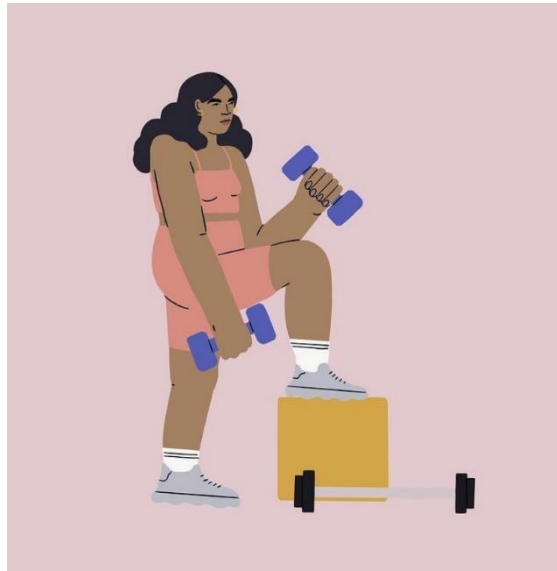


## Physical Health



@steph\_angelis

Let's be honest: it's not always easy to find the motivation to exercise, and it's even harder when you just don't enjoy it or can't find the time. It can be easy to ignore the physical aspects of wellbeing, however your emotional wellbeing relies heavily on your physical health.

### **So, why exercise?**

There are countless good reasons why you should try to be active. You have probably heard of a heap, although here are some of the lesser-known reasons that are more connected to wellbeing:

- 1. It charges you up.** Thirty minutes or more of exercise releases endorphins (the good stuff) in the brain, giving you energy and an intense natural high.
- 2. It helps you stay positive.** Exercise is a great way to help manage depression. It not only releases those happy hormones, but also helps clear your mind of stress, worry and anxiety.
- 3. It helps you sleep.** Working the body and clearing the brain ensures a good night's sleep and can help regulate problematic sleeping patterns.

### **So, how do you start?**

We have provided you with a few resources to get you started – information about the benefits of physical exercise and how to stay motivated.

We also have provided you with a couple physical health programs.

## Where can you find support with your physical health?

### Free Apps

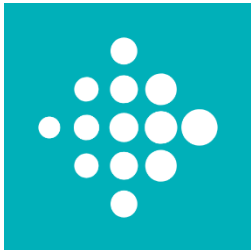
Where to start? There are so many apps out there telling you the best way to exercise it can all be a bit overwhelming. Each app is different, although they're telling you the same thing – get moving! Here is a list of great physical wellbeing apps we have found useful:

Free Nike Training Club APP, this App has features that track and train you through your runs or walks.

<https://www.nike.com/au/ntc-app>



Fitbit App – is an activity tracker to monitor your workouts, sleep, heart rate and other features. Using the mobile app, Fitbit can track your steps, distance, time and pace. Other features include setting goals and help with food tracking.



Home Workout – Free, no equipment app is an exercise app that provides a range of workouts for you to try. All exercises are accompanied with animations and videos to help guide.



## Other wellbeing apps:



### Health & Wellbeing

An app that allows Australian adults to measure & monitor mental health & lifestyle factors that influence wellbeing. Based on responses, it provides general advice on how to improve your wellbeing.



### Sleep

An app that offers a personalised six-week program focused on improving mood, energy and wellbeing by putting in place good sleep and wake patterns.



### Aboriginal Health

An app developed by the Aboriginal Community Controlled Health Organisation. It provides health information online or by phone and features a location-based service to find your nearest Aboriginal Community Controlled Health service.



### Daily Yoga

Daily Yoga is a free yoga, pilates and meditation app. The app provides a range of yoga, Pilates and meditation classes; with step by step instructions and videos to follow.



### Calm

Calm is a free mindfulness and meditation app. The app provides meditation sessions in varying lengths; as well as Sleep Stories; breathing programs; and relaxing music.



### Meditation & Mindfulness

This app guides you, in a ten-day course, through the essentials of meditation and mindfulness.

## Online videos

Between YouTube and Vimeo there is no shortage of free videos that cover every type of workout, from gentle exercises to full 12-month programs.

- Also, check out this fitness collection, made up of the best practice exercises for a range of goal-based workouts that are completely free.

<https://www.healthier.qld.gov.au/fitness/exercises/>

## Online resources

How to motivate yourself to start moving!

<https://au.reachout.com/articles/how-to-exercise-when-youre-not-motivated>

Head to Health – the benefits of Physical Health:

<https://headtohealth.gov.au/meaningful-life/physical-health>

Free Physical Exercise Resources, list of apps:

<https://benefitsbridge.unitedconcordia.com/6-online-resources-for-a-free-workout/#:~:text=6%20Online%20Resources%20for%20a%20Free%20Workout%20,is%20called...%20%20FitnessType.com.%20Are%20your%20employees%20looking>