

THE COOL DOWN



Moreton All Body Care's Monthly Newsletter

WELCOME TO THE COOL DOWN

YOUR MONTHLY DIGEST OF HEALTH AND FITNESS

Welcome to this issue of Moreton All Body Care's monthly newsletter. The aim of each issue is to provide updates of what is happening in the clinic and also to provide education about the latest research and current health facts. We will also share some healthy recipes and exercise tips and tricks.

There will be some staff absences this month with Genevieve off to Nepal from early April until Easter and Sonja and Kalina are off to Europe and arrive back mid June. We also have a new massage therapist Kim starting 27th March. She will be available Wednesdays, Fridays and alternate Saturdays.

PAUSE 4 PARKINSON'S

For more information, visit
www.shakeitup.org.au

April is Parkinson's awareness month. Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 and in partnership with The Michael J. Fox Foundation that promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure.

Parkinson's disease is a progressive, degenerative neurological condition that affects a person's control of their body movements. In Australia, it affects 100,000 people with 32 people being diagnosed every day.

Australian Parkinson's Statistics

Parkinson's is the 2nd most common neurological disease in Australia after dementia.

The disease affects an estimated 10 million people worldwide – 100,000 in Australia. 32 Aussies are diagnosed with the disease every day.

20% of sufferers are under 50 years old and 10% are diagnosed before the age of 40.

The number of people with Parkinson's has increased by 17% in the last six years with costs to the community increasing by over 48%.



STAFF SPOTLIGHT - JUSTIN PODLICH

Justin is a Physiotherapist who works out of our Narangba and Burpengary Practices.

His interests are post-surgery rehabilitation, occupational health and sports injury management.

Justin is a coffee connoisseur, endurance athlete addict and loves a good Beagle or any dog he can pat.

CLASS REMINDERS

- Please remember to write your name down on the class booking sheet. This ensures you have secured your spot in your preferred day. If you can't attend, and have your name down, please call the clinic to cancel, so someone else can attend in your place. This is due to a limit on the class size for safety and duty of care.
- If you have a friend that you want to bring along to the class, they **MUST** book an initial pre-exercise screening prior to commencing. Appointments can be made with reception. Cost: 40\$ which includes a 30min screening and the first 4 classes. This screening is to ensure we can provide you with the best exercises for your needs in a safe environment.
- Educational morning tea's are now quarterly. They remain on a Thursday after the class. Our next morning tea talk will be Thursday 27th June 2019

CLINIC INFORMATION

- Did you know we offer Physiotherapy, Podiatry, Dietetics, Pilates and Yoga services?
- We will be hosting Australia's Biggest Morning Tea on Wednesday 22nd May 2019. We will be fundraising from the start of April and more information will be provided at a later date

CURRENT HEALTH RESEARCH

- New research has shown just how even a small amount of exercise can have a huge impact on your longevity. The study showed that doing 10 - 60 minutes of physical activity can reduce your risk of all-cause mortality by 18%.
- That's right, just 10 minutes per week counts!!
- But that's not an excuse to quit moving more! The study also showed the higher levels of more vigorous exercise had an even greater impact!
- The takeaway? Aim for 150 - 300 minutes of exercise every week, but if all else fails, **ANYTHING IS BETTER THAN NOTHING!**
- More information can be found at www.exerciseright.com.au

EXERCISE OF THE MONTH

Bridge

Benefits: Glute activation and improvements in strength and flexibility. Help strengthen knees and lower back and reduce pain. Improve posture and core strength.

Variations: Body weight, single leg, resistance band, hip thrust on bench, marching, with calf raise.



BE AS ACTIVE
AND HEALTHY
AS POSSIBLE

RECIPE OF THE MONTH

Healthy Popcorn Rocky Road

Ingredients:

- 4 cups plain unsalted popcorn
- $\frac{3}{4}$ cup dried apricots
- $\frac{1}{2}$ cup cranberries
- $\frac{1}{2}$ cup desiccated coconut
- $\frac{1}{2}$ cup roasted Macro Organic almonds, finely chopped
- 1 cup Macro Organic hulled tahini
- 2 tbs Macro Organic honey

Method:

1. Line a 30 x 15cm slice tin with baking paper.
2. Place popcorn in a food processor and pulse until roughly chopped. Remove and set aside.
3. Place apricots and cranberries in a food processor and pulse until finely chopped. Transfer to a medium mixing bowl.
4. Add chopped popcorn and remaining ingredients, and stir well until combined.

