

## Exercise Prescription

The evidence is now overwhelming regarding the value of exercise for your health.

Exercise has been shown to decrease the risk of developing Type 2 diabetes, and to decrease high blood pressure - lessening the risk of developing heart disease or having a stroke. It also improves bone density, which helps prevent osteoporosis in later life.

If you have any previous health problems, particularly heart problems, or have not participated in exercise for a long time, it would be advisable to check with your doctor first.

Many people are able to incorporate exercise into their daily life without the need of a physiotherapist. However if you have existing health problems, a physiotherapist can do an assessment which will identify any areas of weakness or stiffness, look at your exercise tolerance, and check your balance. Your physiotherapist will then develop with you an exercise programme you can enjoy, individually tailored for your needs, preferences and lifestyle, and will monitor your progress.

It is generally recommended that people have 30 -60 minutes exercise per day 4 – 6 times a week. This requires long-term commitment, as the beneficial effects are quickly lost if you stop. However, the greater sense of wellbeing you will experience from an exercise programme designed especially for you provides a good motivation to continue .

For further information the following website is useful:

Sport and Recreation new Zealand <http://www.sparc.org.nz/>