



For your health's sake: **MOVE!**

Physiotherapists celebrating World Physiotherapy Day on 8 September have one message for New Zealanders: **Move!**

Move! To feel better

- Enjoy everyday life with more energy.
- Help prevent lots of conditions (like heart and lung problems, high blood pressure, stroke, type 2 diabetes, cancer, obesity).
- Help manage any conditions you have already.

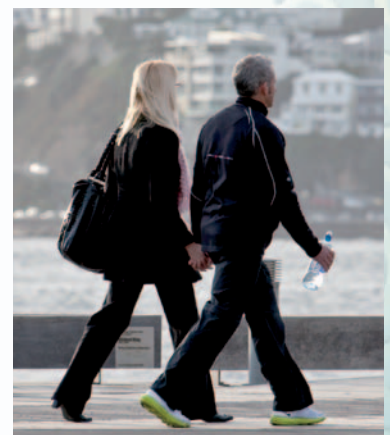
Move! For fun

- Like walking? Then walk – take the car only when you really have to. Get off the bus early when you can. Use the stairs instead of the lift – at least downstairs. Take the kids and/or the dog for a walk, or join a walking group.
- Like biking? Then bike – it can be quicker than sitting in traffic (and much more fun) – or choose some quiet track in your area.
- Like computers? Play some active computer games.
- Used to like sports? Get back into them – find a social sports team near you, or a local tramping club.
- Your fun activity is swimming? Then swim – many pools have discounts for frequent users and for people on low incomes.
- Used to dance? Do it again! You don't have to have a partner.
- Other fun activities? Try tai chi, or Pilates, or yoga, or ...

Move! How much?

- Adults – At least half an hour a day
- Children – At least an hour a day
- Your activity can be broken up – say, chunks of ten minutes
- Housework and gardening count as moving
- More is better

Your Citizens Advice Bureau can give you a list of local clubs & groups



Movement is essential for health.

"Physical inactivity causes at least 1.9 million deaths per year."

– World Health Organisation.



But you're afraid to move?

- Health problems?
- Pain?
- Embarrassment about your body shape or size?

A physiotherapist can help you move!

- Assessing your condition and your medical history
- Designing an individual activity programme for you
- Making sure you're clear and confident about it
- Explaining how to progress so you don't get bored
- Possibly providing a group or private gym for you to start
- Letting you go off to enjoy your new active lifestyle!
- Being available if you want a follow-up or you're worried
- Physiotherapists are the experts in movement for health. At the heart of physiotherapy is keeping people active so they can join in society fully.
- Physiotherapists are highly skilled and highly educated, understanding the relationship between medical conditions and how the body works.
- Meeting the needs of all cultures is very important to physiotherapists.



**Tama tu tama ora,
tama noho tama mate.**

**The person who is active will
live long and well, but the
person who only sits will not.**

Move! In the workplace

In the office

- Stand up and move around 3 or 4 times an hour.
- Change your sitting position often.
- At lunchtime and breaks – stand, stroll around – you need to move.
- Use the "Stretches for the Office" on the poster designed by the Occupational Health Physiotherapy Group. Order posters free through ACC (0800 844 657 or www.acc.co.nz - order number ACC1952).

In other workplaces

- Do the "Factory Floor Exercises" also designed by the Occupational Health Physiotherapy Group (poster order number ACC1953) or the "Exercises for Health Workers" designed by the Physiotherapy for the Older Adult Special Interest Group (poster order number ACC5054). Order free through ACC (0800 844 657 or www.acc.co.nz).



World Physiotherapy Day 8 September

World Physiotherapy Day marks the unity and solidarity of the physiotherapy profession from 101 countries around the world. It is an opportunity to recognise the work physiotherapists do for their patients and community.

Members of the New Zealand Society of Physiotherapists around the country will be celebrating the day with various activities.