

January Newsletter

What's new this January?

This month we have:

- Shots from the lead up to Christmas
- What's to come in 2018
- Article of the month: The benefit of breathing exercises relative to asthma sufferers
- Recipe of the month: Sushi Rolls
- Final message

Shots from the lead up to Christmas



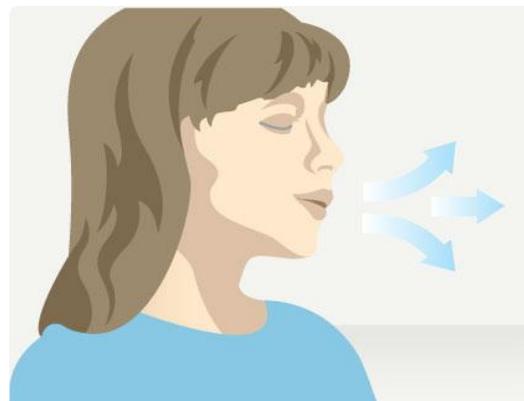
Our Parkinson's group getting into the Christmas spirit with a number of candy cane games played challenging everyone's cognitive function and fine motor skills. Santa also popped in to run our Pilates class! It was a great festive season for all of our valued customers here at solutions with many of good times ahead in 2018.

What's to come in 2018

2018 will bring some exciting new changes to the practice! In early 2018 the gym will be restructured and some changes will occur. What this also means is the inclusion of some new equipment! Keep an eye out for the new equipment and if you have any questions about the changes as they begin to appear please ask one of

the gym staff/administration staff members. This is one of many new exciting changes in the New Year and we here at solutions look forward to bringing in these changes with all of our valued clients.

Article of the month: The benefit of breathing exercises relative to asthma sufferers



https://www.google.com.au/search?client=firefox-b-ab&dc=0&biw=1920&bih=968&tbn=isch&sa=1&ei=jzI4Wvq9Asv88gXsmL6QCw&q=breathing+exercises+for+asthma&oq=breathing+exercises+for+ast&gs_l=psy-ab.1.0.0i24k1l9.2365.2365.0.3245.1.1.0.0.0.193.193.0i1.1.0....0...1c.1.64.psy-ab..0.1.192....0.7KO7F2WN5Kg#imgrc=BfvY0bpgEII0GM:

One in nine Australians, approximately 2.5 million people suffer from asthma. A study funded by the National Institute for Health Research (NIHR) explored the benefits of breathing exercises vs. usual care which consisted of medication and no exercise intervention. Of the 655 participants in the study, there was an improvement in the breathing exercise groups quality of life compared to the usual care group. It is important to note that the programs did not 'cure' asthma, nor did it cause changes to underlying biology of the disease such as lung function and airway inflammation.

The author of the article states “: "Our study provides valuable evidence to show that not only can these breathing exercises be of help to people with asthma, they can also be cost-effective...". Many patients have concerns about taking medicines long-term, so non-drug approaches to control asthma, like these exercises, can be of particular interest." By no means does the study suggest stopping or changing medication, instead offering a conjunct treatment to assist with symptom management and quality of life control.

If you suffer from asthma, discuss with your GP about a management plan. If you do suffer from asthma, come on in and consult one of our physiotherapists for more information on the types of breathing exercises that may work for you, and form a list of home exercises for home to help improve your symptoms and quality of life relative to asthma.

Disclaimer: we are not responsible for the findings of the article(s) listed and do not assume any responsibility for the accuracy or outcomes of the studies.

<https://medicalxpress.com/news/2017-12-asthma-patients-quality-life.html>

Recipe of the month – Sushi Rolls



Sushi is quickly becoming a staple for most Australian's on the go these days, but why buy your sushi when you can make your own delicious mix at home! This recipe serves 2-3 and is prepared in 50 minutes plus cooling.

Ingredients

- 200 g sushi rice
- 1 tablespoon rice vinegar
- 2 sheets of nori
- ¼ of a cucumber
- ¼ of a red pepper
- ½ a carrot
- ½ a small ripe avocado

1. Put the rice in a small saucepan with 375ml water, leave to soak for 30 minutes, then bring to the boil.
2. Put the lid on and simmer gently for 10 minutes, until the water has been absorbed by the rice.
3. In a bowl, dissolve the sugar in the vinegar, then sprinkle over the rice mix, combining with a rubber spatula so as not to break up the rice.
4. Allow to cool for 20 minutes before using.
5. Deseed or peel the vegetables, then cut into fine strips or batons.
6. Place a sheet of nori on a bamboo sushi mat, then spread half the rice over the sheet except for 1cm clear at the top.
7. Add some vegetables in a horizontal line across the rice.
8. Begin rolling the mat from the near edge, keeping the filling in place with your fingers. Roll firmly but not too hard.
9. Remove the roll from the mat and cut into 6 or 8 pieces. Repeat with second piece of nori.

<https://www.jamieoliver.com/recipes/rice-recipes/sushi-rolls/>

Final message: The beginning of another jam packed year, welcome back everyone. We look forward to helping your achieve your goals here at Solutions in 2018.