

iREBOUND

AFTER STROKE

**A website developed in partnership
with survivors of stroke**




irebound.enableme.org.au

- Resources on this website are accessible and easy to follow
- The website has two main sections:
 - Eat Well
 - Move More

Eat Well

- Ideas for easy meals with simple ingredients
- Step by step recipes
- Examples of meal plans and checklists to stay on track
- Tips about one handed cooking
- Hints about eating well when fatigued

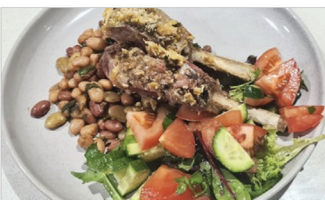
 Eat well after stroke

[Browse recipes >](#)



Mediterranean style Tomato on Toast

 11 steps



Lamb Racks with Bean Casserole

 11 steps




Homemade Muesli

 4 steps

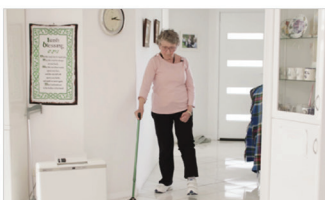


Move More

- Exercise videos featuring survivors of stroke
- Short videos and full-length exercise routines
- Exercise routines for different levels of ability
- Survivor stories on ways to increase activity levels and incidental exercise
- Exercise tracking sheet to help stay on track

 Move more after stroke

[Browse exercises >](#)



Day to day exercise with Bev

 9 min



Short exercise routine with Brooke

 18 min



A full body routine with Paul

 24 min



Some members of the iREBOUND team: Karly Zacharia, Meredith Burke, Emily Ramage, Coralie English and Dina Pogrebnoy

The iREBOUND website has been
developed in partnership with:

Survivors of stroke

Stroke Foundation

Hunter Medical Research Institute

and supported by:

Nancy and Vic Allen Memorial Fund

The information on the website is real,
reliable and relevant. To find out more visit

irebound.enableme.org.au

