



QUALITY OF LIFE PHYSIOTHERAPY UPDATE

EXERCISE YOUR BODY AND MIND

Brain Games

- Challenge your brain by counting backwards from 100 in threes during daily tasks
- Choose 5 random objects, write them down on a piece of paper and see if you can remember them throughout the day
- Say the alphabet backwards

Peanut Butter Granola Bars (minimalistbaker.com)

1. 1 ½ cups pitted dates (32 dates), (soak dates in warm water for 10 minutes if not sticky and moist)
2. ½ cup of natural peanut butter
3. ½ cup of rolled oats

Instructions

1. Put dates in food processor and pulse into small bits
2. Add peanut butter and oats, blend until combined. If you prefer more dense bars add more oats.
3. Transfer to a parchment lined 8x8 dish, press flat. Alternatively you can scoop 1Tbsp of the mixture and roll into balls.
4. Transfer to freezer to set
5. If making bars slice into 8-10 bars
6. Keep refrigerated/frozen to maintain shape of balls/bars
7. Lasts several weeks in fridge or a couple of months in freezer



Tips to squeeze a little exercise into your work day

WAKE UP 5 MINUTES EARLIER

Feeling a little sluggish even after having your 7 hours of sleep? Why not get your metabolism going right from the get go.

1. While sitting on the edge of your bed, you can do some marching exercises by lifting your foot upwards and returning it to the ground, repeat for the other leg. Do 20 marching steps (10 each leg).
2. Air punches: Make fists with your hands and punch forwards (10 times each arm).
3. Release some tension by reaching upwards with your arms and then lean side to side. Lean to each side at least twice.

LUNCH BREAK EXERCISES

Before you get into eating your lunch, why not release some work tension first?

1. Do some neck stretches. Turn to look for 10 seconds over each shoulder. Tilt your head to your shoulder each side for 10 seconds. Look upwards for 10 seconds and then downwards for 10 seconds.
2. Shoulder rolls. Bring your shoulders upwards towards your ears, then forwards and downwards, and lastly backwards (repeat 3-5 times).
3. Ankle exercises. Whether you have been up on your feet, or sitting down all morning, get the circulation going by pointing your toes and doing circles with each leg. You can also while seated rock onto your toes and then onto your heels 5-10 times.

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EXERCISE BEFORE THE END OF THE WORK DAY

Approaching the end of the day and feel like your energy is lagging? Why not reenergize with these exercises.

1. Chair squats. Stand up and sit down 5-10 times as fast as you can to get your blood flow going.
2. While seated, as fast as you can tap one foot forwards and backwards 10 times. Then tap your foot side to side 10 times. Repeat for the other leg.
3. While standing rock forwards and backwards onto your toes and heels 10 times. This is also a great way to challenge your balance.

BRAIN FOOD

Energize your brain by eating:

- fresh fruit
- nuts
- vegetable sticks such as capsicum, carrot and celery

And don't forget to rehydrate with water!

