

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.



Too many Australians are being diagnosed with diabetes too late. This is true for both type 1 diabetes and type 2 diabetes. The delay in diagnosis is putting many people at risk of major life-threatening health problems. Early diagnosis, treatment, ongoing support and management can reduce the risk of diabetes-related complications.

Diabetes:

- Is the leading cause of blindness in adults
- Is a leading cause of kidney failure
- Is the leading cause of preventable limb amputations
- Increases the risk of heart attacks and stroke by up to four times

Type 2 Diabetes

Up to 500,000 Australians may already have silent, undiagnosed type 2 diabetes.

It may be 7 years before they are diagnosed.

During this time, type 2 diabetes can do serious harm and lead to:

Blindness

Kidney damage

Amputation

Heart attack and stroke

Type 1 Diabetes

Every year hundreds of people end up in hospital because the early signs of type 1 diabetes are missed.

If not diagnosed in time, type 1 diabetes can be fatal.

It's about time we learnt the 4Ts – the early signs of type 1 diabetes:

- Toilet
- Tired
- Thirsty
- Thinner

Learning the 4T's could save a life.

For more information, visit

www.itsabouttime.org.au

or

www.diabetesaustralia.com.au



STAFF SPOTLIGHT - CLAIRE LYONS

Claire is our Burpengary Office Manager who has been with us for an amazing 7 years. She is always happy to help with any questions you may have regarding the clinic and appointments. Outside of work you will find Claire busy with her 3 boys, or at home relaxing with a glass of wine and the company of her Labrador Coco.

DIABETES WEEK - CONTINUED

- National Diabetes week is from the 14th to 20th July 2019 and the organisation It's About Time is aiming to spread awareness about the signs and symptoms and to get diagnosed sooner rather than later.
- **Facts**
- Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).
- 280 Australians develop diabetes every day. That's one person every five minutes
- It is the fastest growing chronic condition in Australia
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day
- In 2013, diabetes caused 5.1 million deaths globally.

CLINIC INFORMATION

- We have two new classes starting this month. Sonja will be running a foam roller stretching class called 'Roll Out' on a Monday night at 6pm and Thursday at 12pm. This class will be for 30 minutes, so perfect for those short on time.
- The other new class is a high intensity fitness class called 'Stronger with Sonja'. This class is aimed at gaining strength whilst burning fat and increasing your fitness levels. This class is currently on a Monday from 12:15 to 1pm.

MEN'S HEALTH WEEK REVIEW

- Men's health week was last month and we would like to thank all the men who came in and took advantage of our services and gained knowledge about some of the conditions they are more susceptible to. As always, we are here to help and to provide information about how exercise can help reduce multiple risk factors for chronic diseases.

EXERCISE OF THE MONTH

Supermans in Kneeling

Benefits: Works on strengthening the core and lower back muscles.

May also help with increasing balance and arm strength

Instructions:

Maintain a small inwards curve in your lower back throughout this exercise and keep both hips facing the ground.

Extend your right leg out behind your body, kneeling on the left leg.

Slowly raise your right heel up to buttock height keeping your right toe pointed to the ground throughout.

Lower your toe back to the ground and repeat up to 10 times.

Repeat this exercise with the left leg.

Variations: Extend your left arm in front of your body at the same time as your right leg both touching the ground.

Slowly raise your opposite arm and leg simultaneously to trunk height (no higher).

Lower both limbs back to touch the ground before repeating up to 10 times in succession.



MOVE
EVERYDAY!

RECIPE OF THE MONTH

25-Minute Zucchini & Chicken Fritters

Serves 4

Ingredients

2 large zucchini, trimmed, chopped

300g can corn kernels, drained

1 cup shredded cooked chicken

2 spring onions, thinly sliced

1 cup wholemeal self-raising flour

2 free range eggs, whisked

1/4 cup light milk

1/2 cup grated light cheddar

1/3 cup finely grated parmesan

2 tbs thyme leaves

olive oil spray

tomato chutney, to serve

green salad, to serve

Method

1. Preheat oven to 220°C. Line a large baking tray with baking paper. Place zucchini into a food processor and process until finely chopped. Transfer to a clean kitchen cloth or tea towel and squeeze as much liquid as possible from zucchini.

2. Place in a bowl and add corn, chicken, onion, flour, egg, milk, cheddar, parmesan, thyme, and salt and pepper to taste. Stir until well combined.

3. Form 1/3 cups of mixture into fritters and place on prepared tray. Spray with oil and bake for 10 minutes. Turn and cook for a further 5 minutes or until golden and cooked through. Serve with tomato chutney and a green salad.

