



CORE Gymball Term 3

Fit For Summer 2011 IS HERE!

We are very excited to announce that Fit for Summer is coming up soon. This enjoyable 8 week program will kick off on Saturday 15th October. This is NOT a boot camp, but a really enjoyable, well supervised fitness program run by our physiotherapists in Menai Park.

- **Saturday mornings 8-9.15am in Menai Park**
- **8 weeks (15th Oct—3th Dec)**
- Mix of light weights, strengthening, cardio & boxing exercise
- Supporting Oxfam in 2011 with our program prizes
- Cost \$180 includes show bag and goodies (receipts issued for group physio for claiming through health funds)



This year we will again give you the option to put yourself in a 'low impact' exercise group—that means no running or jumping. So if you have injuries, back or knee pain or pelvic floor concerns this is a great group to join to get fit but to do so safely!



Bookings essential—non gymballers also very welcome

2011 Fit for Summer Dietitian Support

Have you been frustrated in the past when your hard work exercising doesn't show on the bathroom scales, even when you have felt your body change shape? This year we have dietitian Alex McClelland running a talk and using her ultra high tech bioimpedence scales to measure Get Fit participants body fat and muscle mass before and after the program. Info session will run from 9.15-10.15am on Saturday 15th Oct, followed by individual measurements and a printout of your results. Re-measures will be done in week 8. Cost for the dietitian talk and scale printouts \$40

NEW Wednesday Stretch Class

New class Term 4 1hr Stretch Class

Wednesdays 9.15-10.15am.

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 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.

Why do I get tight?

One of the main theories behind tight muscles is that our global or bigger 'mover' muscles can be working too hard in order to compensate for weaker core muscles. Hence they get tired and achy and feel tight and overworked. The smaller core muscles work more efficiently and don't fatigue like our bigger global muscles. So in addressing tight muscles we need to address two things;

- strengthen the little core muscles (Gymball class)
- Stretch and relax the bigger global muscles (Stretch class)

So together GYMBALL and STRETCH classes should offer the perfect recipe for those tight bodies!

Book now—class commences on Wednesday 12th October, 9.15am.



Fruit and Nut Muesli Slice

Healthy Food Guide, September 2011

This is a fantastic—no bake slice!

1/4 cup honey
100g reduced fat table spread
1/4 cup light peanut butter
1/2 cup apple puree
3/4 cup rolled oats
1 cup rice bubbles
5 weet-bix, crushed
1/2 cup sultanas
1/4 cup sesame seeds
1/4 cup sliced almonds

Step 1—Line a 17cm x 27cm slice tin with baking paper. Place honey, spread and peanut butter into a bowl and microwave on medium for 2min. Stir through apple puree and mix until smooth.

Step 2—Combine oats, rice bubbles, weet-bix, sultanas, sesame seeds, almonds and peanut butter mixture. Mix well and press into slice tin.

Step 3—Refrigerate for 1 hour or till completely set. Cut into 20 slices.

Per Serve; 533kJ/ 128 cal, Total fat 6.6g, Sat fat 1g, carbs 14.6g, protein 2.3g

Nutella Hotcakes

Healthy Food Guide, August 2011

A dessert with a healthy twist!

1/2 cup reduced fat ricotta (120g)
5 tablespoons skim condensed milk
1 egg
1/2 cup self raising flour
1 tablespoon nutella (20g)
125g fresh strawberries, sliced
Step 1— Beat ricotta, 2 tablespoons condensed milk, egg and 3 tablespoons water until smooth. Fold through flour

Step 2—Spray a large frying pan with oil and place over medium heat. Pour 1/4 of batter into pan and cook for 2 mins, or until bubbles form. Flip over and cook for 1 min more. Repeat to make 4 hotcakes in total.

Step 3—Heat remaining condensed milk in saucepan over low heat, stirring until hot. Add nutella and stir until completely smooth. Pour sauce over hotcakes and serve with strawberries.

Per serve; 1014kJ / 243 cal, Total fat 6.2g, Sat fat 2.9g, carbs 35.7g, protein 11.1g

Congratulations Amy & Natasha—Women's Health Intensive Course

Congratulations to Amy and Natasha for completing more professional development—this time a 5 day intensive women's health course. We are delighted to be the only physiotherapy practice in the Sutherland Shire to have 3 physiotherapists working in women's health. Private appointments available Monday—Saturday.

Term 4 Class Timetable 2010

Term 4 Gymball strength focus is 'Balance, backs and abs'
Classes recommence from **Monday 10th October**.

Gymball Classes		Cardio Classes	
Monday	5.15 pm 6.30 pm 7.45pm	Tuesday	5.30pm
Tuesday	9.15 am 6.30 pm 7.45 pm	Thursday	7.40 pm
Wednesday	9.15 am 5.30pm 6.30 pm 7.45pm	Saturday - Fit for Summer	8 am—Menai Park
Thursday	9.15 am 10.30 am 6.30pm	Women's Cardio in the Park	
Saturday	9.15 am	Venue; Menai Park	
		Monday	9.30am
		Friday	9.30am

Core Physiotherapy Team
Natasha O'Brien, Amy O'Mara, Miriam Anseline,
Louise Richardson, Jenny Opperman