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Newsletter - April 2017



HEALTH AND WELLNESS GOALS

With 2017 now in full swing, it's a great time to think about setting some health and wellness goals.

No matter what your goal is, whether it's eating healthier, running a marathon or getting to the gym more regularly, if you're like most of us you start the process full of commitment, but several weeks in the initial enthusiasm can wane.

The key to staying motivated is to find a buddy and have a plan.

It's hard to motivate yourself, so find a buddy with a similar health goal and make a pact to motivate each other.

Schedule time in your diary for exercise like you would any other appointment - and with a partner in crime it makes it so much easier to be accountable.

Check out our Class Timetable on our website at www.yambaphysio.com and join us weekly to kick start your wellness journey.

LIVING WITH DIABETES



An incredible 60% of diabetes could be prevented, or delayed at least, if Australians maintained a healthy weight. It is true that genetics and family history play a role, but good nutrition and regular exercise are essential factors in diabetes management, reports our Physiotherapist Kate Kingston.

THE SIGNS:

Diabetes occurs when you have insufficient or ineffective insulin. It can affect the eyes, heart, bladder, kidneys, feet, skin, blood pressure and mood. The diabetes risk increases when you're obese, over 45 and have a family history.

At our classes you are monitored prior to exercise and have programs suited to your needs.

Come and join us:

Yamba	Monday and Thursday @ 9am
Maclean	Wednesday @ 9am
Iluka	Tuesday @ 9.45am

DEALING WITH DIABETES:

1) Exercise

Both aerobic and resistance training exercise improve insulin's action.

Exercise is essential to regulate weight, blood sugar and cholesterol. Daily movement prevents type 2 diabetes and reduces the rate of complications with

diabetics.

2) Diet

You can still enjoy scrumptious meals with diabetes taking care to:



- ❖ Choose fibre rich foods with a low glycemic index. Visit the website www.glycemicindex.com. At least 35g of fibre daily is recommended. Try oat bran, barley, flaxseed, fruits, vegetables, legumes, rice bran, nuts or seeds.
- ❖ Focus on fresh vegetables, wholegrains, beans, nuts and low fructose fruit.
- ❖ Reduce processed foods.
- ❖ Eat regular meals, timed evenly throughout the day.
- ❖ Reduce saturated fat by avoiding deep fried and fatty foods.
- ❖ Match the amount of food you eat with the amount you burn up each day. It's especially important to eat before and after exercise.
- ❖ Strictly limit foods with sugar.
- ❖ Drink plenty of water. High blood sugar can suppress thirst and trick you into thinking you're hungry instead of thirsty.

3) Sweet Serenity

Stress raises blood sugar by increasing insulin.

It's vital to manage stress...try yoga, relaxation and keeping a sane schedule.



GUILT FREE SWEET TREAT IDEAS

Chocolate smoothie

Ingredients

- 3 frozen bananas
- 1/2 tbsp raw cacao powder
- 1 tbsp almond butter
- 1 tsp maca powder (optional)
- 2 ice cubes
- 1 cup coconut milk
- 1 cup almond milk
- 1/2 cup fresh raspberries
- 1-2 tbsp nuts & seeds

Method

1. Place banana, cacao powder, almond butter, maca, ice and milks in your blender and whizz till smooth.
2. Pour into small glasses and top with raspberries and seeds.



Nut-free caramel slice

Serves 8-10
Prep time 30 mins

Ingredients: Base

- 1 cup oats
- 1 cup coconut, shredded
- Pinch Himalayan salt
- 1/2 cup buckinis (activated buckwheat)
- 1/2 cup rice malt syrup

Caramel

- 2 cups medjool dates
- 1 cup tahini
- 1 cup rice malt syrup
- 1/4 cup coconut oil
- 1 tsp natural vanilla extract
- Pinch Himalayan salt

Chocolate

- 1/3 cup cacao powder
- 1/2 cup coconut oil
- 1/4 cup maple syrup

Method

1. To make slice base, reduce oats to small crumbs in the food processor.
2. Add coconut and salt, pulse.
3. Add buckinis and pulse briefly.
4. Add rice malt, and process until combined and sticky.
5. Press base into medium-sized slice tin lined with baking paper and set in freezer.
6. Make caramel by processing all ingredients until smooth. Spread caramel over base.
7. Freeze.
8. To make chocolate layer, whisk ingredients until well incorporated. Spread chocolate evenly over slice and freeze.
9. Remove from freezer 30 minutes before serving. Slice and enjoy.

Note: You can double recipe to get large sized bars.



These recipes are: raw, vegan and free from refined sugar, gluten and dairy.

MEN'S FITNESS



Men's Health is something we actively promote at Yamba and Maclean Physiotherapy. Our men's classes provide a forum for working out with mates, talking about a lot or very little, varied and fun exercises with the bonus of helping your health. Whether it be weight loss, diabetes management, heart health or just plain wanting to exercise to be fun that you are looking for, our classes run by qualified exercise physiologists will have something for you.

Our Men's Fitness class is a 1 hour functional strengthening and cardiovascular raining regime that allows for easier everyday movement.

Come and join us:

Yamba Friday @ 10am

Maclean Wednesday @ 2pm and Friday @ 9.30am



PREGLATES

ATTENTION MUMS TO BE....

Preglates with Meg is BACK!

Our classes run each Monday @ 4pm at our Yamba Clinic.

Preglates classes are based on traditional pilates exercises and other contemporary physiotherapy approaches to strengthening, posture and preparation for childbirth. They are suitable throughout all stages of pregnancy.

Benefits include:

- * Postural awareness and strengthening
- * Back care during pregnancy
- * Maintenance and improvement of core strength
- * Training the pelvic floor in preparation for childbirth
- * Increased flexibility and the correction of muscle imbalances
- * Preparation for child birth including pain relieving positions for labour and beyond
- * Preparation for the post natal period and the physical demands of motherhood

For more information please contact Yamba Physiotherapy on 6645 8522. Hope to see you there!





WRAP UP

That's it from us this month. We hope you are having a safe and happy Easter weekend and hope you've enjoyed our newsletter. Stay tuned for more information, tips and recipes next month.

We thank you for supporting our Physio family and hope we can continue to support and strengthen you in the future.



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