

## **Keep yourself in your prime – ways to stay stronger for longer**

**Anna-Louise Bouvier, exercise physiotherapist**

### **Recognise how stress may be affecting your physical body**

Be aware if you are feeling physically rundown, overly fatigued or suffering from poor sleep that you may need to work on calming your mind

- An excellent app for mindfulness training is <https://www.headspace.com/>
- You can do the first 10 days for free
- Excellent app for aiding sleep and calming anxiety <https://www.calm.com>
- Another excellent sleep resource website <https://www.sleepfoundation.org/>

### **Use daily habits to boost your body**

- Shine your light
- Practice balance daily
- Get a little regular Huff and Puff exercise by increasing your walking speed slightly when you go for your regular walk
- This is a segment that Richard Glover and I did about Habits on the ABC where I describe in detail how you can do these things  
<https://www.abc.net.au/listen/programs/sydney-drive/good-exercise-habits/103832964>

### **Build your bones**

- Stomp regularly to encourage bone density
- This is a good resource website <https://healthybonesaustralia.org.au/>
- And this is a good one for arthritis <https://arthritisaustralia.com.au/types-of-arthritis/osteoarthritis/>
- The Physiocise team also has a series of Strong Bones classes  
<https://physiocise.com.au/strong-bones>