% bowel cancer cases
- 12% dementia cases
- 9.2% stroke cases
- 3.2% breast cancer cases
- 5.2% total deaths

## WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

## REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

## HEART & LUNG HEALTH

Poor fitness is strongly linked to incidence of stroke, cardiovascular disease, heart failure, renal insufficiency and hypertension. Moderate and vigorous intensity exercise (gentle walking is not enough) improves health by decreasing sympathetic drive, improving insulin sensitivity, and improving angiogenesis/vascular remodelling.

## MENTAL BENEFITS

Exercise promotes brain health through promoting positive CNS structural and functional changes, decreasing inflammation and reducing neurovascular decline with ageing. It also helps to regulate mood by normalising the HPA axis, cortisol and neurotransmitter levels. Exercise has been found to be as effective as medication in treating mild depression, but without the side effects.

## MUSCLE AND FUNCTION

Heavy resistance training is essential for building muscle mass and strength by increasing neural drive and muscle protein synthesis. Those in their 50's lose on average >15% of their strength per decade (mostly due to disuse), along with bone mass. Strength training is the most effective non-pharmacological treatment to combat this. Resistance training is essential for all ages, and has significant positive effects in all ages. Activities like pilates and yoga are not a sufficient enough stimulus for bone growth.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.