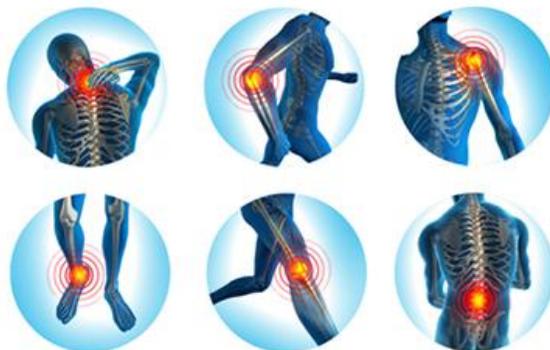


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## Newsletter - June 2017



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### HEALTH AND WELLNESS GOALS

The shortest day of the year has come and gone, but unfortunately, the cooler weather is here to stay for a little while longer. Don't let that be the reason you reach for the comfort foods.

Get your slow cooker out, if you haven't already, and put together a warming stew full of vegetables. Whatever is left over can go in the freezer and be pulled out the night before when you're low on time for dinner.

In the colder months we tend to over eat, so come into the clinic to grab your copy of "Portion Perfection" for \$39. It's a book that has a range of recipes and snack ideas, but more importantly, outlines the portions we should be eating daily.

To keep you moving during the cooler months check out our Class Timetable on our website at [www.yambaphysio.com](http://www.yambaphysio.com)



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## GOLF SPONSORSHIP

Yamba and Maclean Physiotherapy proudly sponsor these 2 talented Yamba Golfers, Reilly Wunderlich and Mackenzie Wright. Their commitment to their sport is what has attracted us to get behind these 2 and offer a program designed to help them with their strength, control and flexibility.

The boys attend for "fun filled" hour in our gym with Physiotherapist and Exercise Physiologist, Alan Nye, gaining knowledge and body awareness which helps their playing endurance for the full 18 holes. While it has helped the boys 'hit the ball further' this is just one of the positives they have gained out of their golf focused sessions.



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## LUNGS IN ACTION

Claire Ward our Exercise Physiologist is conducting this group at **10am** on a **Monday** morning in our **Yamba Practice**. It is perfect for anyone with any lung disorders who want to exercise in a controlled environment with close monitoring, yet be challenged to maintain or improve their lung capacity. So if you don't exercise because you get short of breath this is the class for you!

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## LOW GI SNACKS

Low GI Snacks are different to low GI meals. They're a great low glycemic diet aid to have on hand in-between meal times to prevent your blood sugar levels falling too low. However, do keep in mind that snacking can be the quickest way to undo all of your health, or weight related, efforts. A "snack" should always be a small snack! Definitely not another meal.

It's also important to keep in mind that a late evening or midnight snack is not a good habit. Remember too, that it's best not to skip meals or allow yourself to feel overly hungry, as you'd be undoing your health-related and weight loss goals in the process. It only causes more spiking and plummeting of blood sugar levels, whereas we really need to be keeping those blood sugar levels steady.



When snacking, usually a small handful is sufficient to keep you going. Stay on track by making some healthy, low glycemic diet choices when you get the munchies.

### **Try these smart Low GI Foods as Snacks:**

- \* A small handful of mixed natural nuts
- \* A small bowl of freshly popped popcorn
- \* A few mixed grain crackers topped with ricotta cheese
- \* Celery or a banana topped with natural peanut butter
- \* Wholegrain pita chips topped with hummus
- \* Baked corn chips with fresh salsa
- \* An apple
- \* A hard boiled egg
- \* Fresh cut vegetables
- \* An oat bran muffin
- \* Yoghurt
- \* Banana smoothie

### **Foods to avoid:**

- \* Sweets and lollies
- \* Potato chips
- \* Salted or roasted peanuts and other nuts
- \* Pastries and cakes
- \* Ice cream
- \* Biscuits and crackers

Just remember to keep some at the ready in your pantry, desk drawer, or handbag, so that you won't be tempted by other less healthy options.

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## **EXERCISE MEDICINE FOR CANCER PATIENTS AND SURVIVORS**

Recently two of our exercise physiologists, Claire and Martina, participated in an "Exercise Medicine for Cancer Patients and Survivors" seminar.

The role of an exercise physiologist is increasingly important and exercise is now highly recommended to those recently diagnosed and undergoing treatment, along with people whom have "survived" the disease.

Our practitioners are staying up to date with the current research and look forward to sharing this clinical expertise either individually or within their classes.

ESSA ACCREDITED PROFESSIONAL DEVELOPMENT

Exercise Medicine Research Institute

UQ Health Alliance

### 3. Exercise as medicine for Cancer Prevention

- The WHO estimates that more than **30% of cancer deaths** could be prevented by modifying or avoiding key risk factors

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graph TD; Tobacco --- CR[Cancer Risk]; UV[UV radiation] --- CR; Infections --- CR; Alcohol[Alcohol Use] --- CR; Dietary[Dietary Factors] --- CR; PI[Physical Inactivity] --- CR; OOB[Overweight and Obesity] --- CR; PI <--> OOB
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Reference 1

## WRAP UP

That's it from us this month. 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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