

# exercise

Exercise is all about being active, increasing your heart rate and having fun! There are many benefits of exercising such as strengthening your immune system, decreasing fatigue, and making your body stronger so that you can use energy more efficiently. There are many forms of exercise so it is important to find an activity that works well for you and most of all that you enjoy doing. You will look and feel good, and stay well for longer.

The following will help you with your self-management:

## Benefits

- Exercising helps to increase body mass and allows you to stay fit
- By exercising regularly you can increase your energy levels which helps you to not feel tired
- Exercise helps to absorb medications
- Regular exercise and a high amount of muscle mass can improve your body's resistance to infection and also the amount of time it takes to recover from an infection
- Exercise helps to raise your appetite levels
- It provides long term benefits to the health of your heart
- It helps to reduce stress levels and keeps you feeling physically well
- It has a positive affect on your mood and emotional well being
- Exercising helps you to feel more alert
- Regular exercise helps you to sleep well which then improves your quality of life
- You can make it fun!

## Types

- Aerobic (endurance)
- Resistance (strengthening)
- Flexibility (stretching)
- Aerobic exercises get your heart pumping and lungs working (for example jogging, swimming, cycling, or walking)
- Resistance exercises strengthen your muscles through a pulling, pushing, or lifting action against a force (for example gym equipment, rowing, gardening or housework)
- Flexibility exercises stretch your muscles to help your balance and mobility and help you relax, relieving stress and tension (for example yoga or tai chi)
- When starting exercise it is important to warm up first with light stretching. When finishing exercise it is important to cool down, also with light stretching

## Suggestions

- Walking
- Jogging
- Swimming
- Cycling
- Rowing
- Playing sport
- Going to the gym
- Yoga
- Tai Chi
- Light weights
- Doing the housework
- Gardening
- Dancing
- Aerobics
- Aqua aerobics

## Smoking

- Smoking affects the function of the lungs and makes it harder for your body to fight an infection
- It also weakens the immune system
- Smoking can interfere with side effects from medications and can make them worse
- There are different ways to stop smoking so it is important for you to find what works for you. Speak to your medical or health professional about the different options
- You will find exercising easier and be able to lead a more healthy lifestyle if you reduce the amount you smoke or think about quitting
- By quitting or reducing the amount of cigarettes you buy, you will save a significant amount of money which you could then spend on treating yourself

## Making it real - why not try:

- A simple walk around the block will get your muscles moving, heart rate going, fresh air into your body and help you to sleep at night
- Pets provide company and are a great way to get you motivated to exercise
- Take the dog with you for a walk or light jog. That way you are both doing some exercise

## exercise

### **Making it real - why not try (contd):**

- Walk with a friend. You will think less about the walking and often walk further as you chat!
- Go for a walk on the beach which instantly makes you feel better and gives you an energised feeling
- Organise to do yoga
- Gardening is very therapeutic. Try buying some vegetable seedlings or herbs to grow, that way you can enjoy the outdoors and supplement your diet
- Keep an exercise journal and write down what exercise you enjoy doing, how you feel, and what exercise has worked well with your lifestyle and medications
- Incorporate exercise into your daily routine and find a time that is best for you, whether it is in the morning, afternoon or evening
- Gradually build up the amount of time you exercise for and start off slowly such as exercising for 15 minutes, 3 times per week whilst keeping active on the days in between. Increase this to 20 minutes each time, and then 30 minutes
- Be active every day whether you have planned an exercise session or not. Walk instead of drive to the shops or use the stairs instead of the lift
- Create goals for yourself so you have something to work towards achieving. Start with small, realistic goals that work for YOU. For example 'I will go for a 15 minute walk this afternoon instead of watching as much TV'
- As you become more fit and active you can increase your goals as a way of managing your everyday life
- When you are feeling tired give yourself that extra little push to do some exercise - you will feel much better afterwards!
- You can share your goals and plans with your friends or family members and use them as a way of checking that you are achieving what you set out to do, and to keep you motivated
- You can exercise as intensely or as lightly as you like but be sure not to exhaust yourself
- Remember if you experience pain then stop exercising immediately
- Be creative and make exercise enjoyable!

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*The information provided assists in self-management and is intended as recommendations only. For more information please see your medical or health professional.*



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