

# February Newsletter

## What's new this February?

### This month we have:

- Changes to the gym
- New Timetable to Come Into Effect Mid February
- Exercise Benefits for Osteoarthritis
- February Special Offer
- Recipe of the Month: Chicken Stir Fry
- Check Out Our Facebook Page

### Changes to the Gym

So as we welcomed in the New Year, we were busy planning our new gym space! The new space welcomes a new exercise physiology area, transformed equipment area and a huge group class/open gym area. Check out the images bellow for the incredible changes!

#### Before



#### After



What's more exciting is we have added a new piece of equipment to the gym including our power rack station. This area provides the perfect space for improving upper and lower body strength, building muscle and developing power. If you would like to use this equipment, book in for an appointment with one of our exercise physiologists or personal trainers to get a rundown of the correct techniques and a demonstration on how to use the equipment.

### New Timetable to Come Into Effect Mid February

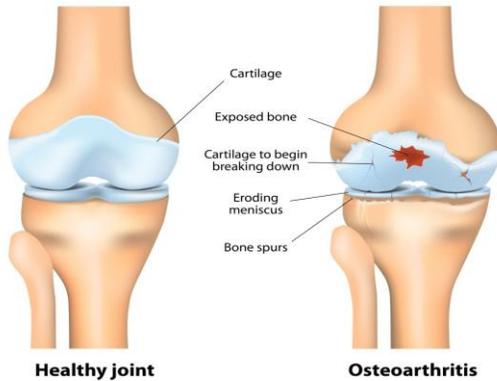
In Mid February we will be introducing our new and improved gym timetable. The new timetable will offer more flexibility to our valued members and users of the gym. The new timetable will include Circuit classes run every day, stretch classes, fitball classes, Russian roulette classes, Interval TRX classes and balance classes! In other words we have something for everyone. **The most exciting edition to the timetable is our 2 hour block of Pilates mat classes in the middle of the day.** This offers people the flexibility to come in over a lunch break from work or alternate between our 11am or 12:15pm classes. Stay tuned for the release of the new timetable early in February on our website, Facebook page and around the gym.

### Exercise Benefits for Osteoarthritis

Exercise plays an important role in the management of symptoms across all stages of osteoarthritis (OA) and is consistently recommended in clinical practice guidelines. The benefits of exercise in relation to pain and physical function are similar to those attained with analgesics and non-steroidal anti-inflammatory medications (NSAIDs), but with fewer side effects. There is strong evidence that both aerobic and muscle strengthening exercise reduce pain and improve physical

function in people with OA, as well as providing other benefits such as improved cardiovascular fitness. Exercise therapy may need to be tailored to suit each individual's needs. Whether it is individual exercise, group based exercise or a home-based program; the benefits achieved through exercise are significant. Patient adherence is one of the main predictors of

## OSTEOARTHRITIS



positive long-term outcomes from exercise therapy, but it tends to decline over time. While exercise is of benefit in reducing OA symptoms, there is no evidence to suggest that exercise can influence structural disease progression. Lack of exercise, however, can contribute to weight gain, which increases the symptoms of OA and accelerates disease progression. Despite the evidence stating the benefits of exercise, people with arthritis experience particular barriers to physical activity, including concerns about aggravating their pain and causing further joint damage, and lack of knowledge about the type and intensity of physical activity that is appropriate for their condition. If you have any queries about osteoarthritis book in for a consultation with one of our Exercise Physiologists or Physiotherapists where we can explain the benefits further and start tailoring a rehabilitation plan to suit you.

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.

[http://www.arthritisaustralia.com.au/images/stories/documents/Time%20to%20move/Final\\_Time\\_to\\_Move\\_Osteoarthritis.pdf](http://www.arthritisaustralia.com.au/images/stories/documents/Time%20to%20move/Final_Time_to_Move_Osteoarthritis.pdf) Page 13.

## February Special Offer



**February 2018  
Special Offer**

Call us on – 02 4232 2222

What's included in this amazing offer?

**Pay upfront for 3 months  
Receive one month  
FREE!**

**Limited memberships  
available**



- Offer includes full access to gym and classes (class booking essential)
- Offer applies to new members only

18/106 Terralong St, Klamia (above Red Rooster)

Physiotherapy, Osteopathy, Exercise Physiology, Dietician.

Pilates, Personal Training, Fully Equipped Gym

## Recipe of the Month: Chicken Stir Fry



This 30 minute Healthy Chicken Stir Fry is a great way to get in a ton of veggies into a weeknight meal. Serve it

over the top of brown rice for tons of fiber! This will serve 4 generous meals.

## INGREDIENTS

(For the marinade)

- 1/4 cup soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon red pepper flakes
- 1 pound chicken breasts, cut into bite-sized pieces

(For the stir fry)

- 2 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 3 large carrots, peeled and julienned
- 1 large red bell pepper, julienned
- 1 large yellow bell pepper, julienned
- 1 cup snow peas, sliced into 1" pieces
- 8 ounces button mushrooms, sliced thinly
- 2 cups frozen broccoli, defrosted
- 1 tablespoons cornstarch or arrowroot powder
- 4 cups cooked brown rice
- Sliced green onions and toasted sesame seeds, for serving

## Method

1. In a medium-sized bowl, whisk together the soy sauce, lemon juice, honey, sesame oil, rice wine vinegar, and red pepper flakes. Add in the chicken, and toss to coat. Let

marinate in the fridge will you chop your veggies.

2. When you have all your veggies ready to go, heat a large wok over high heat. Add one tablespoon of the olive oil.
3. Drain the chicken from the marinade, reserving it. Add the chicken to the wok and cook until the chicken is cooked through, about five minutes. Remove the chicken to a plate.
4. Add the remaining olive oil to the wok, and then add in the garlic. Cook for a minute or until fragrant. Add in the carrots, bell peppers, snow peas, and mushrooms. Cook until bright in colour and just crisp cooked, about three minutes.
5. Add in the broccoli and cooked chicken. Reduce heat to low.
6. Whisk the cornstarch into the reserved marinade, and then pour into the wok. Bring to a simmer and cook until thick, about five minutes. Serve on top of Minute Brown Rice and topped with green onions and toasted sesame seeds.

## Check Out Our Facebook Page!

Next time you're on Facebook search solutions4wellbeing to keep up to date with our latest promotions, snaps from the gym, fun facts, our newsletter and updates from staff members. Give us a like and share some feedback it is always much appreciated.

