

# 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.

PAWGUST 2019 is to help encourage Australia to get active with their dogs and raise funds for a vital cause.

PAWGUST is a fun yet challenging event that encourages people and their pooches to walk 30 minutes a day for 30 days during August. That's roughly 2km per day, which is no small feat in winter weather!

By sharing your challenge journey, and asking family and friends for donations of supPAWt, you will be directly impacting the lives of Guide Dog puppies in training.

PAWGUST is the PAWfect excuse to get active and spend some quality time with your dog, while raising funds and supPAWting a worthy cause.

Don't have a dog? Don't worry! You can still get involved in PAWGUST 2019 by doing your 30 minute walk per day on your own or with your human best mate!

The best thing about this challenge is that you can do it whenever you want to. Walk morning, noon or night; whatever suits you best!

We will also be hosting a walk along Scarborough on Sunday the 18th August at 9am. We will meet at Sea Salt and Vine Cafe(1 Reef Point Esplanade, Scarborough - opposite the Scarborough Holiday caravan park). Feel free to bring your dog or just yourself and we will go for a 30-45min walk and then to reward ourselves, a cheeky morning tea at Sea Salt and Vine.

**To donate, please visit**

<https://www.pawgust.com.au/fundraisers/moretonalldoggycare>





## *STAFF SPOTLIGHT - CHLOE BREWIS*

Chloe is our lovely Podiatrist who works out of our Burpengary Practice. Chloe can help with general foot and nail care, diabetes foot management, custom made orthotics, nail surgery and much more.

In her spare time, you will find Chloe walking her dog, hiking and playing Touch Rugby League and Netball.

Chloe swears that she doesn't have a foot fetish! HaHa.

## *VIETNAM VETERANS DAY*

Vietnam Veterans day is Sunday 18th August. Our local Caboolture Vietnam Veterans Sub Branch which is based in Burpengary is hosting a service and march which commences at 10:15am at Remembrance House (61 Progress road, Burpengary) and proceeds to the Burpengary Memorial where the service will commence at 10:30am.

Veterans and invited guests are welcome to join Caboolture VVAA members at the Burpengary Tavern after the service.

The Caboolture Vietnam Veterans Sub Branch want the community to know what support they can provide for fellow returned servicemen and women. It is a social group that relies on friendship and comradery that is provided in informal meetings, and members can enjoy each other's company over morning tea or luncheons and on organised meetings throughout the year.

## *CLINIC INFORMATION*

- We have a new Podiatrist Tracey joining us from Monday 5th of August. Tracey will be in our Burpengary clinic on a Monday, Beachmere clinic on a Tuesday and our Narangba clinic on a Wednesday, Thursday and Friday.
- We have new class is a Hydrotherapy class at The Burpengary Aquatic Centre. Sonja and Gen will be running this class every Tuesday at 12:15-1:15pm. The class is aimed to strengthen the whole body whilst limiting the impact on our joints. This class will benefit everyone, but in particular, people with chronic lower back, hip and knee pain.
- This year we will also be raising funds for RSPCA's cupcake day. Come in on Monday the 19th of August and buy one of our beautifully made cupcakes and your money will help our amazing RSPCA shelters fight animal cruelty.



## EXERCISE OF THE MONTH

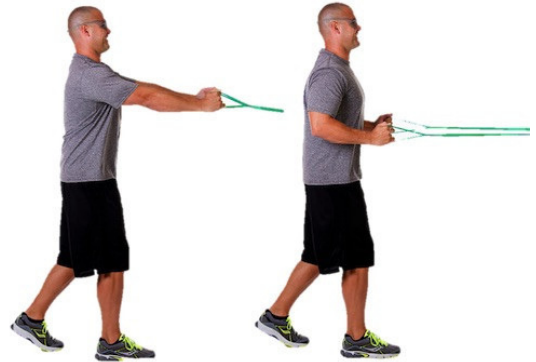
### Resistance Band Rows

**Benefits:** Works on strengthening the middle back as well as the biceps and shoulders. This movement helps with creating a good standing posture

**Instructions:**

Securely attach the middle of a band at waist height to a pole or a door handle. Grasp the ends of the bands and pull the bands toward your hips. Hold and slowly return. Keep your back straight.

**VARIATION:** Perform on chair or bench.



## RECIPE OF THE MONTH

### Raspberry Yoghurt Breakfast muffins

Ingredients

- 3/4 cup almond meal
- 3/4 cup wholemeal flour
- 1 tsp baking powder
- 1/3 rolled oats
- 1/3 cup coconut flakes
- 3/4 cup greek yoghurt
- 2 free range eggs
- 2 tbs vanilla extract
- 1 cup of raspberries (fresh or frozen)
- 2 tbs unsalted raw almonds, roughly chopped

Method

1. Preheat a fan-forced oven to 180°C/350°F/gas mark 4 and grease six (6) holes of a muffin tray with butter or line with patty cases.
2. Place almond meal, flour, baking powder, oats and coconut in a large bowl and stir to combine.
3. In a separate bowl, whisk yoghurt, eggs, oil and vanilla together. Pour wet mixture into the dry mixture and mix until combined. Don't over mix. Gently stir through raspberries. Spoon the mixture evenly among the six (6) greased muffin holes and top with chopped almonds.
4. Place muffins into the oven and bake for 25 minutes, or until slightly browned on top.
5. Once cooked through, remove muffins from the oven and place onto a wire rack to cool. Serve with yoghurt.

MOVE  
EVERYDAY!

