



Let's Talk Health

3 October 2018

Resources – EXERCISE

Australia's Physical Activity and Sedentary Behaviour Guidelines from the Australian Government Department of Health

- <http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines>
- [https://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines_A5_18-64yrs.PDF](https://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_18-64yrs.PDF)
- <https://www.healthdirect.gov.au/physical-activity-guidelines-for-older-adults>

Pelvic Floor

- <http://www.pelvicfloorfirst.org.au/>

Active living: The Heart Foundation

- <https://www.heartfoundation.org.au/active-living>

Ted Talk – Wendy Suzuki, Professor of Neuroscience: The Brain changing Benefits of Exercise

- <https://www.youtube.com/watch?v=BHY0FxoKZE>

Ted Talk: Mel Robbins – The Secret to Self Motivation

- <https://www.youtube.com/watch?v=2Lz0VOltZKA>
- Julia Berger <http://www.calmandconnection.com.au>
- Kristie Solar <http://yogaspacesgippsland.com.au>
- Tom Wheeler <https://www.reactivehighperformance.com>
- Sharee Johnson <http://www.shareejohnson.com.au>