

# September Newsletter

## What's new this September?

### This month we have:

- An update on our contribution to the Parkinson's community
- Article of the month – How to Keep Your Bones Healthy and Strong
- A shout out to our dance class!
- Recipe of the month – banana and spinach pancakes

### **An update on our contribution to the Parkinson's community**

Solutions for Wellbeing are proud to announce that we are now a Sponsoring partner of Parkinson's New South Wales. Parkinson's NSW provides information and support for those suffering from Parkinson's disease and their carers. Parkinson's NSW have an info line, excellent online resources, a counseling service and organise community events.

We have been continuing to run our Parkinson's Heroes exercise group which has seen excellent improvements and is a great opportunity for those suffering with Parkinson's to connect. Our exercise physiologist Abbey Dalton has been attending events in the local community including a fantastic series of talks about Parkinson's at the Anglican Church and presenting a talk at the local Albion Park support group.

We are excited about working alongside Parkinson's NSW and the opportunity to grow our support for those with Parkinson's in our local community.



### **Article of the month – How to Keep Your Bones Healthy and Strong**

Osteoporosis is a condition which affects many Australians and can cause complications such as fractures, resultant of brittle bones. The good news is that exercise can be used to improve or maintain bone density, particularly weight bearing or resistance exercise such as lifting weights. If you have osteoporosis or low bone density, book in with one of our Exercise Physiologists for an assessment and to develop a tailored program. Have a look at this article for more ways to manage your condition.



Source: <http://exerciseright.com.au/keep-bones-healthy-strong/>

### **A shout out to our dance class!**

Every week our dedicated dancers have been getting funky and fit all in one. We've had some special themes including 'Reconciliation' during Reconciliation week. Also a very popular theme was 'The Beatles'. We've spanned the decades from the 1950s with 'Diamonds are a girl's best Friend' (don't let it scare you off from joining gentlemen) to modern day hip hop. We've tackled some John Travolta style, hoping for a call from Travolta requesting us to dance along the tarmac as his plane lands at HARS museum in Albion Park. Maybe he's lost our number?

### *So why care about getting funky to get fit?*

We know that exercise helps to release growth hormones in the brain. We also know the combination of a 'thinking challenge' combined with aerobic exercise which is exactly what we do in our dance class is particularly beneficial for brain function. Not only that, it can have a 'protective' effect against brain function decline including decline which happens with age (dance class not guaranteed to help you find the car keys). Our participants often ask if I run the dance class just for my amusement but I assure them that some of the steps are hard because I'm looking after their brains! Plus, next time there's a wedding or a party you'll know how to get in the groove. Better get those dancing shoes on!

## Recipe of the month – banana and spinach pancakes

It's quite common that people will skip eating breakfast in the morning. As the first meal of the day, it is important to have something filling and nutritious as it gives us energy for the day and kick-starts our metabolism. Try this healthy version of pancakes, it's delicious and full of good nutrition.



### Ingredients

- 4 free-range eggs
- 2 ripe bananas, peeled
- 125ml (1/2 cup) plant-based milk of choice
- 25g baby spinach or frozen spinach, slightly thawed
- 15 fresh mint leaves (optional)
- 50g (1/2 cup) almond meal
- 60g (1/2 cup) buckwheat flour
- 40g (1/2 cup) desiccated unsweetened coconut

- 1 teaspoon baking powder
- Pinch of sea salt
- Virgin coconut oil or butter, to fry
- Full-fat plain unsweetened yoghurt
- Pure maple syrup or honey (optional)
- Mixed berries of choice, to serve
- Fresh passionfruit pulp, to serve
- Mixed seeds, finely chopped, to serve

### Method

#### Step 1

Place the eggs, bananas, milk, spinach and mint, if using, in a blender. Blend until well combined. Add the dry ingredients and blend until completely smooth. Pour into a jug and leave to rest for a few minutes.

#### Step 2

Heat a little coconut oil or butter in a 20cm non-stick frying pan over medium-high heat. Whisk the batter, then ladle 1/4 cup for each pancake into the pan (you should be able to cook about 4 pancakes at a time). Fry for about 1 1/2 minutes or until small bubbles appear on the surface and the bases are golden.

#### Step 3

Carefully flip each pancake with a spatula and fry the other side for a further minute or until golden. Transfer the cooked pancakes to a plate and repeat with the rest of the batter (you may need to reduce the heat slightly after the first batch).

#### Step 4

Serve topped with a dollop of yoghurt, a drizzle of maple syrup, some berries and passionfruit pulp, and a sprinkling of chopped seeds.

Source: <http://www.taste.com.au/recipes/banana-spinach-pancakes/FSqFKsbl?r=healthy&h=Healthy>