



# get active

Get up,  
get moving,  
get active!



# Regain your energy and start feeling younger

Active Physio and recent research suggest that being active optimises health. 'Get Active' will involve you in a 6 to 12 week course where we:

- ✓ Measure your cardiovascular fitness and set you on a progressive programme.
- ✓ Teach you a pacing programme, so that you achieve improvement without stress to your body, incorporating all your daily activities.
- ✓ Assess the muscle balance of your lower body and legs, so you can get going safely and without injury.
- ✓ Learn stretches and strengthening exercises for your lower body and legs, so that you can go further and faster without injury.
- ✓ Use our manual therapy skills to facilitate your muscle balance and enhance your progress.

## Why is it important to be active?

Recent Ministry of Health information suggests that one-third of New Zealanders are not physically active and therefore their health is at risk. This lack of fitness is second only to smoking as being an identifiable risk of poor health.

The health risks include cardiovascular disease, diabetes, depression, arthritis and osteoporosis.

### What's the outcome?

- ✓ Improved fitness.
- ✓ Better stress management.
- ✓ Improved sleep.
- ✓ Improved posture and tone.