

JUNE NEWS AT



Can you believe we are in June already!

This year is flying by, and it is a reminder to take some time out for yourself. We all become so busy, stressed, tired and run down and before you know it you are sick.

This month we will cover some tips to stay well this Winter. We will look at Lucy's passion area of assisting people living with Parkinson's Disease. Also, we are looking to run some educational sessions about some health conditions in the clinic. We are looking to roll these out if there is interest around Oct 2024. So, stay tuned...

We have a few updates of upcoming events and of course our client shout out. We love celebrating you as you truly inspire us to be better Exercise Physiologists and help more people.

Tips for staying healthy over Winter

Boost Your Immune System

Eat a Balanced Diet: Include plenty of fruits, vegetables, whole grains, and lean proteins. Foods rich in vitamins C and D, zinc, and antioxidants are particularly beneficial. Drink water throughout the day

Practice Good Hygiene

Wash Your Hands: Regular hand washing with soap and water helps prevent the spread of germs.

Stay Active

Exercise Regularly: Engage in physical activities like walking, yoga, or indoor workouts. Aim for at least 30 minutes of exercise most days.

Get Outdoors: Whenever possible, get outside for fresh air and sunlight, which can boost your mood and vitamin D levels.



Maintain Mental Health

Stay Connected: Keep in touch with family and friends through phone calls, video chats, or socially distanced meetups.

Get enough quality sleep

Aim for 7-9 hours of sleep per night to help your body recover and maintain a strong immune system.

Prevent and Manage Illnesses

Get Vaccinated: Ensure you have the flu vaccine and consider other recommended vaccinations.

Recognise Symptoms Early: Pay attention to symptoms of colds or flu and take action promptly by resting and staying hydrated.

Stay Home if Sick: If you feel unwell, stay home to recover and prevent spreading illness to others.

Welcome to Laura

We are super excited to welcome Laura to the Coordinated Fitness and Coordinated Kidz team.

Laura likes working with people living with Parkinson's disease and neurological diseases. At our kids clinic she will be helping our kids living with Neurodiverse conditions and more. Make sure you say hi when you see her around.



Do you know anyone living with Parkinson's Disease?

Lucy will be able to assist. Lucy has completed extra training in Parkinson's Disease and exercise prescription. We would love to start a Parkinson's specific program but to do this we need to help to get the word out there. If you know anyone struggling with Parkinson's Disease, please let them know about Lucy and how she will be able to help.

Educational sessions

We are looking to hold some educational sessions towards the end of the year if there is enough interest.

We would love for you to vote on the topics that interest you or let us know what you would like to learn about.

Possible TOPICS

Understanding exercise for:
Osteoporosis
Pelvic stability
Heart Disease



Client Shout Out

TERRY

A big shout out to Terry this month! He has been attending CF for over 6 years and we think that is amazing and deserves a Shout Out! Keep up the awesome effort, we salute you!

Amazing work Terry!

Hydrotherapy over Winter



As the months get cooler people start to forget about the benefits of hydrotherapy. Hydrotherapy is wonderful for joint movement, fitness, strength and flexibility. We run our group sessions at Mt Gravatt East Pool, Mansfield on a Monday (12.45pm) and Wednesday (1.30pm).

If you are interested in attending our group sessions, please contact us on 1300 25 44 17.

Have a Great June Everyone!