

SOUTHPORT PHYSIOTHERAPY CENTRE

Summer 2019

Developing an Exercise Program

What is your motivation for starting an exercise program?

There are many different and valid reasons. These can include losing weight, looking better, toning, improving your energy level, being better able to play with your family.

It doesn't really matter what your motivation is, as long as you keep sight of it throughout the process.

Now is always the right time to begin.

You need to perform regular exercise over a sustained period of time.

Though the initial motivation may be to lose weight, it is important that you actually enjoy doing the exercise in order to maintain that motivation.

Consequently, it is important to have a variety of exercises.

These may include walking, bike riding, swimming, going to the gym or a specific home exercise program.

The program needs to be individually tailored to suit your own lifestyle to maximise the likelihood of you continuing with the program.

A Physio can tailor your exercise program to suit you.

Remember the aim must be to continue to perform your exercise over an extended period (for a minimum of 3 months).

Don't be overly regimented in your program. You can and should reward yourself.

For instance, if you're good for 5 days of the week you can take a break for 1 or 2 days.

A pedometer can be a cheap and effective tool in monitoring activity and can be used as a motivation to adhere to your exercise program.



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***Don't workout
because you
hate your
body-
workout
because you
love it.***

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