

Live Your Life!

November Edition

Welcome to the first official MedExAus newsletter. We will be using this newsletter to let you know about exciting up and coming MedExAus social activities as well as keeping you in the loop with up-to-date information to help you to continue living a happy, healthy, independent life. Our new and exciting website will be up and running soon and will provide you and your GP with fast and easy access to information regarding MedExAus as well as helpful information regarding your health. Visit us at www.medexaus.com.au

MedExAus provides medically prescribed & professionally supervised exercise programs for people of all ages who may have complex medical conditions. The exercise programs are specifically designed by Clinical Exercise Physiologists to meet the needs of the individual.

“I get help each time I come and the friendships I have made have been wonderful”.

*Madeleine Kirkham
member since 2005*



Exercise Increases Flexibility..... IN YOUR **ARTERIES**

Research conducted at the University of Pittsburgh found that older people who were active had less stiffening of the arteries than those who were inactive. This is good news as hardening of the arteries can lead to heart disease and premature death.



Are You Losing Your Marbles?

Not if you're exercising with MedExAus! The good news is that exercising and keeping fit is a good way to keep a firm grip on your marbles. Research has found that older people who exercise have a greater capacity to retain and recall new information. This was regardless of whether the person had exercised throughout life or begun a new regime later in life. Remember it is never too late to start exercising to improve your quality of life.

RECIPE OF THE MONTH

Mediterranean Bean Salad

200 g dried haricot, borlotti or black-eye beans
Pinch of ground cinnamon
1 onion, finely chopped
2 tomatoes, chopped
50 g black olives
1 clove garlic
Salt and pepper
4 tablespoons chopped fresh mint leaves
To serve: garlic bread

Soak the beans according to the instructions on the packet, and then put them in cold water. Bring to the boil and simmer for about 2 hours with cinnamon. Drain the beans mixing in other ingredients, except the mint leaves. Final touch, sprinkle chopped mint leaves on top and refrigerate until ready to eat.

Bean Well?

Beans are good for people with diabetes or weak liver function, but like everything should be eaten in moderation as it can affect gout and rheumatism sufferers.

Beans are easy to digest, particularly if eaten with aromatic herbs such as garlic, thyme and bay leaves.

But remember red kidney beans can upset the stomach so it is a good idea to boil them for about 15 minutes before including them in your meal.

With the warmer months approaching us try the nutritional and healthy Mediterranean Bean Salad.

Pierre Jean Cousin, (2006) Food is Medicine

**This month's useless fact about the human body:
Your thumb is the same length as your nose**

Member of the Month

Learn more about our friends here at MedExAus.

1. **What is your name?** Madeleine
2. **What suburb do you live in?** Victoria Park
3. **DOB:** 26th June 1951
4. **Which clinic do you exercise in?** Victoria Park
5. **Past or present Occupation?** Midwife
6. **Where have you lived most of your life?** Half in England near Wales and half in Australia.
7. **What are or have been your favourite past times?** Water sports – wind surfing, water skiing, and I love to garden.
8. **Who is your hero or person most admired?** Father in Law who was a very active man up until he was 92 years old.
9. **What is or has been your greatest achievement?** Working in rural areas and aboriginal communities as a midwife.
10. **What do you think is the most important thing in life?** Sense of happiness and optimism.
11. **What words of wisdom would you like to share with others?** Always look on the Bright Side.

MedExAus

Clinic Locations:
Victoria Park
Murdoch

Coming soon...
Bunbury

For more information or to
make a booking to see our
Exercise Physiologist call

1300 659 796


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