



Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Physiotherapy Society!

RESOLUTIONS ON TRACK?

With each new year comes the heartfelt desire to improve ourselves, enrich our lives and generally be better people- the dreaded New Year Resolutions!

A study conducted in 2017 showed that more than 70% of resolutions were related to physical health. These include losing weight, getting healthier or just living a healthier lifestyle.

Now that the gyms are emptying out, consider allowing your neighbourhood physiotherapist to assist you in obtaining and sticking to your goals. Ask yourself some important questions....

WHY AM I DOING THIS?

This is by the far the most important question to ask yourself. If you have a clear reason why you are going to be putting yourself through those sweat sessions at the gym, sticking to the plan will be easier if the 'why' is clear.

VARIETY IS KEY

Boredom in routine is a common downfall of any fitness resolution. By consulting with your physiotherapist you will be able to have variations in your exercise programme that will aid in ensuring you smash your fitness goals.

DON'T GO IT ALONE

"Days well spent are those with friends."
— Albert Schweitzer

Invite a friend and make this resolution a group effort. Roping in a training partner is also more likely to force you to remain accountable to yourself and your resolution.

SET REASONABLE GOALS

If you are just starting out on this fitness and health journey, having a goal to run the Comrades marathon in the same year is likely to land you on the Failure Train! By setting realistic goals based on your progress, you can make consistent progress throughout the journey. Your physiotherapist is a great resource to help you getting started with this. Physiotherapists are trained in the area of exercise prescription and can aid you in setting these goals after completing an assessment of your current fitness levels.





UNDERSTAND YOUR PROGRAMME

We have all seen the memes on social media of the January gym-goers who have the most 'creative' (and sometimes downright dangerous!) ways of using the gym equipment. Don't become a meme - ask your physiotherapist for help. Your physiotherapist can educate you on the use of the equipment and ensure that you are using it in the safest way possible.

SECRET WEAPON

Lastly, remember that you have a secret weapon in your arsenal - your physiotherapists. By including your physio in your resolution journey you have more tools at your fingertips to ensure success!

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*Your
physiotherapist
is your secret
weapon to
success*



If you have are concerned about your physical ability to start an exercise programme, especially if you have any aches and pains that concern you, consult your physiotherapist, who will assess your fitness and condition and offer helpful advice.

To find a physiotherapist, go to www.saphysio.co.za.

