



rehabilit

your life

October Newsletter

Spring is here!

To celebrate we are offering individual prepay exercise sessions at \$100 off! You can receive 10 one hour individual exercise sessions for only \$500.

That's sure to help you get in shape for summer. Offer is limited to the first 10 people, so get in quick. Call us on (08) 7002 9696 to book a consultation.

Free fitball!

We are in the process of producing new cardiac rehabilitation booklets. The new booklets are currently being trialled and we would appreciate your feedback. To comment, email general@rehabilit.com.au Everyone who provides us with feedback will go into the draw to win a fitball and a personalised exercise programme. Draw will take place on 30th November and winner will be notified by phone or email.



Pink Ribbon Day:

One in every nine Australian women will be diagnosed with breast cancer by the age of 85. This year alone around 12,000 Australian women will be diagnosed with breast cancer. Cancer Council's Pink Ribbon Day aims to help raise awareness about breast cancer, as well as raise funds towards research, education and patient support programs. Pink Ribbon Day is on Monday 25th October 2010.

To prevent cancers, including breast cancer, the Cancer Council recommends a varied diet with plenty of fruit and vegetables, maintaining a healthy body weight, limiting your alcohol intake and being physically active.

Exercise has been found to be beneficial in managing symptoms commonly associated with cancer treatments such as fatigue, muscle weakness, reduced joint range and lymphoedema.

Gift Vouchers:

It's happening again...Christmas is on its way. *rehabilit* have gift vouchers available to take all the hassle out of shopping. You can either choose a value that suits you, or a package, such as exercise sessions or equipment. We'll be happy to help you out with what your friends and family need this year.

Banana Bread:

Ingredients

2 bananas
2 tablespoons golden syrup
½ cup raw sugar
1 egg
1 cup (wholemeal) self raising flour

Method

Preheat oven to 180°C (160°C fan forced).
Grease and line the base of a loaf pan.

In a medium bowl, mash bananas then add golden syrup. Add sugar and stir in. Add egg then flour and lightly mix until combined. Pour into loaf pan and cook for 30 minutes or until a skewer is inserted into the middle comes out clean.

Allow to cool in tin for 10 minutes and then turn onto wire rack to cool.

For variation try adding chopped dates or choc chips.



October
Chi balls only \$15

Your choice of
colours with a
wide range to
choose from

Are you nuts not to eat nuts?



Nuts are often a highly controversial food, but are they good or bad? Nuts provide essential fats in our diet that help to balance out our cholesterol – reducing our LDL (often referred to as “bad”) cholesterol. People often steer away from nuts due to their high fat content which makes for quite an energy dense snack. However research has revealed that people who eat nuts tend to eat less other snacks, reducing their overall consumption of kilojoules.

People who regularly eat nuts have been shown to have a lower risk of heart disease. The most beneficial nuts in terms of nutrients are macadamias, almonds, cashews and walnuts. Only eat a handful of nuts a day – and opt for the ones without salt.

The human body – made to move

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