

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.



Jean Hailes Women's Health Week is a week dedicated to all women across Australia to make good health a priority.

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week is the time to do something for your health and start making positive changes that can last a lifetime.

Jean Hailes for Women's Health ran the very first national Women's Health Week in 2013. Last year, more than 85,000 women participated in more than 2,100 events. We are proud that this event attracts the support of organisations, ambassadors, businesses, community, sporting and media groups across the country. Now in its 7th year, Women's Health Week is the time to unlock your own powers for good health.

Jean Hailes provides health information and free resources to support women across Australia, and during the week we encourage communities and workplaces to get involved by sharing our health messages, hosting or attending a health event and signing up to receive five days of informative health content.

For Women's Health Week, we will be offering free 15 minute mini health checks to see if you are at risk of any chronic conditions such as heart disease or diabetes. This is also an opportunity for you to ask any health or fitness related questions as well as set new health or physical goals for yourself. To receive this health check, please book in at reception to see Genevieve or Sonja. The first 20 ladies will receive a free Women's Health goodie bag.

There will also be some educational talks or information provided during our strength and balance classes. If you don't attend, we are more than happy to send the information via email.

For more information, please visit
<https://www.womenshealthweek.com.au/>



STAFF SPOTLIGHT - GENEVIEVE PEIJ

Genevieve is another of our Exercise Physiologists working at our Narangba and Burpengary Clinics. Her special interest areas are Neurological rehabilitation and chronic disease management.

When she's not in the clinic you might find her climbing a mountain, running around with her dogs or in the kitchen doing some baking.

PAWGUST AND RSPCA CUPCAKE DAY

Thank you all so much who helped to raise funds for Pawgust - Guide Dogs Australia.

With your generous donations, we managed to raise \$156.80 to help raise and train new Guide Dog puppies. Our raffle draw was also a big success, and we'd like to say a big thank you to Stella Bennett and Trevor Rackley who kindly donated the prizes. We hope to participate again next year and help those in need of a Guide Dog.

We also fund raised for RSPCA Cup Cake Day, which turned into cup cake week. Our Narangba and Bupenagry Clinics were treated to some very delicious cupcakes made by our staff to raise funds to help RSPCA fight animal cruelty. Our clinics managed to raise \$155.

Once again, thank you so much for your generosity and we'd like to participate again next year and go above and beyond.



CLINIC INFORMATION

- We are welcoming another new Podiatrist, Matt G at the end of September and he will be working at our Narangba Practice two days a week.
- A big thank you to all the patients for being so helpful and allowing our students to spend time with you and to treat you all. It is a really important learning experience and without your cooperation it wouldn't be possible. We wish Lachlan and Callum all the best for the rest of their studies and their future as a Physiotherapist.
- Moreton All Body Care turns 15 in November! To celebrate keep an eye out for some birthday treats. More information to come.
- Did you know we are open on Saturdays? We offer Physiotherapy, Podiatry, Exercise Physiology and Exercise Science, Massage, Pilates and Strength and Balance classes.

EXERCISE OF THE MONTH

Wall Push Ups

Benefits: Works on strengthening the chest, shoulder and arm muscles.

Instructions:

Face wall, standing a little farther than arm's length away, feet shoulder-width apart. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart. Bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor. Hold the position for 1 second. Slowly push yourself back until your arms are straight.

Variation: Perform on bench, chair or lower, depending on strength.



MOVE
EVERYDAY!

RECIPE OF THE MONTH

Healthy Banana Pancakes

Ingredients

- ½ cup rolled oats
- 3 bananas, roughly chopped
- 2 eggs
- ½ cup reduced-fat milk
- ½ tsp cinnamon
- olive oil spray
- 1 cup fresh berries
- 2 tsp honey
- ¾ cup light Greek-style yoghurt, to serve

Method

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Place oats in a food processor and pulse until fine. Add banana, eggs, milk and cinnamon and pulse until banana is smooth and mixture is combined.
3. Heat a non-stick crepe pan or frying pan on low heat and spray lightly with oil. Pour approximately 1/3 cup batter into the pan and cook for 2 minutes or until golden, flip, and cook for 1 minute. Place on prepared tray and keep warm in the oven. Repeat with remaining batter.
4. Spoon berries and honey over pancakes and serve with yoghurt.

