



The Bodytracker

Your monthly health and fitness update



Bridge to Brisbane

[Bridge to Brisbane](#) is a Charity fun run, organised to raise money for a range of different charities, such as kids help line and bring the community together for a fun filled day.

Last year Bodytrack entered a team and we had so much fun, we are doing it again! Our staff will all be participating in the event, whether it be running, jogging, or walking. We would like to formally invite everyone at Bodytrack, and their friends and family to come and join the event with us.

We will enter the 10km course, which kicks off around 6am. Most of us don't

see the day at this time of morning on a Sunday, but it's a great excuse to come and experience the beautiful September morning.

After the event the Bodytrack team will organise a breakfast for everyone who participates for some time to reflect on our great achievement and hang out with friends.

All you have to do is register your interest with us at Bodytrack and we will organise the rest—transport, registration and team shirts.

For more information on the day talk to us next time your in at Bodytrack.

Do you or anyone you know suffer from chronic pain?

Its National Pain Week 22nd—28th July

Bodytrack is getting involved. Watch our website and Facebook page for upcoming news, promotions and interesting facts.

Cancer—how an EP can help

Did you know exercise can help cancer treatment?

Extensive research has been dedicated to the area and a range of official health bodies have recognised the findings. The benefits of prescribed exercise during and following treatment include increased quality of life, improvements in social wellbeing and physical outcomes. Exercise also improves compliance with

treatment regimes, reduces impact of disease symptoms and treatment-related side-effects (such as reduced bone density), and survival benefits for particular cancers. The results differ between types of cancer, with breast, prostate and colon cancer having the most significant positive results.

ESSA, the governing body of Exercise Physiologists have outlined low intensity exercise,

one to three times a week with an exercise professional is the preferred option to reap the benefits during and after treatment.

For more information visit the ESSA website, read the article below, or book an appointment with one of our Exercise Physiologists. <http://www.essa.org.au/wp/wp-content/uploads/ESSA-Cancer>



Super food Smoothie!

Ingredients:

- 1 cup baby spinach loosely packed
- 1 small frozen banana
- 1 cup frozen berries (unsweetened)
- Fresh Ginger root (approx 1.5cm)
- 1/2 Cup Greek Yogurt , Plain, 0% fat
- 1 Cup Chilled Green Tea—Home brewed is best
- 1/2 Cup pure pomegranate juice
- 1 cup crushed ice

Method

- Toss all ingredients into a blender until smooth

Such a delicious snack full of great nutritional value. Try substituting pomegranate juice with apple juice if you don't have it. Or for a thinner smoothie add more green tea. Green tea is rich with antioxidants, that assist in weight loss, anti aging, bone and oral health, and much more!

<http://skinnynms.com/super-foods-smoothie/>



Q&A with Kirsten Adlard

Q: Did you always know you wanted to be an EP?

A: I toyed with many ideas but was never 100% of what I wanted. I have always liked science, health and sport so Exercise Physiology ended up being a perfect fit.

Q: What challenges have you faced?

A: Juggling work, rowing and uni has been a definite challenge—even with the aid of my monstrous coffee consumption!

Q: Describe the coolest thing you have done recently?

A: Abseiled down 100m into glow worm caves in Waikato!

Q: What sports did you play as a kid?

A: I predominantly danced for 9 years before turning to rowing and cross-country

Q: What would we find in your fridge?

A: Strawberries and smoked salmon!

Q: How do you like to spend your weekends?

A: Coffee, beach, cycling or rowing.

Q: What is your secret to health and happiness?

A: Regular exercise, be interested in everything and have a good sense of humour—try not to take yourself too seriously

Q: Whats your favourite meal?

A: During winter I love Mum's home made pumpkin soup

Events This Month

Dry Month—July

Diabetes Week — July 14-20

National Pain Week—July 22-28



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