

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.

On the 4th of October, Grow will be celebrating the annual Odd Socks Day; our proudly run annual National Mental Health Anti-Stigma Campaign. On this day, we ask all our supporters to help stamp out the stigma of mental health by wearing their Odd Socks and start the conversation about everyone's mental health. You can make the difference by:

- Be a Friend – be there for others, during the ordinary and extraordinary
 - Be Brave – don't tolerate discrimination or the stigma
 - Be Open – share your experiences
 - Be Informed – know the truth and dispel the myths
 - Be Good to Yourself – recognise the need for self-care
- So, this Odd Socks Day, do something that spreads the word in the community and your place of work. Get involved in the fight against stigma and discrimination associated with mental illness.



So to raise awareness, we will be running an Odd Sock Day week. From Monday the 7th to Saturday the 12th of October, wear some happy, odd socks to show your support. If you'd like to donate to the foundation please follow the link below.

For more information, please visit

<http://www.grow.org.au/donate/>

Also, October is Breast Cancer Awareness month, an annual campaign to help raise awareness of the disease. The National Breast Cancer Foundations top priorities are educating women on what they can do to be proactive with their breast health. Knowledge and early detection saves lives. If you'd like more information or would like to donate, please visit the following website.

For more information, please visit

<https://www.nationalbreastcancer.org/>

WOMEN'S HEALTH WEEK

Thank you very much to all the lovely ladies who participated in Women's Health Week and took advantage of our free mini health checks here at the clinic. We hope you are conscious of your health at all times and how important exercise can be in preventing or managing a chronic condition. We look forward to participating again next year.





STAFF SPOTLIGHT -

TOM CHO

Tom Cho is one of our Senior Physiotherapists and works at all three of our clinics. His special interests are treating TMJ/neck, post operative and sporting injuries.

During his spare time you will find Tom staying active, going for a surf and hikes as well as spending time with his lovely wife, Leah and their two dogs.

CLASS INFORMATION

- Pilates Reformer - Core based strengthening on a rolling bed controlled via springs. Good for people wanting to increase their core as well as general strengthening, or those who are recovering from injury and wanting to get back to daily living.
- Pilates Matwork: Core based strengthening on the floor with small pieces of equipment. Great for people who want general strengthening or for people with acute or chronic lower back pain, recovering from injury and wanting to get back to daily living.
- Strength and Balance: A class specifically designed to increase upper and lower body strength and to help increase ones balance. By increasing these, it helps reduce the risk of falls and to stay independent for as long as possible. The class is run for 1hour and the first half hour is a circuit of 18 exercises with 2mins spent on each one. This is designed to increase your heart rate and make you work at a higher intensity for a short amount of time. The second half is time for you to focus on a body areas or exercises you wish to improve, with 10mins at the end for group stretching.
- *For attendance of classes, a booking must be made.*

CLINIC INFORMATION

- A warm welcome to our new Podiatrist Matt G. Matt will be working at our Narangba clinic on a Tuesday and Thursday 8:30am-5:30pm as well as some Saturdays at Burpengary.
- A Podiatrist can help you with general foot and nail care, foot and heel pain, Diabetic foot assessments, custom made orthotics, dynamic in-shoe pressure measurement, biomechanic assessments, dry needling, nail surgery and footwear advice.
- We currently have 3 Podiatrists, Chloe, Tracey and Matt who can help you at all of our clinics.
- Next month, Moreton All Body Care turns 15! For the month of November, we will be celebrating not only with copious amounts of cake, but also with special birthday offers and giveaways. To find out more, follow our facebook page: Moreton All Body Care
- Reminder to all of our DVA patients about the changes as of October 1st. Non TPI patients will need a GP referral every 12 visits or every 12 months, which ever comes first. Please ask staff if you require more information.

EXERCISE OF THE MONTH

Sit to Stand

Benefits: Helps increase lower limb strength and stability. Good exercise to start before body weight squats.

Instructions: Start sitting on edge of chair. Try not to use your hands and arms to help push you up. Use your legs to stand up tall. Stick the bottom back as you go to sit back down, ensuring knees track in line with feet.

Variation: Body weight (no chair), Fit ball squats



RECIPE OF THE MONTH

Zucchini and Sweet Potato Fritters

Ingredients

400g green zucchinis
300g sweet potato
1/2 leek, finely sliced
2 tbs chopped mint
pinch nutmeg
salt for seasoning
pepper for seasoning
2 eggs, lightly whisked
2/3 cup plain flour
1/2 cup grated parmesan
1/2 cup vegetable oil
tzatziki dip, to serve

Method

1. Coarsely grate the zucchinis and sweet potato and squeeze out any excess moisture. Place into a bowl with leek, mint and nutmeg. Season with salt and pepper. Add eggs, flour and parmesan and mix together well.
2. Heat oil in a medium frying pan over medium high heat. Using a 1/4 cup measure, drop batter into oil and flatten slightly. Fry for about 2 mins each side until golden. Remove to a plate lined with paper towel and keep warm. Continue with remaining mixture. Serve fritters with tzatziki.

MOVE
EVERYDAY!

