

Your first session

A one-on-one initial assessment with individual members of the multidisciplinary team will be arranged. After this first session, a program will be devised to assist you in achieving **your goals**.

What to wear/bring

- Comfortable gym attire and shoes
- Water bottle
- Towel to wipe down equipment
- Any medication required

Facilitated by:

Exercise Physiologist

Occupational Therapist

Physiotherapist

Speech Pathologist

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: CNR Splatt & McCrae Streets, Swan Hill

Phone: (03) 50 339 321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Neurological Exercise Group

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Why Exercise?

- Exercise is good for you
- Regular exercise can improve the strength and coordination of muscles and joints in your body that can help increase your flexibility
- Exercise is good for your heart and lungs and can help make your breathing more efficient and easier
- Exercise strengthens bones and can help prevent osteoporosis
- Exercise can help improve emotional health as well as physical health enhancing your mood which in turn can improve your quality of life
- Regular exercise alongside a healthy diet can help with digestion, sleep, losing weight and controlling blood pressure
- Exercise affects your mood and even moderate amounts can help with depression, fatigue and improve energy levels
- Exercise can be enjoyable and is a good way to spend time with others sharing the same experiences
- Exercise can help clear your mind allowing you to be more focused and can increase your concentration

How can we help you exercise?

As someone with a neurological condition, you may have had limited access to participation in exercise or physical activities. This may have been due to very simple reasons such as finding a suitable exercise facility or difficulty getting to the gym. Perhaps it may be a lack of confidence in the benefits of exercise or not being confident, people in the fitness centre/gym will know about your condition and how you can safely exercise.

Preparing for exercise

It will be useful for you to plan how you may fit exercise into your daily routine. **This will be different for everyone.**

It is likely that you may eventually exercise for about 20 to 30 minutes depending on your level of fitness and wellness but initially this may be a lot less, say five minutes, and you will build up gradually. It is likely that you may have days when you can do a bit more or you might do less. This is normal.

Exercise Programs

Exercise programs will be jointly set-up with you based on what you would like to achieve (goal directed). Realistic timeframes will also be set for goal achievement, which allows you and your therapist to continually measure your progress.

You should take into account the variability of your condition and how some days it is possible to do more than other days. **Listen to your body.**

Frequency - there will be more specific instructions in your programs on how much to do for each exercise

Intensity - there will be specific instructions in your program on how hard to work and what you should be working towards

Duration - the program will have time limits on the exercises so you know how much to do

Progression - working towards small goals will help you to focus, and the therapists will always be there to help you achieve your next goal

Time limited - you may need to have a break between therapy blocks, continuing on with self-directed exercise at home, and re-enter the program, once new goals are established