

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.

Nothing puts your mind, wallet or waistline under pressure quite like Christmas. So if the thought of December 25 makes you feel more frazzled than festive, listen up!

Health Fund NIB have asked the experts for their best advice on how to have a healthy and happy Christmas (without giving up everything you love).

1) Eat with your stomach (not your eyes)

It is possible to not over eat for Christmas lunch or dinner, the trick is to load up your plate with salads and veggies first then try a little bit of everything else you want to eat. If you finish eating your meal and still feel hungry or want to go back for seconds, put your fork down and wait 20 minutes for your stomach to catch up with your brain. If you still feel like eating more after that time, then go for it.

2) Be conscious of Alcohol

Food isn't the only thing we overindulge in during summer. In Australia, our weekly average alcohol intake triples during the festive season, and while it's OK to relax and enjoy a bevvy, it's also possible to reduce the amount of alcohol you're drinking without losing your social life. Choose a light version of your drink of choice, focusing on low alcohol rather than low carbs. "By having a glass of water or soda in between your alcoholic drinks, you'll also be able to pace yourself and keep hydrated. To keep track of the number of drinks you're having, make sure you're pouring your own.

3) Keep moving

If you're struggling to fit in exercise over the silly season, it's best to tackle it early in the morning to quash any excuses and beat the heat. If hitting the gym isn't your thing, no worries! From bushwalks to beach cricket and bike riding, there are plenty of different ways you can keep active over summer. Plus, it's great for your mind and body.





STAFF SPOTLIGHT - SARAH REEKS

Sarah is our young Physiotherapist who works out of our Burpengary and Narangba clinics. Sarah's special interests are in the treatment of lower backs and pelvis injuries.

Outside of work, you will find Sarah training and competing her horses in Campdrafting and Stockman's Challenge.

CLASS INFORMATION

- **STRENGTH AND BALANCE** - We will be having a class on Tuesday 24th December (Christmas Eve) at 10am and also a class on Tuesday 31st of December (New Years Eve). If you are around, please come and attend to work off all that Christmas pudding.
- **CARDIAC REHAB** - We will be having a class on Monday the 30th of December, and then returning to normal on Friday 3rd of January.
- **LOWER LIMB** - We will be having a class on Monday the 30th of December, and then returning to normal on Monday 6th of January.
- **Strength and Balance Christmas break up morning tea** will be held on Tuesday 10th December at 11am straight after the class. We will have a sheet where you can write your name down next to the food you are going to bring. It will be a great opportunity to all get together to celebrate a wonderful year and to celebrate the upcoming holidays. Hopefully we will see you there.



CLINIC INFORMATION

- **Christmas Clinic Hours 2019/2020 for Burpengary**
 - Tuesday 24th December - 8am-4pm
 - Wednesday 25th December - Closed
 - Thursday 26th December - Closed
 - Friday 27th December - Closed
 - Saturday 28th December - Closed
 - Sunday 29th December - Closed
- **Narangba**
 - Monday 30th December - 8am-7pm
 - Tuesday 31st December - 8am-2pm
 - Wednesday 1st January - Closed

Narangba is closed from the 25th of December to the 2nd of January
Beachmere is closed from Monday the 23rd to Monday 6th January

Some classes will be on, so please ask staff if your class will continue over the holidays.

- For the month of January, we will be offering gap free foot checks* to kids for back to school. Book in with one of our Podiatrists at either Burpengary or Narangba to secure your spot in January.

EXERCISE OF THE MONTH

Lunge

Benefits: Increases the strength of your legs and buttocks. Also helps to increase our stability/balance

Instructions: Keeping upper body straight, and core on, take a step out in front with one leg, then bend both knees to about 90 degrees. Press up through your front leg and bring your back leg in. Repeat

Variation: Reverse lunge, walking lunges, side lunges



RECIPE OF THE MONTH

Cooked Tiger Prawns and Peach Thai Salad

Ingredients

- 2 tbs fish sauce
- ½ bunch coriander stems, finely chopped
- 2cm piece ginger, finely chopped
- ½ red chilli, seeds removed and finely chopped
- 1 garlic clove, minced
- 1 lime, juiced
- 1 tbs caster sugar
- 400g cooked tiger prawns, peeled, tails intact
- 1 bunch coriander, leaves picked
- 1 bunch mint, leaves picked
- 1 bunch Thai basil, leaves picked
- 2 yellow flesh peach, finely sliced
- 2 small red onion, finely sliced
- 3 tbs fried shallot
- 1 lime, cut into wedges, to serve



Method

1. To make the dressing, combine fish sauce, coriander, ginger, chill, garlic, lime juice and caster sugar in a jar and shake to combine.
2. Gently toss prawns and remaining salad ingredients together, divide among plates and spoon over dressing. Serve with lime wedges.