

Exercise & Lifestyle Management Program

The Marian Centre

Tel: 08 9380 4999



What is the Lifestyle Management and Exercise Program?

The Exercise & Lifestyle Management Program is designed to use exercise & healthy living as a strategy for improving both physical & mental health.

"How can exercise be of benefit"?

Many patients are often confused when it is suggested that exercise can help to improve their mood, ability to cope and general psychological health. There are many reasons why exercise seems to help in the treatment of emotional problems.

- Exercise is believed to increase the release of the brain chemicals that affect our mood and make us feel happier
- Exercise helps us to get active and meet new people. This stops us from feeling isolated and unsupported and possibly form new and healthy relationships



- Exercise can give us new goals and a sense of purpose. We have something positive to focus on and aim for
- Exercise can boost our self-esteem – it can improve the way we look and how we feel about ourselves
- Exercise can help to distract us from the negative and anxiety inducing thoughts that often plague our mind when we are not actively doing something.
- Exercise can give us a sense of power and control over our mood and ability to cope. We start to realize that by getting active and exercising we start to feel better – about ourselves, our body, our lives and our future.

What will I do in the program?

The program is made up of three components:

1. Exercise
2. Relaxation and stress management
3. Education



Exercise

- *Fitness walk* for 30 – 40 minutes
- *Weight training circuit* using hand weights & fitness balls
- *Stretching* for 5 minutes before & after each exercise session

Relaxation & Stress Management

This will be conducted on completion of the main exercise session

Education Session

The following topics on lifestyle management & healthy living will be addressed:

- Exercise
- Nutrition
- Medication
- Sleep
- Stress management
- Lifestyle balance
- Relapse prevention



PATIENTS ARE EXPECTED TO ATTEND ALL SESSIONS

NO SESSION IS OPTIONAL

How do I know if the program is right for me?

The group is suitable for people who:

- Display an adequate level of physical ability
- Do not have any physical injuries that may be aggravated by the physical activity or exercise being conducted

You need to be referred to this group by your treating Psychiatrist. A physical assessment conducted by a GP is also required.

How much will the program cost?

The program may be covered by your private health insurance.

Please contact your fund to confirm your coverage and let them know you want to do the program. The hospital will provide you with your out of pocket expenses.

What is the Marian Centre?

The Centre is a Mental health facility in the medical precinct in Subiaco. It brings the best in proven techniques for all psychological symptoms that our patients experience.



The Marian Centre

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