

WELCOME TO OUR

Newsletter

we're so glad you're here!

HAPPY NEW YEAR!!

Happy New Year and hello 2024!

Welcome to our first official newsletter.

I hope that you all had a wonderful and safe Christmas and New Year period and are eager to kick some goals in 2024. It has been fabulous to see some of you already this year!!

I myself ate plenty of food at Christmas and enjoyed some camping with friends over the New Year Period.

My overall goal for this year is to exercise more consistently to manage both my physical and mental health. Between a six week US road trip and opening the new clinic in 2023, exercise went completely out the window. The first two weeks of 2024 have started strong with some swimming, running and strength work - now just to keep it up.

If you're anything like me, sticking to those New Years resolutions and goals often becomes tricky as soon as late January rolls around. Check out some of my top tips for managing this later in the newsletter.



A Studio Update

Ramp Up is now located within the **Hilltop Shopping Centre** at **93 Main South Road, O'Halloran Hill.**

The 'Great Wall' was built, some wacky paint was been thrown on, Guy moved in & now the studio is up and running. It's been wonderful working with some of you in the new space already.

This new space is set up perfectly to do some great rehabilitation work with clients, with room for all our equipment & plenty of space to move about too. I didn't want Ramp Up to be just like any other clinic & we think we've nailed it - Funky, Fresh & Functional!

I'd like to say a special thank you to all those that helped with the move. Thank you to Scott from Homewise Building Inspections for going back to your roots & building the Great Wall in record time!



A big thanks to Brenton for all his advice, building help, painting help and many, many trailer trips to & from Bunnings. Thank you to Doug (Dad) for spending hours cutting carpet tiles & laying them just right. And Thank you to Jarryd for your advice, painting help, lighting help and for always being the sounding board behind all the business decisions. Oh and to Guy of course for his modelling efforts!



Guy's Giggles

IF JANUARY THREW A PARADE WOULD FEBRUARY MARCH?

NO, BUT APRIL MAY!



SANTOS
**TOUR
DOWN
UNDER**

TDU comes to town

The Tour Down Under hits Adelaide from the 12th - 21st January. It's always a wonderful family friendly event that has a fantastic atmosphere & gives many of our local communities a boost.

Good luck to all those racing & participating in the various community rides on offer.

www.tourdownunder.com.au

Hip pain when cycling?

When cycling, your hips are flexed throughout. This can lead to a variety of hip related complaints.

Top tips:

- Get your bike fitted (let us know if you're after recommendations).
- As with any exercise, increase your load gradually to avoid the risk of overuse injuries. This may mean tackling some flatter & shorter rides first before those long hills rides.
- Have a plan to incorporate strength training into your program. This helps to ensure all muscles are doing their part & avoid any muscle imbalance related pain.

If after some guidance, ask your Coach or Physio.

Oh & please always wear a helmet !!!!

New Year's Resolution but make it stick

TOP TIPS TO MAKE SURE YOU MAINTAIN THAT RESOLUTION AFTER THE JANUARY MOTIVATION WEARS OFF

Maybe it happened last year, and the year before that (maybe even the year before that too). The resolutions set somehow become a whole lot less interesting on the second of January. So how can we make them stick?

PS. I am no guru nor perfect at this, these are just some tips that have worked for me & my clients

1. Keep asking yourself why?

It's important that resolutions or goals are actually important to you, as you're a lot more likely to keep up at something difficult, if the end goal means a lot. Sometimes that can take some digging, which is where the 7 Why's comes in.

- **Resolution:** I want to exercise more
- *Why?* Because I don't exercise enough
- *Why?* I need to exercise to be healthy
- *Why?* So I can be fitter
- *Why?* So I can play with my kids more
- *Why?* Because I want to spend as much time as possible with them
- BINGO (we didn't even need 7)



2. Work it into your usual routine

Often we want to achieve these grand things but let's be real, we also have some things we need to do (laundry ugh) that can get in the way. Work out what the non-negotiables are in your routine & try and work whatever you're trying to achieve into that.

Can you swap the doom scroll for more reading on your commute to work? Set 2hrs aside over the week to meal prep? Take some time at the end of your usual walk to meditate?

3. Track yourself

Nothing works better for maintaining that sense of motivation than tracking yourself. Whether it's a diary, an app, or a fitness watch, these can all help to monitor your progress so you're motivated to keep it up week to week.

4. Tell someone

Personally this one works well for me, if I tell someone my goal, then it's a lot harder to let it go.

5. It's okay to start again

Remember, you don't have to be perfect and "messing up" doesn't mean you can't start again tomorrow. You don't have to wait until next year & you certainly don't have to wait until Monday, any day, any time, can be a great place to re-start.

6. Make it enjoyable

I can't stress this enough, things are a lot easier to do when you enjoy them. If running isn't your thing, maybe dance classes are? Don't like the book you're reading? Try another one. Not enjoying the meal prep you're doing? try a different recipe.

7. You've got this!!

Thanks for reading Ramp Up's first newsletter & I hope that you got something out of it.

Get in touch via email if there's something you'd like to see in the next newsletter or if you can help Guy out with a good joke.

Ciao!

ps. do your physio exercises!

@rampupphysio | info@rampupphysio.com.au

WWW.RAMPUPPHYSIO.COM.AU

If you don't like my waffle & your emails are clogged up enough, I get it. Feel free to unsubscribe via email or here:

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