



LAKE ROTOKAKAHI - NEW ZEALAND

Five Holiday Challenges From Your Physio

With the approach of the silly season, many people begin to consider their New Year's goals. Unfortunately, we all know what the success rates are for the average new years resolution - most goals have been abandoned by the first day back to work.

One way to improve your health and start your year strong is to get started right away, rather than waiting for the new year to start. Here are five challenges from us to help you get the best start in the new year.

- **Set up a daily exercise challenge from home.**

Staying active doesn't require a gym membership. You can maintain your fitness and develop strength with simple at-home workouts such as skipping rope for three rounds of two minutes, completing two sets of 10 push-ups and squats, holding a plank for 30 seconds to one minute (twice), and doing two sets of 10 burpees.

- **Explore the outdoors**

Engaging in outdoor activities can improve both physical and mental health. Aim to walk at least 20 minutes a day to increase your daily step count while enjoying fresh air and new scenery. If you prefer cycling, dust off your bike and hit the trails.

- **Improve your balance.**

Improving balance is an underrated way to boost overall fitness and prevent injuries. Start by standing on one leg for 30 seconds and gradually increase this time to two minutes. If this

becomes easy, challenge yourself by closing your eyes while maintaining balance. It can be surprising how quickly you can make improvements to your balance and how many other benefits this can lead to.

- **Have all of your health appointments ready to go**

The post-holiday rush can make it difficult to schedule necessary health appointments. Take proactive steps now to secure appointments for the new year. Staying ahead ensures that your health remains a priority, even during busy periods.

- **Journal your gratitudes and goals**

The holidays are an ideal time to reflect on your achievements and set new goals. Journaling can help solidify these intentions. Write down three things you're grateful for each day and three goals you want to focus on. Research suggests that habits can be formed in as little as 21 days, making this a great time to begin.

By implementing these steps now, you can create a healthier foundation before the New Year begins. Speak to our team for more suggestions on how to make your holidays a healthy one this year.




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Brain Teasers

A boy at a carnival approached a booth where a man offered a bet: "If I write your exact weight on this paper, you owe me \$50. If not, I'll pay you \$50." The boy, seeing no scale, agreed, confident he could claim any weight. To his surprise, he lost and paid the man.

PHYSIOTIP

WALK INSTEAD OF DRIVING AT EVERY OPPORTUNITY. YOU'D BE SURPRISED HOW SMALL CHANGES CAN IMPROVE YOUR OVERALL WELLBEING.

CALL US FOR AN APPOINTMENT

Easy Ways to Stay Pain-Free While Travelling

The holiday season is one of the busiest travel periods of the year, with many people taking to the skies, roads, and rails to visit loved ones or explore new destinations. While the excitement of travel is undeniable, the long hours spent sitting can lead to common complaints such as lower back pain, neck stiffness, and headaches. To ensure you arrive at your destination feeling refreshed and pain-free, here are some essential tips to reduce travel-related discomforts.

Tips for avoiding low back pain:

Lower back pain is a leading issue for travellers, especially those spending hours in cars or airplanes. Try these simple adjustments to stay comfortable:

Adjust the seat angle. If possible, tilt the seat slightly down toward your feet rather than your hips. Ideally, your knees should be level with or slightly lower than your hips. Using a footrest can help achieve this alignment.

Modify the seat back. To reduce strain on your lower back and pelvis, keep your seat

upright rather than tilted backward. This upright position aligns your spine and pairs well with the previous tip.

Raise the seat height. Elevating the entire seat can prevent excessive hip bending, making it easier to sit upright for extended periods.

Use lumbar support. Many modern car seats come with built-in lumbar supports, but they may not suit your specific needs. A lumbar pillow or a rolled towel can better support the natural curve of your spine, easing pressure on your discs and muscles.

Tips for avoiding neck pain:

Once your lower back is supported, addressing neck discomfort becomes easier. Here are a few simple strategies:

Use a travel pillow. For airplane travel, consider wearing the pillow backward or sideways to support your head and reduce neck strain during rest.

Practice chin retractions. Every hour, perform 10 "chin tucks" by sitting tall and gently pressing your chin straight backward, lengthening the back of your neck. Avoid tucking your chin to your chest. This exercise helps relax tight postural muscles at the base of the skull.

Incorporate gentle neck movements. Keeping your eyes forward, rotate your head side to side and tilt it gently to the left and right. These movements help release tension from holding a still posture for too long.

General Tips for Long Trips

To further minimise discomfort, on car journeys, take a 15-minute break every two hours to stretch your legs and walk around. On planes, follow the airline's recommendations for preventing deep vein thrombosis, including frequent movement and stretching exercises.

These tips are general suggestions and may not work for everyone. If any of them cause discomfort, consult a physiotherapist for personalised advice. By staying mindful of your posture and incorporating movement into your travel routine, you can make holiday travel more enjoyable and pain-free.



Answers: 1. He wrote 'Your exact height' on the paper

Ingredients:

- 1 wheel of Camembert cheese
- 1 clove garlic, thinly sliced
- 2-3 sprigs fresh rosemary or thyme
- 1 Tbsp olive oil
- Salt and pepper to taste

Hot Honey:

- ¼ cup honey
- 1 tsp chilli flakes
- 1 tsp apple cider vinegar

Hot Honey and Baked Camembert



1. Preheat oven to 190°C.
2. Prep the Camembert by scoring the top of the cheese in a crosshatch pattern, about 1cm deep. Insert garlic slices and small sprigs of rosemary or thyme into the scored top of the cheese. Drizzle with olive oil and sprinkle with a little salt and pepper.
4. Bake the Camembert for 12-15 minutes, or until it is soft and gooey in the centre. Place in the centre of a shallow bowl.
5. While the cheese bakes, combine honey, chilli flakes, and apple cider vinegar in a small saucepan. Warm gently over low heat for 2-3 minutes, stirring occasionally. Remove from heat and let it cool slightly.

Drizzle hot honey over Camembert and serve immediately.


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