

# 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 Sonja and Kalina in Europe, arriving back mid June and Tom away till mid May for his Wedding and Honeymoon to Hawaii.

They advocate for individuals to get expert advice from the most qualified exercise professionals in Australia including exercise physiologists, exercise scientists and sports scientists.

The Exercise Right theme for this year is 'Active Aging'. All Australians, should prioritise exercise in their week, building it into their routine so it can be maintained throughout their life for optimal benefits. These benefits of exercise include helping individuals to maintain independence and quality of life, reduce their risk of chronic diseases, as well as positively impact their mental health!

There are free events across the country during this week including exercise assessments / health checks, presentations, open days and exercises classes. Check the website for locations and times.

#### **Australian Physical Activity (PA) Statistics**

- 1/3 of children & 1/10 young people undertook the recommended 60 mins of PA every day.
- 60% of Australian adults did less than the recommended 30 mins of moderate intensity PA per day.

If everyone did an extra 15 mins of brisk walking, at least 5 days/week, this could reduce disease burden due to physical inactivity by ~13%, or if it was 30 mins, the burden could be reduced by ~26%.



For more information, visit <https://exerciseright.com.au/>

From the 20th to the 26th of May is Exercise Right week. Exercise Right is a public awareness campaign created by Exercise & Sports Science Australia (ESSA). The aim is to encourage activity in all Australians and for everyone, especially those living with chronic conditions, illness, and injury, to know how to "exercise right" for their specific needs.



## STAFF SPOTLIGHT - JACKSON MAIR

Jackson is a Physiotherapist who works out of our Narangba, Burpengary and Beachmere Practices. His interests are treating acute neck and back problems, post-surgical patients and athletes returning to sport.

Jackson has an adorable schnauzer called Hugo and just purchased a block of land and is building his first home with his wife Steph!



On Wednesday the 22nd of May we will be hosting Australia's biggest morning tea at 11am at our Burpengary Practice. There will be raffles, games and prizes to be won! Make sure you bring a gold coin donation to help support the Cancer Council Australia.

Australia's Biggest Morning Tea is a fundraising event, organised by the Cancer Council Australia, bringing people together to raise funds for this cause. 1 in 2 Australians are diagnosed with cancer before the age of 85 and with the funds raised with this event, as well as many others across the country, we can help support those impacted by cancer. The Cancer Council is Australia's leading cancer charity and the money raised will go towards life-saving research, prevention, support programs, and information.

## CLINIC INFORMATION

- Did you know we offer Physiotherapy, Podiatry, Exercise Physiology, Massage, Psychology, Dietetics, Pilates and Yoga services?
- We will be hosting Australia's Biggest Morning Tea on Wednesday 22nd May 2019. We are now fundraising for it with raffle tickets on sale all May!

## CURRENT HEALTH RESEARCH

- Research continues to support the beneficial effects of exercise for people with cancer. Those with cancer who exercise regularly have shown to have fewer and milder side effects from their treatments including feeling less tired and distressed, and being better able to continue their daily activities. Research suggests exercise may help lower the chances of cancer coming back and may help you live longer.
- See an exercise physiologist to help work out which exercises are best for you and how much you should be doing!
- More information can be found at <https://exerciseright.com.au/the-role-of-exercise-physiologists-in-the-treatment-of-cancer/>

## EXERCISE OF THE MONTH

### Knee Side Plank

**Benefits:** Core and glute activation to help increase the strength and endurance of these muscles.

**Instructions:**

Lying on side with body in a straight line and knees bent to 90 degrees

- \* Elbow directly below shoulder
- \* Engage core
- \* Lift hips off floor to bring spine into neutral - squeeze bottom to bring hips forwards.

**Variations:** Top leg out straight, both legs straight (side plank on feet), supporting arm straight (rest on hand), knee side plank and clam.



BE AS ACTIVE  
AND HEALTHY  
AS POSSIBLE

## RECIPE OF THE MONTH

### *Healthy Cashew Coconut Butterscotch Slice*

Ingredients and Methods:

**Base Layer**

- 1 cup cashews
- 1 cup desiccated coconut
- 1/4 cup cocoa or cacao
- 12 medjool dates pitted
- 1 tbs coconut cream
- 1 tsp vanilla
- pinch of salt

Blend all ingredients together in food processor and then push into a lined pan.

**Butterscotch Layer**

- 1/2 cup cashew butter and/or peanut butter
- 1/3-1/2 cup maple syrup (depending on sweetness preferences)
- 1/2 cup liquid coconut oil
- 1/2 cup coconut cream
- 1 tsp vanilla
- pinch of salt

Blend all top layer ingredients together and then pour over the base layer. Set in freezer for 30mins - 1 hr. Slice and enjoy!

