

# 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.

Men's health is in crisis. Men are dying on average 6 years earlier than women, and for largely preventable reasons.

Prostate cancer rates will double over the next 15 years.

Testicular cancer rates have already doubled in the last 50.

And across the world, one man dies by suicide every minute of every day, with males accounting for 60% of all suicides.

Movember is uniquely placed to address this crisis on a global scale. We fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

So to raise awareness, our Physio Justin will be raising money by growing a Mo this November. You can show your support by donating small change in the clinics or going to Justin's donation page.

**To donate to Justin's fundraising page**

<https://mobro.co/justinpodlich?mc=13>

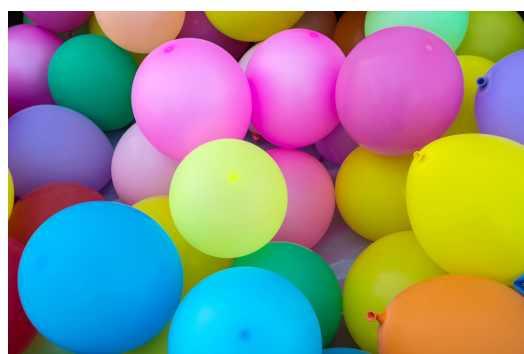
IT'S OUR 15TH BIRTHDAY!

For the month of November, our business is celebrating 15 years of providing quality Physiotherapy, Podiatry and Exercise Rehabilitation services to our local community.

Our very generous business owner Georgie will be giving away presents (and hopefully cake) to our patients throughout the month of November, so keep an eye out on our social media pages (facebook and Instagram).

We couldn't be the business we are today without your continued support.

Hip Hip Hooray!





### *STAFF SPOTLIGHT - SONJA QUAEDVlieg*

Sonja is our Exercise Scientist at our Burpengary Clinic. Her special interests are strength and conditioning, athlete development, clinical pilates and rehabilitation.

Outside of work, you'll find Sonja at the gym, walking her dog Jags or going on adventures up the coast with him. She also runs on coffee!

### *CLASS INFORMATION*

- Lower Limb Class: a class specifically designed to increase strength in the legs as well as increasing balance. The class is run for 1 hour with a variety of upper and lower body exercises.
- Roll out Class: A short 30 minute class to stretch the whole body if you are time poor. Stretching is performed on the floor followed by use of the foam roller so a self massage/trigger point release.
- HIIT Class: A 45 minute class designed to increase your heart rate with resistance training. Usually a circuit style with short rest breaks.
- Preglats: Pre and Post Natal pilates classes are now offered on a Monday at 5pm, Wednesday at 5:30pm and a Thursday at 9am. This class is specifically designed for mums to be or new mums to help restore their core muscles, pelvic floor and to increase strength as well as stretching.
- *For attendance of classes, a booking must be made.*

### *CLINIC INFORMATION*

- **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.
- Christmas Clinic Hours 2019/2020
  - 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
  
  - Monday 30th December - 8am-7pm
  - Tuesday 31st December - 8am-2pm
  - Wednesday 1st January - Closed

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

## EXERCISE OF THE MONTH

### Bicep Curl

**Benefits:** Increases the strength of your bicep which is the major muscle that helps us pick items up.

**Instructions:** Start holding a dumbbell in each hand. Keep your upper arm still as you bend your elbow and bring your forearm up to your upper arm. Slowly lower back down to finish the rep.

**Variation:** Barbell, Single arm, cable machine.



## RECIPE OF THE MONTH

### Crunchy Apple Slaw

#### Ingredients

- ¼ cup Sunbeam premium seed mix
- ¼ cup Sunbeam pine nuts
- 1 tbp Sunbeam sesame seeds
- ¼ savoy cabbage, finely shredded
- 1 green apple, shredded
- 1 red apple, shredded
- 2 spring onions, finely sliced
- ¼ cup Sunbeam raisins, roughly chopped
- ¼ cup mint leaves, chopped
- 1 tbp olive oil
- 3 tsp apple cider vinegar

#### Method

1. Place pine nuts and sesame seeds in a small frying pan and cook for 5 minutes until golden and toasted. Set aside.
2. Combine the cabbage, apples, spring onions, raisins and mint in a large mixing bowl and toss well.
3. Whisk together the oil and vinegar. Season to taste. Pour over apple mixture and toss well. Spoon onto serving platter and sprinkle with toasted seeds and nuts and some additional mint leaves.

STAY  
ACTIVE!

