



rehabilit

your life

May / June Newsletter

Heartmoves now at Unley:



Following our Heartmoves launch on Tuesday 4th May we are now running Heartmoves group exercise sessions at Unley.

Heartmoves is a low to moderate intensity physical activity programme designed for people with stable long term health conditions such as heart disease, diabetes or obesity.

Heartmoves group sessions are run at our Unley Road practice on Tuesday evenings 5:30pm – 6:30pm. Phone (08) 7002 9696 to book.

Heartweek 2010:

Heart Foundation Heart Week is run from Sunday 2nd May – Saturday 8th May and this year's theme is heart attack prevention – recognising the warning signs.



Information leaflets and pocket guides to help you recognise the signs of a heart attack are available at both practices and are free for you to take.

Diabetes Group Sessions now at Unley:



We are running diabetes group sessions at our Unley Road practice. The sessions run for an hour and encompass gentle exercise and discussion relating to diabetes. The sessions are available for anyone who has Type 2 diabetes and is ideal for people who are newly diagnosed or would like additional support in managing their diabetes.

We are now taking bookings for June. To register your interest please call us on 7002 9696.

Exercise Physiology Student:

We would like to welcome Dale Woodhams who is studying post graduate Clinical Exercise Science. Dale will be doing his clinical placement with us during May and June.

Winter warming soup:

Chicken Minestrone

Ingredients:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 garlic clove, crushed
- 1 litre water or chicken stock
- 400g can diced tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon mixed spice
- 200g chicken breast fillet, thinly sliced
- 2 cups finely shredded cabbage
- ½ cup macaroni
- 1 cup frozen baby peas
- 2 tablespoons chopped parsley



Method:

Heat oil in a large saucepan on high. Sauté onion, carrot, celery and garlic for 4-5 minutes until onion is tender.

Stir in water or stock, tomatoes, oregano and mixed spice. Bring to boil. Reduce heat and simmer, covered, for 15 minutes.

Stir in chicken, cabbage and macaroni. Simmer, uncovered, for a further 15-20 minutes until macaroni is tender. Stir in peas and parsley just before serving.

Exercise and Immunity:

Stay healthy this winter, simply by exercising.

The risk of catching a cold is increased by:



- old age
- cigarette smoking
- stress level
- poor nutrition
- fatigue and lack of sleep
- over-training

During exercise immune cells circulate through the body more quickly and are better able to kill bacteria and viral cells. This immune boost lasts for several hours after exercise is completed. Regular exercise has a cumulative effect that benefits long term immune health.

People who exercise for half an hour everyday have been shown to reduce the risk and severity of the common cold. The contraction of muscles during exercise induces production of immune cells called myokines, which help to fight off infection and disease.



If you are unwell then light exercise may help you feel better by boosting your immune system, however never exercise if you have a fever.

The human body – made to move

Contact Us:

(08) 7002 9696

enquiries@rehabit.com.au

278 Unley Road
Hyde Park SA 5061

592 Lower North East Road
Campbelltown SA 5074