

Live Your Life

SPECIAL POINTS OF INTEREST:

- Introduce a Buddy.
- New Type 2 Diabetes Management Programme — GlucoTRACK.
- Myth Buster "I'm too old to lift weights".
- MedExAus Prize Winners.
- My Generation Retirement Expo 13-15th July Perth Convention Centre.
- National Diabetes Week 8-14th July.
- Recipe of the Month.
- Member of the Month.



INTRODUCE A BUDDY MONTH

Finding the motivation to exercise, especially during the winter months can be hard. How much easier is it to stay snug in bed under the doona than to get up and get the body moving.

Yes, I know the feeling and that is why MedExAus think it would be a good idea to introduce a friend and make them go through the same crazy routine that we all do.

Crazy, I think not. SMART is the word. It goes to show that you are all dedicated to your health—rain, hail or

shine, so lets set by example and introduce others to the benefits of regular exercise.

For the month of July you can introduce a buddy and receive **20% off** your next 10 session card purchase.

So remember how you may have felt when starting your exercise program. Your friends may feel the same. Just remind them that every one can exercise no matter how fit or healthy they are and that it is never too late to get started.

Tim, Simon and



Donna are here to help keep you motivated along with your friends that you have made in the group sessions.

So bring along a buddy and let them share in the benefits of exercise.

TYPE 2 DIABETES MANAGEMENT PROGRAM — GLUCOTRACK

As of the 1st May 2007, Medicare announced a new item number that allows people with **Type 2 Diabetes** to receive rebates for group services provided by accredited Exercise Physiologists, Dietitians and Diabetes Educators. MedExAus are excited to introduce

the new **GlucoTRACK** Type 2 Diabetes Management Programme. The programme is composed of an initial consultation with the Exercise Physiologist and 8 group education sessions. These include: Program Induction, Interactive Supermarket Tour, Stress

Management, Nutrition Principles, Introduction to Exercise, Nutrition Guidelines and Exercise for Well-being. If you have type 2 Diabetes or know someone with the condition speak to your Exercise Physiologist to find out how to enroll in the programme.

Learn how to take control of this medical condition through simple lifestyle changes that will have a positive impact on your quality of life.



MYTH BUSTERS: "I'm too old to lift weights"

Many individuals are under the impression that there is an upper limit in terms of age to commence a resistance based exercise program. Obviously, if you have medical issues or conditions you would need to visit the doctor to get a medical clearance but, beyond that, there's no age limit on beginning a strength program and, even better, the improvements you see are great.

These include:

- Improved balance & coordination
- Increased strength & flexibility
- Weight management
- Increased confidence & independence



MedExAus have commenced a quarterly **voucher competition** where we can reward our regular members for their hard work and continued support. It is as simple as coming into the clinic and exercising. Once your exercise card is completed and Simon, Tim or Donna have punched all the sessions drop it inside the lucky box located in the clinic. A big congratulations for the first draw winners, **Sherley Cruskall** (Victoria Park) and **Bruce Abercromby** (Murdoch). The next draw will be the 10th August. Increase your exercise and remember to put your cards in the lucky box.

GOOD LUCK!

RECIPE OF THE MONTH—BUTTERNUT SQUASH SOUP

1 1/2 inch piece of fresh ginger, peeled & sliced thin	840g butternut squash, peeled & cubed	& steep while you prepare soup.
1/2 cup dry white wine	1/3 cup nonfat plain yogurt + addi- tional yogurt for garnish	Cook onions, celery & garlic in 1/2 of the stock until onion is wilted.
2 cups 99% fat free, no salt added canned chicken broth	1/3 cup skim milk	Add remaining stock & squash & bring to a simmer until squash is tender adding more water or stock as needed.
1/2 onion (150g), chopped	2 tablespoons chopped fresh chives	Puree squash mixture until smooth.
1 rib celery, chopped	Place ginger & wine in small pot. Bring to simmer. Remove from heat	
2 large garlic cloves, minced		

Useless Fact About the Human Body

Your foot is the same length as your forearm (from you wrist to your elbow).



MEMBER OF THE MONTH

1. What is your name? **Clary Hogben**
2. What suburb do you live in? **Wilson**
3. DOB? **3rd March 1938**
4. Which clinic do you exercise at? **Victoria Park**
5. Past or present Occupation? **Contractor for trucking and earth moving**
6. Where have you lived most of your life? **Bunbury**
7. What are or have been your favourite past times?
Model Boat Building, watching the footy (eagles),
8. Who is your hero or person most admired? **Mick Doohan (5 x 500 Grand Prix Champion)**
9. What is or has been your greatest achievement?
Grader Driving—it is an art and I was one of the best.
10. What do you think is the most important thing in life? **Family**
11. What words of wisdom would you like to share with others? **Do unto others as you would do unto your self.**