

# “Jen saved my life” – How Exercise Can Change Your World

## Telehealth Exercise Physiology for Depression and Anxiety – Case Study

### Who?

A high stress job with 24/7 on-call hours resulted in declining health, both physically and mentally, that eventually led Ben to a breaking point. He suffered severe anxiety and depression, withdrawing from social interaction for over 3 months and only leaving the house for medical appointments.

Struggling with insomnia, fatigue, memory impairment, muscle and joint soreness, and gaining 20 kg, he knew something needed to change.

Fortunately, Ben had Income Protection and an open, supportive relationship with his Rehab Consultant, Hannah, who decided to make the referral to Specialised Health in March 2020.

### Covid – of Course

This put a spanner in the works. Well, it tried to.

***“It was a decision between the program being delivered over telehealth, or not being delivered until face to face services were able to resume.”***  
(Hannah)

Who knew when that would be!?

Sure, it was slightly out of the norm, but Hannah was confident in the Telehealth service.

Believe it or not, Telehealth is not just a Covid thing. We have been offering it for years to country Australians who don't have local Exercise Physiologists they can see face to face!

### Silver lining

The offer of a Telehealth program also provided Ben some relief.

His depression and anxiety meant overwhelming panic when even thinking about meeting new people or considering leaving the house.

*Telehealth broke down this barrier.*

So, Ben, in Brisbane, met our Exercise Physiologist Jen, in Melbourne, and they kickstarted a program which Ben would never regret.

***“The psychological benefits of that intervention at that time were life changing for me.”***

***“Support that I never really knew that I needed”***

Having been a keen runner and bike rider Ben knew the benefits of exercise. But he was deterred by fear of injury and fitness.

Not to mention fatigue, overwhelm and the lack of motivation.

Together, Ben and Jen set goals around exercise, and diet as well as sleep.

Jen played a key role in empowering Ben. She provided him resources and supported him through Motivational Interviewing to return to riding and running and take control of his life.

Feeling better, he is almost back to full time work, essential in the process of getting back to a normal life!

***“I feel like a different person. I feel very capable now, like I've got a sustainable tool kit for the first time in a very long time”.***

### Winning

Ben has lost nearly 7 kg! His sleep is improving and he has a more positive outlook.

He knows it takes time and effort to make a difference. But he knows he can do it.

His advice to those in a similar position that he was in 3 months ago?

***“Give it a go - there is everything to gain and nothing to lose.”***