

# 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 a healthy recipe and exercise tips and tricks.



From 10th to the 16th of June is Men's Health Week. This is an international initiative that was started in the US in 1994. The aim is to promote awareness of numerous preventable health problems and to encourage early detection and treatment of diseases among men and boys.

Men's Health Week has a focus on two main questions: *What factors in men's and boy's environments contribute to the current status of male health?*

*How can we turn that around and create positive environments in men's and boy's lives?*

You may be asking - Why focus on Men's health?

Because males health status is generally poorer than females - more males suffer from lifestyle-related health conditions than females at the same age. Men are also less likely to seek help from a medical practitioner when they are showing symptoms of a disease or illness.

What is the current status of Men's health? Males life expectancy is about 4 years less than females and two of the largest male killers are cancer and heart disease. There are also particular health conditions which only affect men.

What can we do about it?

Men's Health Week provides a platform for discussing key issues in men's health - this can contribute to increasing the health status of men in the community through raising awareness about the problem. Through recognizing that it is a critical issue, we can help to change the way that health care is viewed for men and provided to men!

For more information, visit  
<http://www.menshealthweek.org.au/>  
<http://www.menshealthmonth.org/imhw/imhw.html>



STAFF SPOTLIGHT - KIM STEPHENS

Kim is a massage therapist who works out of our Burpengary Practice.

She has a holistic view to health and wellness and believes that relieving tension in the muscles through deep tissue massage can provide a flow on effect of benefits. Kim can provide relief of tension through the neck and shoulders, or stiffness through the back and has a particular interest in women's health and pregnancy massage.

Kim values family time and lives with her wife, 1 year old daughter, and two dogs.

MEN'S HEALTH - CONTINUED

- There are free Men's Health Week events across the country during this week with many in QLD as well - including here at Moreton All Body Care! We are offering free Men's exercise assessments/health checks, education sessions/presentations, and free exercises classes/trials. Check the website or facebook for locations and times.

CLINIC INFORMATION

- Did you know we offer hydrotherapy sessions? Our exercise physiologists can assist you with a water-based exercise program to suit your needs!
- Sonja and Kalina will return to work on the 17th of June, after coming home from their European holiday.

**7 HEALTH FACTS MEN NEED TO KNOW**

- GENETICS:** Only 30% of a man's overall health is determined by his genetics. 70% is controllable through lifestyle.
- MENTAL WELLNESS:** Inactive men are 60% more likely to suffer from depression than those who are active.
- SLEEP:** Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.
- NUTRITION:** How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.
- ACTIVITY:** Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.
- DRINKING:** Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 diabetes.
- 7-8 HOURS:** Men live 9 years in poor health - mostly preventable by making small lifestyle changes.

**DontChangeMuch.ca**  
**MensHealthFoundation.ca**

www.statcan.gc.ca/habiles-tableaux/nom/noms/01/cad01h1h67-eng.htm  
www.health.gov.au/collections/publications/year/2004/inactivity.pdf  
www.hc-sc.gc.ca/fr/nutrition/guide-aliments/choisir-choix/fruit/portion-eng.php  
www.nhs.uk/health/healthpublic/sleep/healthy\_sleep.pdf  
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www.ncdr.nhs.gov/pub/ncdr/pubs/01/090206/0199020601



BIG THANK YOU!

- We wanted to say a big thank you to everyone who supported our Cancer Council Biggest Morning Tea! We raised a massive \$675 to go towards supporting those affected by cancer.

OTHER IMPORTANT DATES

- Post-traumatic Stress disorder (PTSD) Awareness Day Australia - 23rd June  
QLD event - PTSD Awareness Walk on Saturday, June 29th @ Anzac Memorial Park, Southport, Gold Coast - find out more on their facebook page.

## EXERCISE OF THE MONTH

### Clams

**Benefits:** Works on strengthening the gluteus medius muscle on the side of our hip. It may also help with knee pain to strengthen this area.

### Instructions:

Lying on side with knees bent and your heels in line with your bottom.

- \* Have support under your head/neck if comfortable
- \* Shoulder in line with hip
- \* Lift knees apart, keeping feet together and ensure hips stay still- don't let them rock forwards or backwards.

**Variations:** Feet in air (but staying still) and opening knees from here, open up knees into clam and then kick foot up into air - close knees and repeat, knee side plank and clam.



MOVE  
EVERYDAY!

## RECIPE OF THE MONTH

### Chicken and Chickpea Soup - a winter warmer!

Serves 4:

Ingredients -

2 tablespoons olive oil

2 chicken legs (for 'quick' version using pre-shredded chicken)

3 large garlic cloves, crushed

1 teaspoon (tsp) smoked paprika

1 tsp ground turmeric

Few grinds of black pepper

1/4 tsp ground cayenne (optional)

2 x 400g cans chickpeas, drained and rinsed

1 large can (1kg) whole tomatoes

4 cups (1 L) low sodium chicken broth

Juice of 1 lemon

A handful of fresh parsley

Also can add in diced carrot, celery, capsicum or other veges to further contribute to your '5 a day'!

Directions

1. Heat oil in a large pot over low heat. Cook garlic for 2 minutes, until fragrant. Add tomatoes and spices/seasoning; saute for 5 minutes. Add the chicken legs and stir well.
2. Cover with broth and bring to a boil, then lower heat and simmer about 30 – 40 minutes or until broth has reduced slightly. Also can add in the other chopped veg here if using.
3. After 40 minutes, remove chicken legs from the pot, shred the flesh and discard the bones. Put the shredded chicken flesh back into the pot.
4. Cook for 5 mins more then add the drained chickpeas, add chopped parsley and lemon juice, simmer for 5mins before serving.

