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## Festive Feta & Red Capsicum Dip

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1/2 cup jarred pre roasted capsicum  
1 cup low-fat cottage cheese  
100g reduced fat feta, crumbled  
Ground black pepper



Combine cottage cheese, feta and capsicum in blender or food processor and blend until smooth. Season with pepper. Serve with veggie sticks or slices of Lebanese bread.

(You can use fresh red capsicum—preheat oven to 200 degrees, roast whole capsicum until soft. Remove from oven, cool, remove skin and seeds and chop roughly)

*From Healthy Food Guide December 2011*

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## 2011 Wrap Up

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Firstly congratulations to our **Fit For Summer** participants on another great program in 2011. There has been some impressive exercise happening in Menai Park on a Saturday morning and it has been wonderful to see happy, red faces at the end of the sessions!

Congratulations also go out to;

- Janine from Monday and Thursday nights on your engagement—your classes were delighted to hear your wonderful news and look forward to planning the wedding!
- Amy (physio) and Damien on the announcement that they are expecting their second beautiful child in May. What wonderful news.
- Andrea and Glen from Tuesday nights on getting married this term—and keeping that a secret till only a few weeks before the big day!
- Anne from Tuesday nights who won the guessing competition for Natasha's baby Tara



**Welcome Tara Grace O'Brien**  
30/10/11, 2.8kg, 6 pound 3

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## Wednesday Stretch Class

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**Wednesdays 9.15-10.15am. with Jenny Opperman**

### **What is a Stretch Class?**

A stretch class focuses purely on flexibility. It will be a class to loosen you off from head to toe! It will be an hour of stretching through your body to improve flexibility and movement. This class is a lovely addition to strength training.

### **Will it include strength and core work?**

No. This class will be purely focused on movement and flexibility. It will not cover the strength or core work done in your gymball class so rest assured it will be a completely different session to your normal ball class.

### **Who is it for?**

This class is ideal for the tight body— for example those who work in sedentary jobs and who find their muscles and joints get stiff and sore. The class will be small and cater for all levels of flexibility. Like any exercise program — we encourage regular attendance if you want to see your movement improve.



Secret Women's Business

## Physiotherapy & Education about the Pelvic Floor, Bladder & Bowel

- SWB Physiotherapists;
- Natasha O'Brien
  - Amy O'Mara
  - Jenny Opperman

### Busy 2011 for

#### Secret Women's Business (SWB)

Our Women's Health Team have been delighted to expand our service further in 2011 with more time slots available for one on one consultations. Our expanded timetable has enabled more women in the Sutherland Shire to benefit from this specialized service.

In 2011, Natasha, Jenny and Amy have continued to expand their expertise with attendance at further courses. This has included advanced courses on the Overactive Bladder and Postnatal Recovery. Early in 2012 the SWB team will be attending an international women's health seminar at Sydney University, and advanced courses on pelvic pain, stress urinary incontinence and prolapse .

As well as providing one on one consultations a significant part of our work has involved facilitating workshops for both the wider community and local GP's.

### 2012 and Beyond

We are looking forward to continuing to work closely with local doctors and specialists in 2012. We also look forward to continuing to provide a high quality and comprehensive women's health physiotherapy service within the Sutherland Shire.

#### Shire GP's Presentation

Congratulations to our Secret Women's Business (SWB) team who recently accepted an invitation to run a seminar for 60 GPs on "Postnatal Recovery" as part of the Shire GP education program . Feedback from the evening has been overwhelmingly positive.

#### Breakfast Seminar –for local doctors

Amy, Natasha and Jenny will be running a breakfast talk on Friday 3rd February for local doctors unable to attend the November presentation. This breakfast session will cover postnatal recovery and women's health physiotherapy treatment.

## Class Timetable 2012

Term 1 2012 Gymball strength focus is 'Posture and Necks'

Classes recommence from **Saturday 14th January**. Last classes for 2011, **Thurs 22nd Dec (am only)**

Gymball Classes			Cardio Classes	
<b>Monday</b>	5.15 pm	Recommences Mon 23rd Jan	<b>Tuesday</b>	5.30pm Recommences Tues 24th Jan
	6.30 pm		<b>Thursday</b>	7.40 pm
	7.45pm		<b>Saturday</b>	8 am
<b>Tuesday</b>	9.15 am		<b>Women's Cardio in the Park</b>	
	6.30 pm		Venue; Menai Park—Starts 23rd Jan	
	7.45 pm		<b>Monday</b>	9.30am
<b>Wednesday</b>	9.15 am	<b>NEW Stretch Class</b>	<b>Friday</b>	9.30am
	5.30pm		<b>Core Physiotherapy Team</b> Natasha O'Brien, Amy O'Mara, Miriam Anseline, Louise Richardson, Jenny Opperman	
	6.30 pm	Athletes		
	7.45pm			
<b>Thursday</b>	9.15 am			
	10.30 am			
	6.30pm			
<b>Saturday</b>	9.15 am			