# Resources and further information to accompany episode 1: Physical Wellbeing, nutrition and exercise

In this episode, Tess and Polly explore why physical wellbeing matters, and how you can get and stay physically healthy.

You can catch up or listen again to the podcast [here](https://www.visionaustralia.org/nolimits).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

## Resources mentioned in the podcast

Our guest Jason mentioned the JEFIT Training App. You can find out more here: <https://play.google.com/store/apps/details?id=je.fit&hl=en_AU&gl=US>

Jason shared the following additional hacks for the gym (Thanks Jason!):

*“In the gym, some people may find having buzz clips useful to identify when near a piece of equipment or another person.”*

*“Wearing a hat can help to pre-warn of overhanging equipment or if walking of overhanging trees”*

Our guest Tyler talks about his fully accessible Fitness instructions, workouts, and plans. Check out the ReVision Fitness Program here: <https://www.revisionfitnessapp.com>

You can join the ReVision Training Facebook group for great accessible fitness content here: <https://www.facebook.com/groups/492112998046718/?ref=share>

## Other resources

### Videos/Webinars

 Vision Australia’s Check In and Chat session on Exercising in Isolation: <https://youtu.be/eq8S1PeyKCw>

 Vision Australia’s Check In and Chat session on Audio Described Exercise videos: <https://youtu.be/bQVut1PSja8>

The ReVision Training YouTube channel for fully accessible workouts and instructional videos: <https://www.youtube.com/channel/UCOPyMcRYmIrxb8p3gkfHVRQ>

### Apps and Websites

Vision Australia’s ‘Get Active’ program: <https://www.visionaustralia.org/community/news/2019-08-23/get-active-beginners-guide-fitness>

Website of Blind Sports and Recreation Australia: <https://www.blindsports.org.au/>

ReVision fitness training: <https://www.revisionfitnessapp.com/>

Eyes Free Fitness: <https://www.metroblindsport.org/audio-exercise-programs/>

Australian Government’s health website advising on movement guidelines based on age and activity level: <https://www.health.gov.au/health-topics/exercise-and-physical-activity>

Website of Disability Sports and Recreation: <https://dsr.org.au/>

Website for Access for All Abilities: <https://www.aaavic.org.au/>

Website for Eat for Health: <https://www.eatforhealth.gov.au/>

### Further Reading

Study into physical wellbeing and people who are blind or have low vision: <https://bmjopen.bmj.com/content/10/2/e034036>

Blind Sports NSW article on the benefits of sport for those with a visual impairment: <https://www.blindsportsnsw.com.au/benefits-of-sport-for-visually-impaired-laurens-article/>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

All links correct at time of publishing.