

Patient Resources: General Activity

How to exercise for the first time

<https://puresportsmed.com/blog/posts/how-to-get-into-shape-for-the-first-time>

Importance of exercise

<https://puresportsmed.com/blog/posts/the-importance-of-exercise>

Motivation to get active

<https://puresportsmed.com/blog/posts/claire-small-says-take-physical-activity>

Behavioural change for exercise

<https://puresportsmed.com/blog/posts/behavioural-change-towards-exercise>

Exercise for health

<https://puresportsmed.com/blog/posts/exercise-for-health>

Benefits of personal training at home

<https://puresportsmed.com/blog/posts/the-benefits-of-personalised-training-at-home>

Keep moving exercise Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf>

The Importance of Intensity in Physical Activity animation (Doc Mike Evans)

<https://www.youtube.com/watch?v=OMn8Tq5Eyao>

23 and ½ hours animation (Doc Mike Evans)

<https://www.youtube.com/watch?v=3F5Sly9JQao>

Resistance training in older adults

<https://puresportsmed.com/blog/posts/resistance-training-in-older-adults>