

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: PHYSICAL ACTIVITY AND EXERCISE

GUEST: Dr Louise Clarke, General Practitioner

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SUMMARY OF EPISODE

Dr Louise Clarke is a GP based at the Condamine Medical Centre in Warwick. Dr Louise gained her qualifications in the UK at Bristol University – a Bachelor of Science Honours in 1988 followed by a Bachelor of Medicine and Surgery in 1991. Dr Louise completed an internship in the UK, then worked in various hospital settings in rural Queensland including Warwick where she has worked in General Practice since 1994.

In this episode we discussed physical activity and exercise which is one of the important foundations of mental health and wellbeing. Other foundations of mental health and wellbeing have been discussed in previous episodes including sleep, nutrition and mind-based skills.

Listen to the podcast conversation to hear Dr Louise explain:

- the effect physical activity has on health, including mental health
- the impact that stresses such as bushfires, drought, floods, the mouse plague and COVID-19 can have on the health and wellbeing of individuals and families
- how you can use physical activity to manage life stresses such as these and to protect your mental health
- physiological changes that take place when you exercise including the production of “happy hormones” and changes in neurotransmitters that impact your mood, as well as the social and cognitive benefits that are available to you when you exercise
- the type of exercise, amount of exercise and the intensity of exercise that is recommended by The Australian Guidelines for Physical Activity, Sedentary Behaviour and Sleep and how exercise can optimise your mental health
- how using fitness trackers can help you assess and monitor the amount of activity you do each day and whether your level of activity is sufficient for health and wellbeing
- strategies you can use to be more active if you struggle to exercise because you don't enjoy exercise or have mobility or health issues
- how to prioritise incorporating exercise into your daily routine- being 'too busy' is never an excuse
- the value of consulting with a doctor before getting started on a new exercise program to appraise your level of risk and to explore options for modifying your exercise to reduce risk whilst maximising benefits
- where to go for more information or to access support if you are new to exercising or not sure where to start

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- the value of finding a group of people to share your exercise and health journey with – physical health, mental health and social health

TOP 3 TAKEAWAYS / TIPS

Dr Louise Clarke's Top 3 Tips to optimise mental health and wellbeing through physical activity and exercise:

1. Daily exercise of any sort is of utmost importance
2. Join a group or club or gym for the social and physical benefits of exercise
3. No more excuses – everybody can do something

RESOURCES MENTIONED IN THE PODCAST

Condamine Medical Centre

53 Wood Street, Warwick Qld 4370

P: 07-4666 9666

W: <https://www.conmed.com.au/>

General Practitioner (GP)

My GP is _____

Phone: _____

Address: _____

See your GP for Mental Health Treatment Plans and other health plans, as well as referrals to Psychologists, Mental Health Social Workers, Mental Health Nurses and Mental Health Occupational Therapists. Your GP can also assist you to access services with Physiotherapists, Exercise Physiologists, other allied health services and community supports.

Mental Health Service Navigator (Helen O'Brien)

Free service that provides residents and service providers with information about local services, supports and referral pathways.

E: helen.obrien@rhealth.com.au

P: 0459 022 561 or 1300 012 710

Australian Physiotherapy Association

Find a Physio Today: <https://choose.physio/find-a-physio>

Exercise & Sports Science Australia (ESSA)

Find an Accredited Exercise Professional: <https://www.essa.org.au/find-aep>

Physical activity and exercise guidelines for all Australians

W: <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

Michelle Bridges

W: <https://www.michellebridges.com.au/>

Podcast: Conversations with Richard Fidler and Sarah Kanowski

On your preferred podcast app or online

W: <https://www.abc.net.au/radio/programs/conversations/episodes/>

Conversations episode titled "Bill Crews and the Calais epiphany"

On your preferred podcast app or online

W: <https://www.abc.net.au/radio/programs/conversations/bill-crews-refugee-camp-france-lessons-humanity-tolerance/13504216>

Sarah's Day

W: <https://www.sarahsday.com/>

App: C25K® 5K Trainer- Couch Potato to Running 5K

Search the Apple App Store or Google Play Store

Emergency Services – Fire, Ambulance, Police

P: 000 (Triple Zero)

Crisis Support - “Lifeline”

24 hour crisis support and suicide prevention services

P: 13 11 14

Kathryn Walton

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

Darling Downs and West Moreton PHN

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

*The information shared in the podcast and handouts is intended for general support only.
To the best of our knowledge, this information was correct at the time of publishing.
Please consult with your doctor or health provider for support based on your individual needs.*

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