



## EXERCISE

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We all know the benefits of regular exercise to both physical and psychological wellbeing and it is probably one of the best ways to increase your resilience and avoid burnout.

### Benefits include

- Improving your mood - allows you to blow off some steam
- Promotes better sleep
- Boosts your energy
- Boosts your sex life
- Can be fun and social – connect with people outside your work
- Combats weight gain
- Helps prevent chronic diseases including cancer and cognitive decline
- Can help keep your private health fund costs down (check with your provider)

The American Heart Association recommendation for physical activity in adults is at least 150 minutes per week of moderate-intensity exercise (e.g. 30 minute walk - 5 times a week), or 75 minutes per week of vigorous exercise.

### Exercise Strategy Suggestions

Do you have a strategy to incorporate regular exercise into your busy life? Here's what some of our Fellows do:

*'Whenever I can I cycle to work, it takes me about an hour. Basically when I'm not on call and I don't mind the weather'*

*'I go to the gym regularly, at least 3-4 times a week – mostly in the morning before work. I find that after a heavy on call it helps me sleep too'*

*'During my clinical week on I rarely get to exercise because with the 1 hour commute I'm basically 12 hours on the go. I make a point of planning things for my days off. My interests are many and varied. Sailing, surf ski, gym, running and cycling. I love my Apple Watch because it allows me to exercise and remain contactable – it has an independent phone and it's waterproof'*

*'In the summer I swim every morning (unless I'm on call) and take the dogs to the beach if I get home before dark. I try to get to yoga at least once a week and we have a basic home gym I go to 2-3 times a week.'*

*'I don't exercise as much as I know I should, but I go running probably once a week and at work I always take the stairs'*

*'In addition to the traditional ways of increasing your weekly exercise by parking a bit further and walking to work, taking the stairs instead of the lift, consider turning house cleaning or gardening into exercise or ask a group of friends to motivate you for a regular walk and make your dog happy'.*

## Utilising Technology

Another way to motivate and find ways of fitting regular exercise into your life is by engaging technology.

Try some of these:

- Wearable activity tracker as a motivator
- Multiple different devices (Fitbit, Garmin, Apple Watch)<sup>1</sup>  
These allow you to monitor steps taken, stairs climbed, sleep

Connect and involve friends and colleagues in a **Group Challenge** – set up a unit challenge to reach a target such as '10 000 steps a day' or 'most steps in a week in our ICU'.

## Fitness Apps for Android and iOS

Most apps have a free version to try it out and upgrade versions if you like it<sup>2</sup>.

### Pressed for time? Try HIIT (High-intensity Interval Training) Apps

- 7-minutes: high intensity interval workout in 7 minutes without equipment – no need to go to the gym
- J&J official 7 minute workout: 72 exercises with videos to do them safely, activity is tracked and can be shared with friends
- Short random workout: different set of exercises every time
- Bodyweight Training: no need for equipment, a variety of workout options

### Need an extra motivator?

- Charity mile (free): all activity earns money for your selected charities sponsored by a brand

### Like exercising to music?

- MotionTraxx: guided interval workouts
- BEATBurn: matches the pace of the music to your pace, guided interval workouts

### Personal trainer at home or at the gym

- ACTIVEx
- SWORKIT: Customizable to your level of fitness and goals
- JEFIT: workout tracker, gym log, more than 60 routines
- PEAR
- Pump One fitness builder
- Workout trainer
- Carrot fit (\$3.99)<sup>1</sup>

### Like to run but need some motivation?

- STRAVA-GPS: feed of your friend's activities if you have a competitive streak
- Couch-to-5K: helps new runners to avoid injury from doing too much too soon. GPS and virtual coach. (\$2.99)<sup>2</sup>
- RunKeeper: maps your run, helps to plan your training, share with your friends
- Map my run: good if you're travelling in a new city
- Treadmill Trails: for finding a good route. No time to go outside? This app gives you videos of 22 great tracks and you can choose the soundtrack.

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<sup>1</sup> Welfare SiG members have no affiliation to any devices or app developers

<sup>2</sup> Prices in Australian Dollars. Correct at time of publishing

### **Love Cycling?**

- STRAVA cycling: GPS tracker with speed, distance and elevation as you cycle, helps you to find best routes.
- WAHOO Fitness
- Cyclemeter: turns your iPhone into a cycling computer
- Need to fix your bike? Bike Doctor can help

### **Love Yoga but can't make it to the class?**

- Gaia: free to start
- Simply Yoga: for starters, videos to guide you - free with upgrade
- Daily yoga: free with upgrade options
- Pocket yoga: \$2.99<sup>2</sup>
- Yoga studio: \$4.99<sup>2</sup>
- Global yoga Academy: free with upgrade options

### **If losing weight is your goal**

- MyFitnessPal: tracks more than just your calories
- iPhone Health App
- Google FIT
- Lose it!