

How will I find the time?

You won't. You will have to make the time - at least three 20-30 minute sessions of increased heart rate activity each week for cardiovascular development, less time for flexibility or strength.

You will need enthusiasm and commitment. Exercising with friends may help, particularly during the initial four to six weeks when not much improvement will be obvious while you wait for body changes to become evident in your fitness for life.



Fitness

Medical Insurance

You may consult a Chartered Physiotherapist either directly or by referral from your medical practitioner. Physiotherapy treatment costs qualify for refund under VHI and most other medical insurance schemes.

General

Chartered Physiotherapists in private practice are listed in the Golden Pages. Members of the Irish Society of Chartered Physiotherapists are bound by a professional Code of Ethics and have access to extensive postgraduate education programmes. Check for the initials MISCP after the physiotherapist's name.

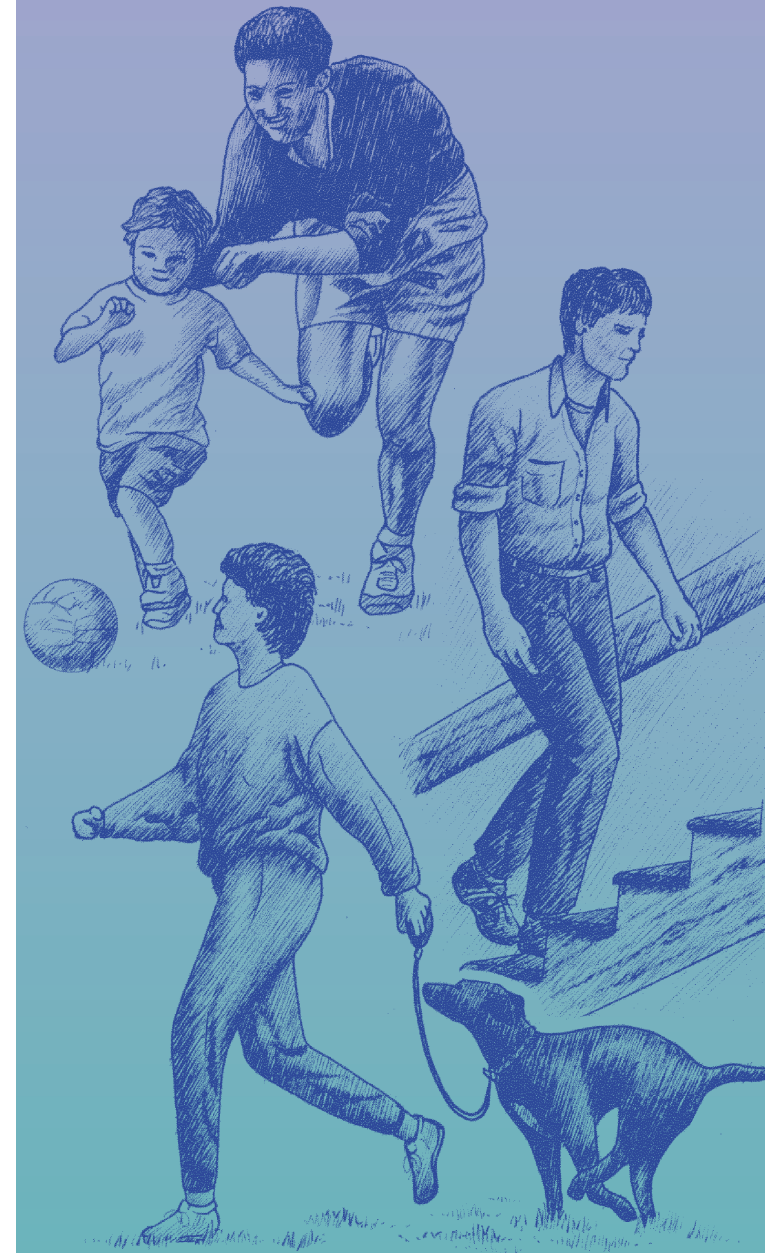
*Every Body's
Health Matters*



Irish Society of Chartered Physiotherapists
123 St. Stephens Green, Dublin 2
Tel: (01) 402 2148 Fax: (01) 402 2160
email: info@iscp.ie Web: www.iscp.ie

Produced and Designed by: Clarke Warner Design & Marketing

PHYSIOTHERAPY
• AND •



Fitness



Fitness

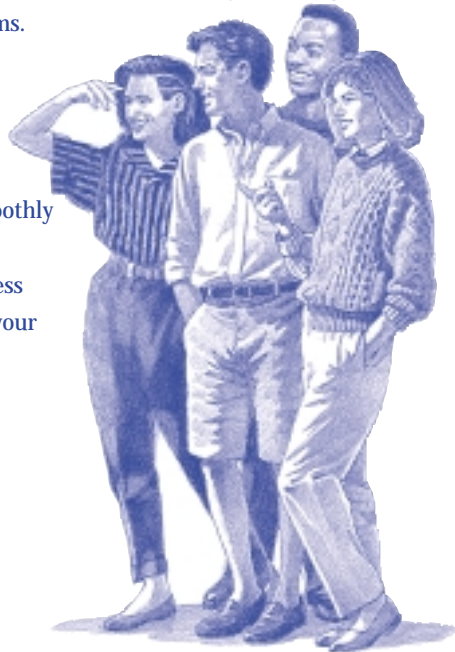
It is difficult to identify exactly what "fitness" is until you apply it to an activity, such as fit for tennis, or fit for hill walking. However, developing general fitness for life is a much more important issue - important for the quality and quantity of your life.

What is fitness?

Fitness is a state of being. It reflects the total contribution of various body systems and structures to your overall well-being.

Strength, flexibility, stamina and co-ordination are some of the elements of fitness that rely on the efficiency of the body's circulatory, musculoskeletal, respiratory, neurological and hormonal systems.

Fitness means having each of these systems functioning smoothly with each of the elements of fitness blended to suit your needs.



Are you fit?



Fitness can best be described as the ability to get through your day with sufficient energy reserves so as not to endanger your health or safety.

Fitness enables you to cope and allows sufficient reserves to stave off illness, explore new activities and to wake feeling rested, as well as improving body tone and appearance. All of this, in turn, can help your mental approach to life and to yourself.

If you currently cope with all your daily activities (work, sport, domestic and child rearing duties) without fatigue at the day's end, then you are fit at least for your current lifestyle.

But if you don't complete all your day's activities or you feel exhausted at the end of the day, you aren't fit and may be risking illness or injury as a result.

Making a move to fitness

Do you need more muscular strength, better stamina, improved posture, less weight, or a combination of the fitness elements?

- Firstly, you should identify which fitness elements are restricting your lifestyle. Once this is established, a physical training programme tailored to achieve your desired goals should be commenced and completed.
- Your programme will be more successful when combined with sensible health habits like good nutrition, regular hours, no smoking, moderation of alcohol intake and stress reduction/avoidance.
- Also, if you have any underlying health problem, have not been physically active for some time, or are over 50 years of age, you should seek clearance from your doctor prior to commencing a physical exercise programme.
- In some instances, previous injury may mean you need to get better before you get fitter and this is where a Chartered Physiotherapist can help.

How can Physiotherapy help?

Chartered Physiotherapists spend their working lives helping people become more suited to their environment and lifestyle. A Chartered Physiotherapist can help you:

- identify those areas of fitness that need improving.
- evaluate health risk factors and test current fitness levels.
- overcome or compensate for disabilities or the effects of previous injuries.
- set goals appropriate to your physical condition, making allowances for disabilities, age and pregnancy.
- design a programme to achieve these goals in view of your time, profession, motivation, access to facilities and financial factors.
- monitor your programme and check your progress with regular testing.