

Your first session

A one-on-one initial assessment with a Physiotherapist or Exercise Physiologist will occur prior to group entry.

After this first session, a program will be devised to assist you in achieving **your goals**.

What do I wear / bring?

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

Facilitated by:

Physiotherapist and Exercise Physiologist

Cost

You will be charged a small \$10 fee for the initial 1:1 assessment, however weekly group participation is free of charge

FOR MORE INFORMATION CONTACT:

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Neurological Exercise Group

Why Exercise?

- Exercise is good for you
- Regular exercise can improve your strength and coordination of muscles, bones and joints, increasing flexibility and helping to prevent osteoporosis
- Exercise is good for your heart and lungs, helping you breathe more efficiently and easily
- Exercise can also improve emotional health, enhancing your mood and improve your quality of life. Exercise can help clear your mind, improving your focus and concentration. Moderate amounts can help with depression, fatigue and improve energy levels
- Regular exercise alongside a healthy diet can help with digestion, sleep, losing weight and controlling blood pressure
- Exercise can be enjoyable and is a good way to spend time with others sharing the same experiences

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 yourself or the people at Gym / Fitness Centre not knowing the extent of your condition.

Maybe you have just never been told about the true benefits of exercise and how it can improve your condition.

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. However, 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