



# YOUR FAMILY DOCTORS

EDITION 6 : APRIL 2016

## WELCOME

Welcome to the second edition of *Your Family Doctors* for 2016. Now that you have settled into the year, have you thought about how your health goals are going? This edition includes some great advice on staying active as the weather cools down and some helpful tips on being more grateful for what you have.

Remember, if you would like some support or advice to get your health on track, Shell Cove Family Health is here to help. Our multidisciplinary team includes GPs, nurses, dietitians, exercise physiologists, physiotherapists, psychologists and podiatrists.



Join the Shell Cove Family Health Lifestyle Sessions - Autumn Series in 2016!

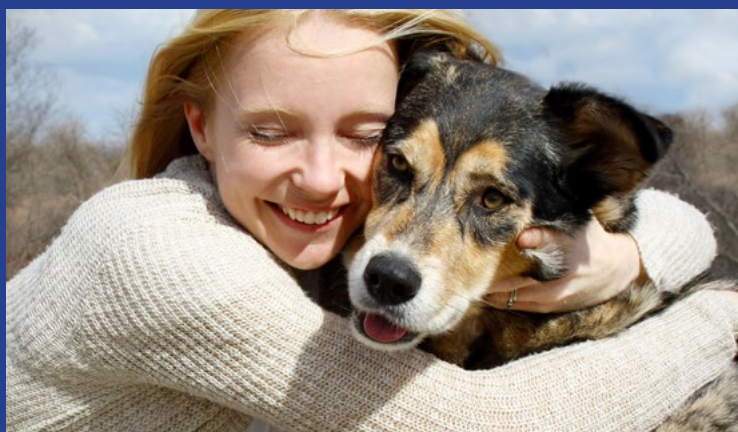
Brought to you by our Allied Health team, a range of classes are now on offer at Shell Cove Family Health to help you move well, eat well and live well!

Our experienced team of exercise physiologists, dietitians and psychologists will help you to achieve an all-round healthy lifestyle through a variety of different classes focusing on fitness, nutrition and mental health.

Some of the classes coming up in April and May include:

- Mum and Bub
- Abs, Butt & Thighs
- Better Balance
- Putting Together Healthy Meals
- Fussy Eaters
- Sleep Better
- Positive Parenting
- And more!

To find out about the full range of classes on offer ask reception for a copy of the class timetable or visit our website [www.scfh.org.au](http://www.scfh.org.au)



## HARNESSING THE POWER OF GRATITUDE

The simple act of being grateful on a regular basis can change our outlook in many ways.

The problem is, gratitude doesn't always come naturally as the negatives in our lives sometimes occupy more of our attention than the positives. Being more grateful involves making an active effort to appreciate the good things in our life, both large and small.

Here are some practical ways you can incorporate more gratitude into your day:

- **Gratefulness reflection** - take a few moments each morning to reflect about a person in your life you are grateful for.
- **Appreciate acts of kindness** - make a conscious effort to thank those around you for nice things they do, even for very small acts of kindness. By doing so, you can use the power of gratitude to help others feel good about themselves.
- **Focus on what you have** - it can be easy to get caught up in comparing ourselves to others and focusing on the things we do not have. By making an effort to focus on the positive things in our life, we can feel more content and appreciative.
- **When life gives you lemons make lemonade** - when you feel angry or frustrated, try to stay calm and think of something you are grateful for about your current challenging situation (even if it is only something small). By changing your focus, your mood is more likely to shift towards a more positive state.

These simple activities can set a positive tone for your day and help you focus your attention towards things to appreciate about your life.

Remember, the happiest people are not the ones who have the best of everything; they are the ones who are grateful for everything they have.

## BEATING THE AUTUMN COOL - YOUR GUIDE TO EXERCISING ALL YEAR ROUND

As daylight savings has come to an end, and the temperature has started to cool down, here are a few facts to help motivate you to get started with a regular winter exercise routine:

- As it is lighter in the morning, it is a great reason to get up early and kick-start your day with exercise. Exercising in the morning offers the benefits of increasing your metabolic rate and improving your concentration and productivity throughout the day.
- Exercising in the cooler weather increases production of endorphins, the 'feel-good' hormones.
- Exercising outdoors in the cooler weather, where your body has to work harder to warm up, encourages the burning of more kilojoules.

If however, you don't fancy a walk outside in the early hours of the morning, why not consider an indoor activity, such as a group fitness class? Speak to reception about the class options available here at SCFH.

**And remember... Keep well hydrated with water before, during and after exercise. It is easy to forget to do so in winter when you are not sweating as much!**



## ZUCCHINI AND SWEET POTATO SLICE

Serves: Makes 4

### INGREDIENTS

- 2 teaspoons olive oil
- 1 large brown onion, finely chopped
- 300g sweet potato, peeled, coarsely grated
- 2 garlic cloves, crushed
- 4 eggs
- 2 egg whites
- 40g (1/4 cup) plain flour
- 125g (1/2 cup) reduced-fat fresh ricotta
- 250g zucchini, grated, moisture removed
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh continental parsley
- 240g cherry truss tomatoes
- Baby rocket leaves and Balsamic vinegar, to serve



### METHOD

1. Preheat oven to 180°C. Grease and line a 26 x 16cm (base measurement) slice pan.
2. Heat the oil in a large non-stick frying pan over high heat. Cook the onion, stirring, for 3 minutes or until soft. Stir in the sweet potato for 3-4 minutes or until soft. Stir in the garlic for 1 minute or until aromatic.
3. Whisk the eggs, egg whites and flour in a large bowl until smooth. Whisk in ricotta until just combined. Stir in the sweet potato mixture, zucchini, chives and parsley.
4. Pour the mixture into the prepared pan. Bake for 25-30 minutes or until golden and cooked through. Set aside to cool slightly.
5. Meanwhile, place the tomatoes on a baking tray. Spray with olive oil. Roast for 10 minutes or until just soft.
6. Serve the slice with tomatoes, rocket and a drizzle of vinegar.

*This is a great recipe for an easy dinner and for lunch at work the following day!*

Source and photo: Taste.com.au

## CONGRATULATIONS LIZ!

Liz Smith, one of our Exercise Physiologists, competed in the World Endurance Mountain Bike Organisation Championships in New Zealand in February. This involved riding around a mountain bike track continuously for 24 hours! She was the winner of the elite female category. Congratulations Liz from all at SCFH!



## SHALLOWS GYM OPENING HOURS

**Monday, Wednesday:** 8.00am - 9.00pm  
**Tuesday, Thursday, Friday:** 8.00am - 6.00pm  
**Saturday:** 8.00am - 12.00pm

## SHELL COVE FAMILY HEALTH OPENING HOURS

**Monday:** 8.00am - 8.30pm  
**Tuesday:** 8.00am - 6.00pm  
**Wednesday:** 8.00am - 6.00pm (open until 8.30pm every second Wednesday)  
**Thursday - Friday:** 8.00am - 6.00pm  
**Saturday:** 8.00am - 12.00pm



Grand  
Pacific  
Health

