

HOW TO FEEL GREAT FOR SUMMER

**COUNTING DOWN THE DAYS UNTIL SUMMER?
WITH THE TEMPERATURE GETTING WARMER AND THE DAYS GETTING
LONGER IT'S THE PERFECT TIME TO START SOME HEALTHY HABITS**



We're all about helping you to feel your healthy, strong and most invigorated. Here are many small steps you can take.

JUST GET ACTIVE

Make a commitment to fitting in some exercise every day and start to feel the benefits of becoming stronger, fitter and more flexible.

Maybe start a new morning exercise routine. Waking up early and getting the blood pumping first thing can be a really energising and rewarding way to start the day. Find an early morning local fitness class, Pilates class or something similar or plan to go for a walk or jog before you start your day.

HINDMARSH AND FITZROY PHYSIOTHERAPY

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GET BALANCED

It is important to look after yourself by making time for relaxation and rejuvenation. Meditation and yoga are great ways to reduce stress so take some time each day to focus on your wellbeing, and choose an activity that makes you feel good.

THIS ONES TOUGH- QUIT ALCOHOL

This in itself may make you feel better, lose weight, save money, sleep better, and improve you heart and liver health.

PUT ON YOUR SUMMER WORKOUT CLOTHES

It's easy to hide our body behind jumpers and warmer clothes. Put on your summer activewear (especially when working out at home) so you're not in for any surprises when the warmer weather comes around.

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SLEEP IN

A study in the Journal of Clinical Sleep Medicine reported that people who sleep more have lower BMIs.

WORK OUT AT HOME

There are tons of exercises you can do at home. Use body weight, resistance bands, apps, DVDs or Speak with our Exercise Physiologist if you would like a home program

TAKE UP GARDENING

There's nothing stopping you from getting your gardening patch / space on the balcony ready this spring. You may be digging an area or moving pots into place – this doubles up as a good workout. If you need some hints to help back pain in the garden, heres our pdf to help. <http://bit.ly/Physiogardentips> or click the garden image below



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SET REMINDERS

Stop feeling like you “should,” and get to doing. Whether it’s a reminder to drink water, eat lunch, grab veggies for a snack or go to the store, making your to-do list more automated can help you turn these goals into reality. It’s hard to ignore your phone’s alarm; it can be that friendly nudge in the healthier direction.

TAKE ADVANTAGE OF A BEAUTIFUL DAY

The weather has generally turned for the better so make the most of it and get outside to walk. Try to do as many errands as possible by foot. If you can’t get to your destination in a reasonable amount of time from your house, pick a central location to park and walk to as many shops as you can safely access.

DON'T GO IT ALONE

Socializing is key for weight loss, which may sound surprising because these events typically revolve around food and drink and not always the super healthy types. Rather than embark on a summer plan all by yourself, get the power of community by joining forces with other like-minded individuals seeking wellness. If you’re planning on starting an exercise program, going for more walks, getting to the gym it is often easiest to do it with someone else. Join a Sports Club. If you’ve organised to meet someone to ‘work out’ it’s harder to make excuses and the workout itself can often be more fun.



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SPRING CLEAN YOUR KITCHEN AND PANTRY

Window washing, scrubbing the floor, wiping out the refrigerator shelves are all spring cleaning tasks that feel great. Taking a deep dive into dust or dirt that's built up can be empowering. Just think how amazing it will feel to purge your kitchen cabinets, spice rack, fridge, freezer and pantry of any foods that don't fit with your "Get Ready for Summer" wellness plan!

TRY SOMETHING NEW

Have a think about your past work out experiences. Were there any you didn't particularly like? Any that you preferred? Maybe what you should do is make a list of a few new things to try. Examples might include hiring a bike and going for a bike ride somewhere? Going somewhere new and going on a long walk or a walk and jog, having a look around where you live and/or work and checking out any new fitness places. Often these will have great deals ... try them!

SMALL GOALS

Don't only think about the one big goal. Don't set unrealistic goals but think about lots of small goals. Maybe have a goal to take different walks with 5 different friends, or do different classes with 5 different friends. Read the other tips and set yourself small goals around them. It's always nice to tick off smaller goals and knowing that they're all helping you get ready for Summer!.

GET A TRAINER

Many times getting up early, or getting to a workout can be really challenging. Or when you get there you decide to finish early or not do those extra reps. A trainer or Instructor can change all of that. Find someone who you connect with... it could make a huge difference. Try an expert coach to guide you. Our Guided Exercise Physiology Sessions are a great way to make that transition from sluggish winter to energetic summer.

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EAT HEALTHY

This doesn't mean going on a strict diet. It means being sensible and being honest. Eat the "colours of the rainbow" because each colour family boasts unique yet equally important phytonutrients that can help with wellness and also promote glowing skin. Start building in a fresh juice to your breakfast or snack each day

USE IDLE TIME

Sitting on the couch? Take 10, 15, 20 minutes. Do a quick exercise routine. If you're not sure what exercises to do... use google or check with us

GET THOSE PAIN POINTS SORTED OUT NOW

If you are keen to get fitter and more flexible for summer but have some niggles and aches or even a more serious pain, see our Physios to help get it under control so you can make the most of this glorious weather and get moving.



a safe pair of hands

Regular physical activity is an essential part of a healthy lifestyle, protecting us from heart disease, obesity, type 2 diabetes, depression and some cancers. However we understand when its a vicious cycle of discomfort, inactivity and more discomfort. Manual therapy, advice and some recommended exercises can go a long way to helping you get ready for summer. Dont wait until summer is here, get on top of it now.

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We hope at least some of the above tips are helpful. You can speak with one of our Physios or Exercise Physiologist for more tips and advice on getting ready for Summer. Call or email us and we will get back to you to answer your questions.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way. New neck E-Book available soon. Let us know if you would like the link.

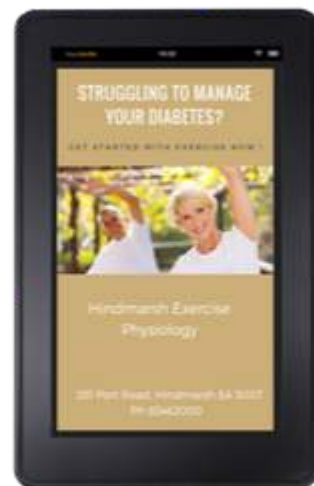
OTHER RESOURCES



MANAGING BACK PAIN



COMMON SPORTS INJURIES



STARTING DIABETES EXERCISE

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or CONTACT US ONLINE HERE if you would like an appointment

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