

# News with AVC!

## THE POWER OF MICROBREAKS



### What are microbreaks?

Microbreaks are brief, impromptu breaks taken during prolonged periods of sitting. These breaks serve as a 'reset' mentally and physically.

### So what are the benefits?

Microbreaks have been proven to improve work quality, efficiency, focus and motivation.

These breaks also reduce back and neck tension, and encourage good posture and relaxed breathing!



### Microbreak exercise

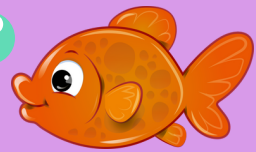
Every 20-30mins stand tall, with legs slightly apart & feet slightly outwards.

Drop the shoulders & point the chest up and out.

Rotate your arms out with palms facing out. Take 10 deep belly breaths.



In meetings, it takes about 13 minutes before people start 'zoning out'



The average attention span of a human is 8 seconds, for a goldfish it's 9 seconds!



Our brains need to flip between rest and stimulation to stay healthy and energised

# STAFF NEWS

## Andrew

is going to enjoy a quick trip to Adelaide during the EKKA week!

## Kara

can't believe she is already planning Lexington's 1st Birthday!

## Antonia

is excited to be Maid of Honour at her sister's wedding!

## Mark

is trying to get even colder, so he's heading to Queenstown with his family for a week of skiing!

## Kathryn

is going to be celebrating her hubby's birthday with a trip to Maleny!

## Louise

is excited to be going to Bali for a wedding celebrant conference!

## Shona

is sad to be leaving the wonderful team at AV Chiro, but stoked to explore other parts of Australia!

# AVC TRIVIA!

**A) How many joints are in the hand?**

1) 20    2) 18    3) 27

**B) What is the largest bone in the body?**

1) Femur    2) Humerus    3) Tibia

**C) What organ is responsible for metabolism?**

1) Stomach    2) Liver    3) Kidneys

A) 27 joints B) The Femur C) The Liver

# RECIPE OF THE MONTH

## THE ULTIMATE HEALTHY APPLE CRUMBLE



### Ingredients

#### **FOR THE CRUMBLE**

3/4 cup oats  
1/4 whole wheat flour or gluten free flour  
1 tsp ground cinnamon  
2 tbsp pure maple syrup  
1 1/2 tbsp unsalted butter, melted

#### **FOR THE FILLING**

6 cups diced red apples  
2 tbsp cornstarch  
1 1/2 tsp ground cinnamon  
1/8 tsp ground nutmeg

### Method

1. Preheat the oven to 170 degrees, line a baking dish with baking paper or a fine layer of cooking spray.
2. To prepare the crumble, whisk together the oats, flour & cinnamon in a bowl. Make a well in the centre and carefully pour in the maple syrup & melted butter. Stir until fully incorporated.
3. To prepare filling, toss the apples with the cornstarch, cinnamon & nutmeg in a bowl until completely covered.
4. Transfer the filling to pan & gently press down. Sprinkle crumble evenly over the filling. Bake for 50-60 minutes or until apple are tender. Cool completely, then refrigerate for at least 3 hours before serving to allow juices to fully thicken.

Recipe from [amyshealthybaking.com](http://amyshealthybaking.com)

