

Live Your Life



SUMMER 2007
December—February

Summer Exercise: Helpful Safety Tips

With the warm sunny days approaching we tend to get this sudden urge to get out and run a marathon...*Well some of us do.* But we do forget that there are necessary precautions while exercising during the warmer months that we must consider.

The average person can take from one to two weeks to adapt to warmer, more humid temperatures. Here are some helpful safety tips that we should follow:

1. Rehydrate your body

Drink water before, during & after exercise. Continue to drink fluids even after you no longer feel thirsty.

2. Avoid working out during the heat of the day

Try exercising in the morning or evening to avoid the most intense heat.

3. Try walking

Walking is a great form of exercise when you do not feel like doing anything too strenuous but it allows you to maintain your fitness levels and stop the extra kgs over the Christmas period.

4. Be open to new ideas

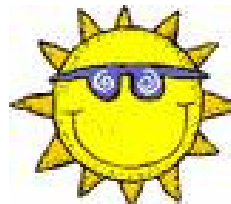
Mix up your exercise routine to avoid getting bored and allow you easy access to water.

5. Don't forget your sunscreen

6. Watch out for the symptoms of heat stroke

7. Choose appropriate clothing

Loose fitting clothing is best to allow the flow of air between your skin and the environment.



Dehydration & Heat Stroke: What are the Symptoms

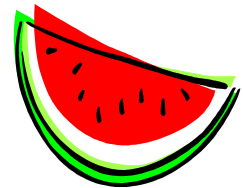
Both Dehydration and Heat Stroke are two very serious health conditions & can be life-threatening if left untreated.

Dehydration occurs when a person loses more fluid than he or she takes in. Symptoms may include: thirst, less-frequent urination, dry skin, fatigue, light-headedness, dizziness confusion, dry mouth and mucous membranes, increased heart rate and breathing.

Heat Stroke results when there has been a long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. This condition develops rapidly and requires immediate medical treatment. Symptoms include: headache, dizziness, disorientation, agitation or confusion, sluggishness or fatigue, seizure, hot dry skin that is flushed, high body temperature, loss of consciousness, rapid heart beat and hallucinations.

Special points of interest:

- ♦ *Helpful Safety Tips*
- ♦ *Symptoms of Dehydration & Heat Stroke*
- ♦ *Christmas Morning Tea*
- ♦ *Member of the Month*
- ♦ *Recipe of the Month*



Congratulations to all of those who were involved in the Today Tonight 'Get Moving with Mabury' Exercise Program. Here at MedExAus, we appreciate your support giving up your time to help with the filming. The 12 week exercise programme concludes on Thursday 22nd November 2007.

CHRISTMAS MORNING TEA

The festive season is almost upon us. We thought it would be a great opportunity to get the Murdoch and Vic Park gangs together to join in one of your final exercise sessions before Christmas.

**When: Friday 14th Dec
9am-11am**

Where: Vic Park Clinic

Following the session we would love for everyone to stay for morning tea.



Member of the Month

- 1. What is your name?**
Theresa White
- 2. What suburb do you live in?**
Forrestfield
- 3. DOB?**
13th August 1951
- 4. Which clinic do you exercise at?**
Victoria Park
- 5. Past or present occupation?**
Past—Aged Care,
Present—Shop Assistant
- 6. Where have you lived most of your life?**
Australia
- 7. What are or have been your favourite past times?**
Lunch with friends
- 8. Who is your hero or person most admired?**
Parents
- 9. What is or has been your greatest achievement?**
Children
- 10. What do you think is the most important thing in life?**
Health and Family
- 11. What words of wisdom would like to share with others?**
Never give up
Never say never
If you don't use it, you loose it.



RECIPE OF THE MONTH— COCONUT COUSCOUS WITH FRUIT IN GINGER MINT

Ginger Mint Syrup

- 55g caster sugar
- 50g fresh ginger, peeled & sliced thinly
- 1/2 vanilla bean, split lengthways
- 1 large mint sprig
- 1/2 small ripe rockmelon, or other orange-fleshed melon, cut into 2cm cubes
- 1/2 small honeydew melon, cut into 2cm cubes
- 16 ripe lychees, peeled
- 1 starfruit, thinly sliced
- 1 handful of tiny mint leaves
- Toasted shredded coconut to garnish
- Coconut cream to serve optional

Coconut Couscous

- 800ml coconut milk
- 2 tablespoons caster sugar
- 1 teaspoon salt
- 370g couscous

Ginger Mint Syrup

Put sugar and 500ml water in small saucepan and stir over high heat until sugar has dissolved. Add ginger, vanilla bean and mint sprig and bring to boil, then reduce heat and simmer for 15-20 min, or until syrupy. Cool to room temperature

Combine melons, pineapple, lychees and starfruit and strain the syrup over the top. Stir in half the mint then refrigerate for at least 2hrs, stirring occasionally.

When ready to serve, make the coconut couscous. Put the coconut milk, sugar and salt in a saucepan and bring to the boil. Turn off the heat, immediately stir in the couscous and cover with a lid.

Serve the couscous in a large bowl topped with the fruit and drizzled with the syrup. Garnish with the remaining mint and the toasted coconut. Serve with a small jug of coconut cream on the side for drizzling.