



**LIFE-FIT:** Hawthorn  
physiotherapist Jason Smith

## Motion wellness

For Hawthorn physiotherapist Jason Smith, being a gym junkie is not the answer to good health.

“We no longer need to be gym-fit but life-fit,” he said.

“We need to exercise smarter, not harder. There is more to exercise than pumping weights, bench-pressing our body-weight or swimming a marathon.

“This means doing the right exercises for your body while having energy in reserve at the end of the day so that we do not come home from work, slump on the couch and feel too exhausted to walk the dog, feed the kids or cook.”

Mr Smith, founder and group director of the Back in Motion health group, has written *Get Yourself Back in Motion*, which explains how to improve sleep, fitness habits, posture, nutrition and pain management.

*Get Yourself Back in Motion* (Global Publishing, \$35) is available from his practice at 626 Glenferrie Road and major book retailers.