

SUBJECT GUIDE: EXERCISE

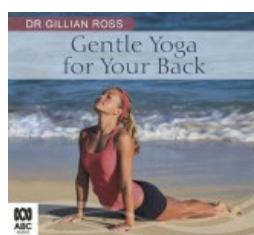


There are many benefits to regular exercise that can lead to a happier healthier you.

Exercise helps you to control weight gain, build muscle, combat health conditions and improve sleep. Exercise stimulates various brain chemicals that leave you feeling happier, more relaxed, and less anxious, improving your overall mood (mayoclinic.org).

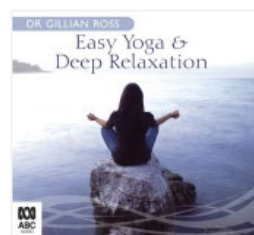
If you are looking at starting an exercise program, please ensure you are fit and/or experienced enough, and if you have questions or concerns, speak to your chosen health professional. This guide aims to share resources and information and should not be taken as advice or recommendations.

eAudiobooks on BorrowBox



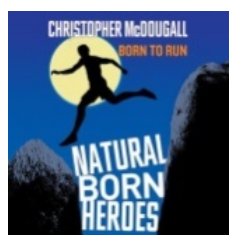
GENTLE YOGA FOR YOUR BACK - DR GILLIAN ROSS

The gentle movements and relaxation practices on this CD are recommended by Gillian Ross as a daily routine for maintaining a healthy spine.



EASY YOGA AND DEEP RELAXATION - DR GILLIAN ROSS

Gillian Ross guides you through gentle stretches and simple yoga postures with special emphasis on your breathing.



NATURAL BORN HEROES - CHRISTOPHER MCDUGALL

This book will inspire casual athletes to dump the gym memberships for cross-training, mud runs, and



free running.

NOT A DIET BOOK: THE MUST HAVE FITNESS BOOK FROM THE WORLD'S FAVOURITE PERSONAL TRAINER - JAMES SMITH

Self-professed 'disruptor of a billion-dollar diet industry', James is armed with every tool you'll ever need to achieve incredible results.



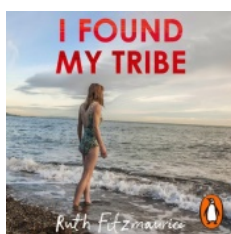
SHORT FAT CHICK TO MARATHON RUNNER - KERRE WOODHAM

Short Fat Chick documents one woman's life changing decision to get fit and stay fit, eat what she wants and still wear a size 12 dress.



A MIDLIFE CYCLIST - RACHEL ANN CULLEN

A Midlife Cyclist is a tale of two wheels, across the Yorkshire Dales, Vietnam, Costa Rica and beyond, and a rider in search of peace.



I FOUND MY TRIBE - RUTH FITZMAURICE

An invocation to all of us to love as hard as we can, and live even harder, *I Found My Tribe* is an urgent and uplifting letter to a husband, family, friends, the natural world and the brightness of life.

eBooks on BorrowBox



THE REASON I RUN - CHRIS SPRIGGS

Rich with insights and inspiration, personal discoveries and unforgettable encounters, *The Reason I Run* is an astonishing story that will make you laugh, weep and wonder.

Magazines on PressReader



MEN'S HEALTH AUSTRALIA

The go-to magazine for men looking to improve all aspects of their lives, from fitness and health to relationships.



BICYCLING AUSTRALIA

Expert writers specialise in providing detailed information on training, positioning, health and nutrition, designed to help you ride better.



TRIATHLON

Your indispensable triathlon training partner, featuring technique and session advice from the world's best coaches; test the latest gear to hit the shops.



AUSTRALIAN WOMAN'S HEALTH

Whether you want to lose a couple of kilos, boost your fitness, eat well or get more out of your relationships, our experts will help you look and feel your absolute best. It's good to be you!



WALKING NEW ZEALAND

Dedicated to the many walking trails available in New Zealand. For keen walkers who need a bit of encouragement sometimes.

Films on Kanopy



EXERCISE, ACTIVITY AND HEALTH

Episode 8 of The Mayo Clinic Diet

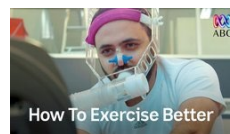
Lose the weight with structured exercise and learn how to maintain the loss.



EXERCISE FOR FAT LOSS

Episode 17 of Changing Body Composition through Diet and Exercise.

Discover the value of adding resistance training to any long term fitness regime.



CATALYST: HOW TO EXERCISE BETTER

Sport secrets from the Australian Institute of Sport to help us all get fitter and stay healthy.



FUNCTIONAL FITNESS: INVESTIGATING THE CROSSFIT CRAZE

A detailed look into the CrossFit craze and how it has transformed lives.



HOW TO EXERCISE WITH CHRONIC PAIN

Episode 5 of The Mayo Clinic Guide to Pain Relief

Exercise releases endorphins, improves blood flow to the brain, reduces fatigue, improves sleep quality, and even helps build emotional resilience.

Web resources

Please note these links are to external organisations.

- [Swim, Sport and Leisure at Home](#)
- [GMHBA Healthier Together Podcasts](#)
- [Exercise Right](#)
- [SportAus: Find Your 30](#)
- [Play by the Rules](#)