

THE COOL DOWN



Moreton All Body Care's Quarterly Newsletter

WELCOME TO THE COOL DOWN

YOUR MONTHLY DIGEST OF HEALTH AND FITNESS

Welcome to this issue of Moreton All Body Care's quarterly 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.

Welcome back to another year of The Cool Down. We hope you all had a great Christmas and New Years.

Just a few small changes for this year. The newsletter will come out quarterly as we bit off more than we could chew last year, so we want to give you more content, less frequently. Our aim is to still provide useful information on health and fitness, as well as what is happening in and around the clinic.

Awareness days and health weeks will also be a priority as well. Our big events throughout the year are Exercise Right Week (May), Australia's Biggest Morning Tea (May), Men's Health Week (June) and Women's Health Week (September). We will be providing more information about Exercise Right Week and Australia's Biggest Morning Tea closer to the month, so keep an eye out in the clinic.

March is Epilepsy Awareness Month and on March 26th is Purple Day. The initiative is to create awareness about the condition and to remind those with the condition, that they are not alone. We will be providing a Seizure First Aid poster that provides information about what to do if someone is having a seizure. For more information head to www.epilepsyaustralia.net

Sunday March 8th is International Women's Day. A day to celebrate the contribution and achievements of all women. It is an opportunity to remember the barriers that women have broken through and the accomplishments they have made despite barriers.

For more information head to www.un.org/en/observances/womens-day

April is Parkinson's awareness month. Pause 4 Parkinson's is to raise awareness and vital funds for research into better treatments and ultimately a cure.

For more information head to: www.shakeitup.org.au

April 2nd is World Autism Awareness day which helps to increase the understanding of the disability.



STAFF SPOTLIGHT -KRISTIN TYSSEN

Kristin has been working as a physiotherapist for 11 years at Moreton all Body Care. she is currently working part time at Narangba and Burpengary. She enjoys treating general musculoskeletal physiotherapy and also enjoys pre and post partum exercise prescription and lower limb injuries. When not at the clinic, Kristin is running around after her 3 kids, Ebony (7), Hannah (5) and Jack (3).

EXERCISE RIGHT WEEK

- May 25th - May 31st. A week encouraging all Australian's to become more physically active. We will be providing more information closer to the date about how we will be celebrating the week.

AUSTRALIA'S BIGGEST MORNING TEA

- On Tuesday 26th of May, we will be hosting an Australia's Biggest Morning Tea to help raise funds for the Cancer Council. Our morning tea will be held at 11am straight after the Strength and Balance class. We will also provide more details closer to the date.

HEALTH ALERT

- Due to the recent outbreak of the Coronavirus, if you are feeling unwell with a fever, cough, sore throat or shortness of breathe, we encourage you to reschedule your appointment and seek medical treatment. Please don't risk infecting other patients or staff members whether its the common cold, or something worse. Thank you

CLINIC INFORMATION

- Easter Clinic Hours for ALL CLINICS
 - Good Friday 10th April - CLOSED
 - Saturday 11th April - CLOSED
 - Easter Sunday 12th April - CLOSED
 - Easter Monday 13th April - CLOSED
 - Tuesday - Friday - Normal Hours
 - ANZAC DAY Saturday 25th April - CLOSED
- Labour Day Public Holiday
Monday May 4th - All clinics CLOSED

NEW STAFF MEMBERS

- In the last few months, we have welcomed some new staff members to our team. We have a new Physiotherapist - Callum Stinson, Matt Gordon - Podiatrist, and Carly Knight - Occupational Therapist. If you see them around the clinic, feel free to say hello.

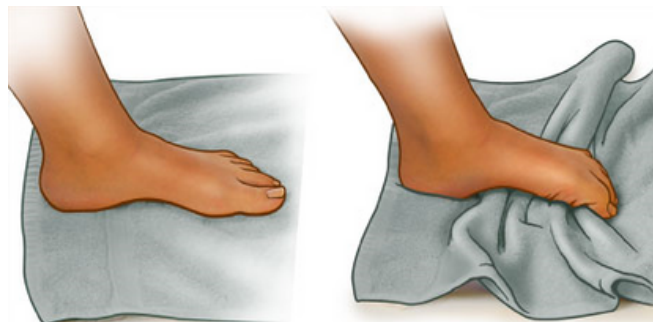
EXERCISE OF THE MONTH

Towel Curl

Benefits: Increases the strength of your foot intrinsic muscles (plantar fascia) , increases circulation to the feet and can improve balance/ stability and improve walking!

Instructions: Sitting in a chair, with your foot flat and the towel flat under your foot, Curl Your Foot to Grasp and Pull the Towel towards your heel. Keeping your heel down, lift your toes and flex your foot back, Keeping the heel still, pull the towel toward you by scooping it in with your arch and toes, (all five toes) and try to create a deep dome under the arch area to pull the towel towards you. repeat 5-6 times on each foot

Variation: push the towel out in the opposite direction



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RECIPE OF THE MONTH

Cooked Tiger Prawns and Peach Thai Salad

Ingredients

- 1 tbs peanut oil
- 2 garlic cloves, crushed
- 400g chicken breasts, thinly sliced
- 500g Bells Farms Stir Fry Vegetables
- 2 tbs salt-reduced soy sauce
- 2 cups cooked brown rice
- ½ cup cashews

Method

1. Heat oil in a medium saucepan over medium heat. Add garlic and chicken and stir-fry for 5 minutes or until chicken is cooked through. Add vegetables and cook, stirring, for 2-3 minutes or until vegetables are tender. Add soy sauce and stir through. Remove from heat.
2. Divide rice among serving bowls and top with stir fried chicken and vegetables. Garnish with cashews to serve.

