

MAY NEWS LETTER—STAYING HEALTHY THROUGH WINTER



Editorial...

I've had the worst headcold/flu over the last month. The pressure and extra stress of working at the Games plus exposure to a nasty bug caused me to be stopped in my tracks! I'm still feeling the effects of it and really would rather have avoided it by having a healthy immune system and early sensible management at the onset of symptoms. Like most people, instead of listening to my body when I started feeling unwell, I pushed on until my body stopped me and I became quite ill. We've themed this month's newsletter "how to stay healthy this winter" in the hope that you can boost your own immune system and avoid being unwell with the flu or a cold this season. Whether or not to have the flu vaccine is a personal decision, but as soon as I'm well enough I'll be lining up for mine. Enjoy the gorgeous weather we are having and make sure you still get your 10 mins of direct sunshine and your Vit D hit each day through winter. We have some great introductory offers for our new Exercise Physiologist



and some perfect **Mother's Day gift ideas** on offer this month.

Have a great May - Jules

Tips for staying healthy this winter

Boost your diet

Eating foods that are high in vitamin C will help keep your immune system strong, so include fruit and vegies such as lemons, kiwifruit, capsicum and broccoli in your weekly shop.

If you're struggling to get the recommended two serves of fruit and five serves of vegies each day, try juicing them. Nutritionist Zoe Bingley-Pullin recommends making juices that consist of two-thirds vegetables and

This Issue

From the Editor	P. 1
Exercise Physiologist Lisa	P. 2
Winter Nutrition / New Staff	P. 3
May Specials	P. 4



one-third fruit. A blend of carrot, beetroot, spinach and lemon is a stress-busting combination that will boost your immune system.

Ensure your diet also includes plenty of lean meats, fish, poultry, low-fat dairy, legumes, wholegrains, nuts and seeds, and use lots of herbs and spices.

Exercise regularly

It's vital to keep your workout regimen up during winter, with a recent study showing that a moderate level of regular exercise has a long-term cumulative effect on immune response.

Lead researcher Professor David Nieman from Appalachian State University in the US reported that study participants who went for a brisk walk several times a week reduced the number of sick days they took by about 40 per cent.

"Regular aerobic exercise, five or more days a week for more than 20 minutes a day, rises above all other lifestyle factors in lowering sick days during the winter cold season," Professor Nieman says.

..P.2

Cont. pg.1...

But don't go overboard. Overly strenuous exercise releases the stress hormone, cortisol, in the body, which can weaken the immune system.

Stay connected

Socialising helps strengthen your immune system by keeping you active ... and reducing your stress levels, so avoid the temptation to rug up on the couch all winter.

Invite friends over for dinner or host a games night, visit local museums and art galleries, wrap up warm and go for a walk in the park with your family or plan a cinema date with your partner.

Scrub up

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness as it limits the transfer of bacteria, viruses and other microbes, according to the Mayo Clinic in the US. This is important during winter when we tend to cough and sneeze more frequently. Wet your hands and lather up with soap for 20 seconds to help dislodge germs and rinse well under running water.

Sleep well

Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body.



Create a relaxing bedtime routine, such as listening to soft music or soaking in a warm bath. Avoid watching TV or using your computer just before bedtime and turn the lights down low an hour before you turn in for the night, as it will boost the release of melatonin in the brain. Also try to go to bed and get up at the same time every day, even on weekends. Have You thought of Weight Training? FREE HALF HOUR consultation with LISA our Exercise Physiologist For existing Revive Clients in May (subject to availability)

Hear Ye, Hear Ye

1 HOUR

MASSAGE

with Mariana

For \$60 in May

(subject to availability)

Exercise Physiologist Introductory offers



LISA FOX is an experienced Exercise Physiologist and Pilates Instructor. She joins our team to further expand the services that we offer in the Exercise Therapy and functional movement retraining space. We welcome EPC (chronic disease management referrals) and DVA referrals from your Doctor to see Lisa. (DVA referrals attract no out of pocket fees)

To celebrate our newest staff member we are offering the following great packs.

Lisa can mix and match gym work, Pilates and hydrotherapy to meet your particular needs.

PILATES AND GYM COMBO PACK

* Initial consultation with Lisa,
* 2 further one on one sessions (1 hour each) to learn your program and become familiar with the equipment,
* 3 small group sessions with Lisa
\$378 (save \$126)
25% Discount

HYDROTHERAPY PACK

Initial hydro assessment with Lisa 10 hydro classes at Get Set & Go! (166 Settlement Road The Gap) **\$307.50** (save \$102.50)

25% Discount

Purchase the 2 packs together and receive a further **10% off**

\$616.95 for 2 packs

All sessions are claimable on your private health insurance under Exercise Physiology cover



Preparing Your Body for Winter through Nutrition

A healthy immune system can help ward off the germs that cause colds and the flu as well as minimise a cold's duration. Here are a few tips to ensure your immune system is prepared for the cold and flu season.

The immune system needs a healthy dose of vitamins and minerals to keep its energy up and going, vitamin C is essential to help boost your immune system, its high antioxidant levels and other properties help protect your cells from substances that damage the body. Deficiency in Vitamin C leads to delayed wound healing, inability to properly fight infections and impaired immune response.

Choose fruit and vegetables that are in season ensuring you are consuming five serves of vegetables and one-two serves of fruit a day. Ensure you consume red meat which is high in zinc and iron, these two minerals help boost your immune system. Infections can be reduced with increased zinc consumption which is found in oys-



ters, poultry, eggs, milk and unprocessed grains.

Adequate amounts of probiotics or friendly flora is valuable in restoring levels of the healthy bacteria in our body to protect us from other infection. Foods include kerfir, yoghurt, sauerkraut, kombucha or kimchi.

Garlic contains compounds that help the immune system fight germs, these compounds have been shown to boost the disease-fighting response of some types of white blood cells in the body when they encounter viruses, such as the viruses that cause the common cold or flu. Garlic can be crushed, chewed or sliced to produce allicin, which is thought to give garlic its immune-boosting properties. Soups are a great uncomplicated and economical meal which can incorporate various immune boosting foods- including veggies, red meat, herbs, spices and legumes. A soup can be low fat, include a valuable source of protein, be high fibre and low GI. Adding spicy food to your meals is another easy way to boost your immune system.

Drink plenty of water each day (6-8 glasses) to maintain hydrated as well as adding herbal teas such as lemon and ginger to soothe a sore throat. Honey has a variety of antibacterial and antimicrobial properties, drinking honey in tea with lemon can ease sore throat pain. Herbal teas have various benefits for our body including keeping our body temperature warm, the polyphenols in green tea help stimulate production and activity of specific cells associated with combating viruses.

Your sun exposure may decrease in winter which can lead to low Vitamin D levels, therefore, ensure you are consuming foods such as oily fish or fortified milks and yoghurts to maintain a balanced Vitamin level.

Overeating tends to be more prevalent in the winter months which has an impact on the immune system, healthy eating and energy intake can impact the immune system and function. Tips to control your portions include eating off a smaller plate and avoid going for seconds or snacking, have a variety of healthy snacks ready to avoid calorie dense snacks and reserve half of your plate for vegetables to keep you full.

Last tip is to ensure you stay fit and active, maintain your physical activity even if it's cold outside, finding an indoor sport is an option. For more tips and ideas to keep you on track in winter, schedule an appointment with our nutritionist **Taryn Byron.**

Feel Good with Massage



Mariana joins Revive as Massage therapist. Mariana graduated from the CES University in Colombia in 2017 as a Physiotherapist. She has gained experience in many clinical settings including paediatrics, orthopaedic, neurological rehabilitation and musculoskeletal conditions. Mariana enjoys helping people maximize their wellbeing and overcome their injuries.

Mariana is practicing as one of our massage therapists, with an interest in remedial massage and sports massage.

Receptionist are the BEST!



We would also like to introduce the newest member of our reception team, Bethany. Bethany brings many years of reception experience and is looking forward to greeting you on arrival. Bethany has 2 small children and enjoys spending time with her family and outdoor excursions.

