

# FOOTNOTES

Feetology Podiatry Newsletter

June 2016

## Kicking Goals

It's time to celebrate!!

As I sit here writing this, the weather is finally starting to cool. It won't be too long before we are pulling on our jumpers, jackets and woolly socks.

Camille has written a great article on the importance of celebrating the small things in life. This is something that I often forget to do; just moving from one goal to another without reflecting on the actual achievement that has just occurred (and I don't just do this with the small things, but some of the larger achievements too).

As many of you know, last year we underwent a major change in our podiatry clinic — a complete rebuild of the clinic, including changing our business name. As part of this, we doubled the size of the clinic, creating space for the potential of having four podiatrists to help our patients with their foot issues.

And now we have just reached an important milestone, having our fourth podiatrist join the team. Podiatrist, Caleigh Crick, brings with her 13 years of experience, particularly treating young children's walking problems and athletes with running injuries.

So we could not let this achievement slide, it was too big a deal. Ariella and I took the team out for dinner to celebrate. It was great timing as many of the team have been achieving big things in their own lives as well.

I would like to thank you, our patients, for your ongoing support and for helping us to achieve this goal. Without your support, the clinic would not be where it is today.

Thank you.



~ Mark Caldwell, Director

*Life should not only be lived, it should be celebrated.*

~ Osho

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keeping you on your feet





Ath-leisure wear has come to **Feetology**. We are excited to introduce the Vionic Action Tourney runners to the clinic!



This new range of athletic footwear combines the structural support that our feet need when exercising within a stylish package that will have you turning heads. They come in 3 colour combinations: Blue Teal, Grey Leopard and Tan Leopard.

Come in to the clinic to see them and the rest of the stylish Vionic range.



## Why Everything Is Worth Celebrating

~ Camille Ciottariello

Why only celebrate the big things in life when life is full of so many small little wins too? Why wait for an engagement, or wedding, a promotion or pay rise at work, or a holiday to celebrate our tireless efforts maintaining our wellbeing and achieving our goals?

We all have real-world challenges we face, which can feel never ending at times, but take a moment and give extra attention to the good things in life too. The simplest of things and celebrations make us pause and be mindful. This can motivate us to keep working towards what we want, act as a reminder of our talents and abilities, our skills and determination, and reignite our happiness, passion and drive for wellbeing.

My partner and I celebrated moving into our beautiful, newly built house and our engagement in February this year, and while these celebrations were special, there have been so many more things we have celebrated since. On Sunday nights, we celebrate the weekend just gone; we celebrate our achievements - the errands we ran, the fridge and pantry being full, the lawn being mowed and the house clean, tidy and comfortable, and why not? In ways both big and small, silly and endearing, we celebrate just about everything. We've even been known to high-five for the discovery of a lost set of sunglasses!

So why celebrate? Because regardless of the size of the celebration, it is about taking time to notice the good things in life. According to social psychology researchers, Fred Bryant et. al, when we stop to savour the good stuff, we buffer ourselves against the bad and build resilience. These small celebrations can pump us up with positive feelings, making it easier to manage daily challenges that can cause stress.

## Sudoku Challenge:

It's 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.

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



## Team Member Profile:

### Camille Ciottariello

Camille graduated from Queensland University of Technology with honours in 2012 and has been helping people get back on their feet for over 3 years.



Camille decided to become a podiatrist as a teenager after experiencing ongoing lower limb concerns while playing sport. Podiatric intervention allowed her to re-join the winning grand final netball team.

When she is not treating patients, she is regularly hitting the pavement and bush walking tracks trying new and more challenging ones every weekend. Other interests include camping, swimming, cycling, playing recreational golf and netball, and shopping... especially for shoes. In fact, she has a love of shoes, and a collection, to rival that of Imelda Marcos!



## Camille's Fresh Fig Salad

*I love experimenting in the kitchen with healthy foods and drawing on the flavours of my Italian heritage. As a health professional (and healthy food addict), I implore everyone to eat well but no one said it had to be boring or tasteless!*

### Ingredients:

150g of Mesculun lettuce	4 fresh figs
4 slices of prosciutto	10 white grapes
8 walnuts	2 green apples
Olive oil	Balsamic vinegar
mustard	salt & pepper

### Method:

- Wash and dry the lettuce
- Wash grapes and cut in halves, making sure to remove all seeds
- Wash and cut the figs into quarters
- Cut the apples into small cubes
- Crack the walnuts and extract the kernels; cut into halves, if you wish
- Dress to taste and decorate with slices of prosciutto
- Enjoy!

## How to celebrate the small moments in life:

- **Notice the moment**

What have you done that you are proud of today? What have you achieved? If you notice what is working in your life, you'll find something to celebrate.

- **Break routine and set the scene**

Stop what you're doing and go to a special place; whether it's in your own home, or a beautiful location outside or even in your mind's eye. Give your attention to the moment of goodness, happiness or achievement and celebrate it. Set it apart, and make it special by stepping out of your routine for just a few minutes.

- **Commemorate the moment**

Now animate the moment with a celebratory action that spurs positive energy. Make a toast, eat some celebratory food, high-five, light a candle or sing. Do something that allows you to celebrate the special and enjoy the goodness in life.



*We will always have big life events and moments to celebrate like birthdays, Christmas, Easter, New Years, but it's the mini-celebrations of the special little moments that can have the most meaning and benefit to our wellbeing.*

*So this coming Friday night, toast the wonderful week that has been, and the weekend that will come, by enjoying the moment and having a mini-celebration of your own.*

## Win!! a pair of shoes this winter

VIONIC  
WALK. MOVE. LIVE

revere  
COMFORT SHOES



### Do you know someone who needs our help?

We are always looking for new patients to help at Feetology Podiatry Centre. If you know someone that could benefit from a visit to us, please pass our details on to them.

You will get one (1) entry into the draw for each new patient that tells us you sent them.

This time you have a chance to win a pair of shoes from the Scholl Orthaheel, **revere** or VIONIC footwear ranges (up to the value of \$180). The next prize draw will be **Friday, 8 July 2016**.

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



## Contact Us

Call us to make an appointment:

07 3820 6326

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

