

## What are some of the health problems that may make you afraid of becoming active?

- Breathing difficulties, and serious lung diseases
- Heart problems
- Obesity
- Diabetes
- Osteoporosis
- Arthritis
- Recovering from injury, surgery, stroke, or cancer treatment
- Bladder weakness
- Balance difficulties – fear of falling
- Mental health conditions

### Physiotherapy can help you become active SAFELY.

*Māte romiromi koe e āwhina  
kia kori tinana HAUMARU koe.*



*Becoming active after surgery*

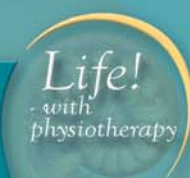
## Why a physiotherapist?

- Physiotherapists are highly skilled and highly educated, with a full understanding of the relationship between medical conditions and how the body works.
- At the heart of physiotherapy is the importance of keeping people active so they can participate fully in society.
- As registered health professionals, physiotherapists have to keep up their competence by ongoing education.
- Meeting the needs of various cultures, for instance Māori and Pasifika, is very important to physiotherapists.

## How do you find a physiotherapist?

The Yellow Pages lists physiotherapists in private practice.

Check your physiotherapist is a member of the New Zealand Society of Physiotherapists, which demonstrates a strong professional commitment.



Produced by the  
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# Active for Life!



*Mā te kori tātou e ora ai!*

Advice from physiotherapists if you

- are afraid to start being active
- have difficulties along the way



The Asthma and  
Respiratory Foundation  
of New Zealand (Inc.)  
Te Taumataia Huango,  
Mate-Hia o Aotearoa



## Physiotherapy can help.

*Māte romiromi  
pea e āwhina.*

**You can see a  
physiotherapist  
without a referral.**

*Kei te pai tō haere  
noa mai kia  
kite i tētahi kairomiromi,  
kāore he tiwhikete tākuta.*

## What may stop you from becoming active?

- Health problems
- Pain
- Embarrassment about body shape or size

**Physiotherapy can help you overcome any of these barriers.**

*Māte romiromi koe e kawe kia puta ki tua i ngā ārai nei.*

# Safe Activity



*For all*

## How will your physiotherapist help you to exercise?

- Your physiotherapist will design an individual activity programme tailored to your needs, taking account of all your medical history.
- Your physiotherapist will make sure you are clear and confident about carrying out your activity programme.
- Your physiotherapist will explain how you can progress in your programme so it does not become too easy or boring for you.
- You can then go off and enjoy your new active lifestyle! (Be active every day for at least 30 minutes.)

You can visit your physiotherapist again if you want a follow-up assessment, or if you experience pain or worries about your health during activity.

**You can see a physiotherapist without a referral.**

*Kei te pai tō haere noa mai kia kite i tētahi kairomiromi, kāore he tiwhikete tākuta.*

## What if you have pain?

- Perhaps you have pain when you try to do something active, or you have good reason to be afraid that you will have pain when you become active.
- You may even live with pain most of the time.
- Maybe you are usually active but you suffer pain from an injury, making exercise difficult.

**Physiotherapy can help you manage your pain and be active so you can enjoy life.**

*Māte romiromi koe e āwhina kia ngāwari ake ō mamaetanga, kia kaha ake ai koe ki te kori tinana.*

## What if you are embarrassed?

- You're too embarrassed to be seen in public doing active things, because you don't like the size or shape of your body.

**Your physiotherapist can offer you exercise in a small private gym to get you started, or in a group where you will feel supported.**

**Physiotherapy can help you overcome your embarrassment so you can be active.**

*Māte romiromi koe e āwhina kia kore e whakamā, kia kaha ai koe ki te kori tinana.*