

the importance of exercise

The **STRONGER & FITTER** you are before surgery the **EASIER RECOVERY!**

YOUR AIM is to achieve 10,000 steps **or** 30 minutes of moderate exercise

Start Small

INCIDENTAL EXERCISE

- Park further away from the shops
- Walk to get coffee

Set Goals

- Distance, Streets or Times are all good ways
- Increase your distance as the goals get more comfortable

Something is better than nothing - *remember start small*

set smart goals

- S = Specific**
- M = Measurable**
- A = Attainable**
- R = Realistic**
- T = Time specific**

enjoy it!

Swimming
Walking
Hiking
Gym Classes
Cycling with the TV on
are all good examples

GET A WORKOUT BUDDY/SUPPORTER

BE HELD ACCOUNTABLE *even if you dont do it together*

An example program

1. Sit to stand (bench squats)
2. Bench push up
3. Step ups
4. Bicep curl and shoulder press with bands or cans
5. Wall sit (10secs and increase)

Add weight with cans and bands as you progress

We understand that some of this guidance may not work for all but try what you can.

If you have any questions, please don't hesitate to contact **Dr Phil Lockie's** rooms or **START Training**.

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