



MED EX AUS

Live Your Life!

AUTUMN 2007 EDITION

Welcome back for a second instalment of the official MedExAus newsletter! Our quarterly newsletter has been introduced to help you keep track of important dates and upcoming events that we are currently hosting here at MedExAus. There are also a number of interesting articles with maintaining a healthy lifestyle. Your health is important to us so we hope you can find a quiet time to read through this newsletter and remember our exercise physiologists are readily available to answer any questions that you may have. For more information on chronic and complex medical condition visit our website at www.medexaus.com.au.

Group Exercise Sessions

Come along to the group exercise sessions held every Monday, Wednesday and Friday from 9-12am and 4-7pm. The sessions allow you to move along at your own pace, seek a little bit of help if needed and catch up with others about their week.

MASSAGE THERAPY

Therapeutic/Relaxation, Deep Tissue & Trigger Point, Nutrition & Clinical Neck Management, Shiatsu/Acupressure & Myofascial Release

Prices:

- 1 hour - \$65
- 1-½ hours - \$85
- 3x 1-hour sessions - \$180
- 5x 1-hour sessions - \$300

Please make an effort to support the massage services so that it can remain.

To make a booking call **9472 1904** or enquire

MedExAus Merchandise

MedExAus T-Shirts \$15, Drink Bottles \$8 or T-Shirt & Drink Bottle \$20

Recently MedExAus sent two of their team members, Emma Hatch and Donna Patrick on a field trip to Wembley Golf Course to witness Bruce in his best form. Thank you Bruce for allowing MedExAus to have you star in their new commercial screening at the Astor Cinema. You should all head there and check it out!





MEDICARE CHANGES

As of the 1st April any one over the age of 70 years will be covered for a Bone Mineral Density Test by Medicare. Please call 9472 1904 to make a booking.

Give colds the run around!

Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells, thus strengthening the immune system. Moderate exercise such as working out at the gym or a walk in the park or the neighbourhood during the cold and flu season will help people stay in shape, and most likely fight off colds or reduce the number of days a person is ill.

As a general rule, if you do feel a bit off colour it is ok to exercise if the symptoms present themselves above the neck. If not give exercise a miss on that day.

The real facts about the common cold!

The common cold, also known as a viral upper respiratory tract infection, is a contagious illness that can be caused by a number of different types of viruses. Because of the great number of viruses that can cause a cold, the body never builds up resistance against all of them. For this reason, colds are a frequent and recurring problem. In fact, on average, pre-school children have 9 colds a year; those in kindergarten, 12 colds a year; and adolescents and adults, 7 colds per year.

Symptoms of a common cold include nasal stuffiness and drainage, sore throat, hoarseness, cough, and perhaps a fever and headache. Many people with a cold feel tired and achy.

These symptoms typically last from 3-10 days.

MEMBER OF THE MONTH

Learn more about our friends here at MedexAus

1. What is your name? Ann
2. What suburb do you live in? Kensington
3. D.O.B 06/01/1949
4. Which clinic do you exercise in? Victoria Park
5. Past or present occupation? School Registrar
6. Where have you lived most of your life? Perth
7. What have been your favourite past times? Walking, Reading and Socialising
8. Who is your hero or person most admired? Nelson Mandella
9. What has been your greatest achievement? 'Surviving' three children and living life to the fullest
10. What do you think is the most important thing in life? Social Justice
11. What works of wisdom would you like to share with others? Relax and Reflect

RECIPE OF THE MONTH

Elder and Camomile infusion

Dosage: 150ml of the warm infusion three or four times a day

Good for: Immune system (fighting off colds), respiratory system, nervous system & digestive system.

250ml boiling water

2 tablespoons dried elderflowers

1 tablespoon dried camomile flowers

Sugar to taste

Pour the boiling water over the elderflowers and camomile flowers and cover. Leave to infuse for 10 minutes. Strain and sweeten with sugar.


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