

FOOTNOTES

Feetology Podiatry Newsletter

March - April 2016

Loving living in the Redlands?

(Sure do!)

by Mark Caldwell, Director



Finally, February and all its heat is behind us. It's time to start coming out from our air conditioned houses and enjoying the great outdoors again. For me, that looks like getting out into the garden and taming some of the plants that have gone wild over the summer months and maybe even getting away for a camping trip in the 4WD.

In the clinic, we recently started the process to recruit a new podiatrist to join the team and it got me thinking about all the reasons that someone would choose to work and maybe even live in the Redlands.

For me, I love living here. We are able to live on a larger block, have lots of space around us with plenty of visiting wildlife and avoid the hustle and bustle of the city and urban sprawl. And then there is being close to the bay; it's beautiful to

stare at while having a picnic, lovely to walk along and when I am feeling energetic, a great form of exercise when combined with my kitesurfing gear.

I will be honest though, when Ariella and I first decided to move into the area, we were a little concerned about living in the place where we worked. What would our clients say if they bumped into us in our grubby gardening clothes as we raced in to grab a few groceries on the weekend. Our concerns were soon to be unfounded, when one of our patients did recognise us in our 'civies' and simply said, "Hello".

So in short, we are glad we made the move to the Redlands and we are really looking forward to welcoming another podiatrist into our team. So keep an eye out for a new face in the clinic soon.

Lack of activity destroys the good condition of every human being, while movement and methodical exercise save it and preserve it.

~ Plato



Reclaiming the Yard

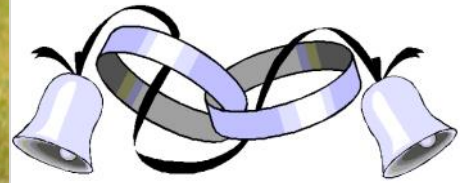
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Congratulations!! to our Podiatrist, **Camille**, on her recent engagement to be married



Strange, but true... try it and see for yourself

While sitting, lift your right foot off the floor and make clockwise circles. Now, while doing this, draw the number '6' in the air with your right hand.

Your foot will change directions and there's nothing you can do about it!!

The Surprise Benefits of Gardening

Setting Foot in the Garden?

During the long summer days, you might take an opportunity to venture into the garden and hone your green thumb. It's no secret that spending time outdoors is great for your physical health, but did you know about the psychological benefits of gardening?

Not only does weeding and pruning tend to calm the nerves and relax the mind; studies report that after a gardening session your self esteem and mood lifts, whilst tension and depression are alleviated.

There is also evidence that gardening can benefit your social life, with the sharing of knowledge, experiences and edible produce resulting in a strong sense of community and relationships.

There are a few points to remember before setting foot into the garden, however:

- Reptiles take advantage of our subtropical weather and lush backyard vegetation, so ensure that you are adequately protected. Enclosed shoes, gloves and long pants are a necessity
- Speaking of enclosed shoes, it might be tempting to don the old rubber thongs for some yard work but these won't protect your feet from rubbing and straining, bruises from sticks, rocks, or bindii
- Seeing as the average gardening session is the workout equivalent to doubles' tennis, socks and flexible walking shoes will ensure many more enjoyable hours spent amongst the plants
- Whilst there are times where our mind, body and spirit can benefit from standing barefoot on the grass and absorbing the healing energy that nature provides. Protect the skin on your feet with a soothing cream that contains urea – this will keep the cracks and dry skin at bay.

Happy gardening!

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

4		9						
7		1	8	9				
9			6	1				
					3			
5	2	6	8					4
		4	6				5	8
3				4				2
	6							
1			2	5				



Team Member Profile:

Naomi

As part of our reception team, Naomi would be a familiar face by now as she approaches her one year anniversary of working at Feetology!

Naomi's interest in podiatry stems from 15 years of ballet dancing and a love of bush walking.



When she isn't sharing a laugh with the patients at Feetology 3 days a week, Naomi is run off her feet looking after her little girls, aged two and four.

Naomi is also an avid gardener and wildlife spotter; she has designed her garden to attract native birds, butterflies and water dragons. Her daughters love to lend a helping hand watering the plants... and each other!

Naomi and her family love the outdoors and jump at any excuse to go camping, swimming and exploring nature trails.



Naomi's Quinoa Fried Rice

As cooler weather approaches I find myself craving savoury comfort food. My quick and easy version of fried rice uses quinoa; a high-protein, nutritious grain that will keep you fuller for longer!

Ingredients:

1 tbs oil	2 garlic cloves, minced
3 cups pre-cooked quinoa, chilled	2 lge eggs
1/2 cup diced bacon or cooked pork, shredded	1–2 cups vegies (frozen peas, corn, carrot)
3 tbs soy sauce	1 tsp ground ginger
1 tsp Chinese Five Spice	1 tbs kecap manis (optional)

- Heat the oil and garlic in a large wok over medium-high heat, stirring for about 30 seconds
- Add quinoa and veggies and cook for 2 mins. Push this mixture to the side of the pan and crack both eggs directly into the hot wok. Scramble with a fork until cooked through. Stir eggs into the quinoa-veggie mixture
- Add the bacon/pork and stir through until heated
- Pour soy sauces over the ingredients, sprinkle with ginger and toss to combine; cooking for 1–2 mins, until nice and hot. Season to taste
- Serve immediately and enjoy!

Kids Running Amok

Prying the kids away from electronic devices these days can be a hard task. What alternatives can we offer our children for active, healthy fun?

Running is a great way to encourage fitness and can provide ways for our kids to challenge themselves (and you!).

The benefits of running include improved fitness, mental well-being, less screen time and decreased incidences of obesity and heart disease.

How to Run

Anyone who is keen to run can have a go. Littlies under 6 are best to stick to playing games such as tag and chase to get their exercise, but 7 years and older can run up to 5km with training. Start small and gradually increase the distance and watch the smiles blossom as they break their own records.

What to Wear

For the fashion conscious tween or teen there is no more important consideration than *what* to wear. Active wear has



become its own fashion genre so there is plenty of choice however certain important functional choices need to be made too.

Flashing lights on running shoes are great; as long as the shoes also have good arch support. Fitting services are available at some shoe stores to help with this. If you have in any doubts, see a podiatrist to check your child's foot fitness.

At the end of the day, the aim is to have fun while staying active so no matter what your speed or distance, if you're having a good time you're already a winner .

Win!! Fine Dining at Sirromet



Do you know someone who needs our help?

We are always looking for new patients to assist at Feetology Podiatry Centre, and we are asking for your help.

If you know someone that could benefit from a visit to us, please pass our details on to them.

You will get one entry into the draw for each new patient that tells us you sent them.

Win a \$180.⁰⁰ gift certificate to experience fine dining at the award winning Lurleen's Restaurant at Sirromet Winery. The next prize draw will be **Friday, 13 May 2016**.

Thank you for your help recommending us to your family and friends. This is the nicest compliment you could give us.



Congrats to Garry, our January "Refer a Friend" winner

Contact Us

Call us to make an appointment:

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keeping you on your feet; keeping you doing the things you love

