

News with AV Chiro



STAFF NEWS

Andrew

Is so excited about son, Eli's week long visit in September!

Mark

Is in the final stages of prep for his family trip to Europe. His last day in clinic is: Tuesday September 12, and back on Tuesday October, 10.

Nathan

Is getting married in September! He will be away from Tuesday October 2, and back on Tuesday October 24.

Louise

Is so excited about son, Eli's week long visit in September!

Kara

Kara and family have welcomed Lexi, a happy and healthy baby girl!

Kathryn

Is looking forward to celebrating her 15 year wedding anniversary.

Antonia

Is excited to go on her first cruise to celebrate finishing her Chiropractic Bachelor degree!

Find the Spring in your Step!

With winter coming to an end and summer fast approaching, it's time to hit the ground running, literally!

Running is a great way to keep active and maintain your general health. It can also be effective at improving cardiovascular fitness, managing weight and improving mental health.

Did you know?

- We start learning to run at 18 months old.
- Over 3 million Australians choose to run every week.
- Running improves bone and muscle strength as well as joint health.

Running Form Tips

Posture

Stay tall to maximise your diaphragm breathing.

Keep your Eyes Up

Don't lose your horizon.

Landing

Your foot should land under your hip with the forefoot landing before or at the same time as the heel.

Elbow Movement

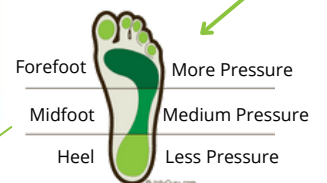
Keep elbow movement minimal on flat surfaces.

Increase your Stride

Prolong the time your foot is off the ground by bringing your leg back further (using your hamstrings)

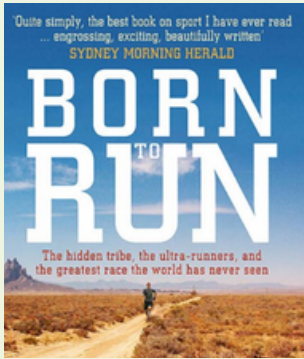


A smaller the foot angle (ideally zero), allows less stress on your shins.





@av_chiro



What we are reading:

Born to Run

By Christopher McDougall

Running tips

Anyone can run, but mastering the technique is the key to finding the joy in running. This mastery, like all else, comes from practice and patience.

Here at the clinic, both Andrew and Nathan enjoy regular running. These are their top 3 tips to help you get started:

Andrews Tips

- Start gently and finish feeling like you could do a bit more.
- It takes months for your body to be 'road ready', so take your time.
- Find a program or helpful running app to guide your progress.

Nathan's Tips

- 4 pawed friends make for the best running buddies.
- Not every run should be a personal best, enjoy the process.
- Watch the weather! High heat and rain make running a little less enjoyable.

RECIPE OF THE MONTH

Serving size: 6

Prepare time: 50 minutes

Ready time: Best left to set overnight

INGREDIENTS

- 1 x 400 g tin coconut milk
- 1 tablespoon cornflour
- 300 ml coconut cream
- 175 g honey or agave syrup
- ¼ teaspoon fine salt
- 40 g desiccated coconut

METHOD

- Step 1: Combine 3 tablespoons of the coconut milk with the cornflour in a bowl to make a paste.
- Step 2: Pour in the remaining coconut milk in a pan and add the coconut cream and honey/agave syrup.
- Step 3: Slowly bring to a simmer, then stir in the cornflour paste and salt.
- Step 4: Bring the mixture to the boil, stirring constantly until slightly thickened, then remove from the heat and stir through the desiccated coconut.
- Step 5: Cover and chill overnight, or at least for 2 hours.

FREEZING TIPS

- Pour the mixture into a shallow, wide, freezer proof container and freeze for 1 hour, until the mixture freezes, forming a border around the edge.
- Break up the ice crystals with a fork or whisk and return to the freezer.
- Repeat this whisking every 30 minutes or so, until evenly set and too thick to fork. It should take 2-3 hours.



Coconut Ice Cream

A new dessert option that is surprisingly simple to make and easier to eat!

Enjoy!

