

27.05.2020 | STAY WELL AT HOME, STAY WELL AT WORK

# WEDNESDAY WELLNESS

The COVID-19 global pandemic has undoubtedly affected us all. An increase in stress and anxiety about an uncertain future starts to take its toll on our health and wellbeing. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

'Wednesday Wellness' is a weekly newsletter created by Allied Health Professionals at KDHS to support and help our community to stay healthy while social distancing during the COVID-19 outbreak.

**Men's Health:** Are you a man living in Kyabram, Tongala, Stanhope and surrounds?  
Please take our 3-minute survey!  
[Click here to access it](#)

## STAYING ACTIVE AT HOME

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may also help prime our immune system to lessen the risk of infection.



### Interview with Emma Mills

KDHS Physiotherapist and Kyabram Football Netball Club player, Emma Mills, tells us how she has been staying active during COVID and gives us some tips on how to increase our activity levels during this time.

#### **How are you staying active during COVID-19?**

I've been doing a running program through my Garmin app, so have been running 3-4 times a week. I have also been walking my dog, and trying to do some home workouts like HIIT, netball specific training, yoga and pilates.

#### **What's been the biggest challenge?**

Not being able to be involved in team sports. I miss the social aspect and competitive side of things. I think that's why I have taken up running for the first time ever, as I can at least compete against myself.

#### **Any tips for staying active during COVID-19?**

There is lots of ways you can keep moving with or without equipment! You can do bodyweight exercises, walk, run, dance, use any household object as weights, be as creative as you like! Try and get into a routine and keep pushing to challenge yourself every day.

# Movement IS MEDICINE



EXERCISE RIGHT WEEK  
25 - 31 MAY 2020



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## WELCOME TO EXERCISE RIGHT WEEK 2020!

This year, the theme is **“Movement is Medicine”**.

We want to highlight how powerful exercise, physical activity and movement are for your physical and mental health. We also want to showcase that exercise is for everyone, regardless of age, weight, background or health status, and to help everyday Australians understand where they can get the right advice for their individual needs.

The [Exercise Right Website](https://exerciseright.com.au) has heaps of resources and ideas to keep you moving!

### Competitions

<https://exerciseright.com.au/exercise-right-week-2020-competition/>

YOUR CHANCE TO WIN!

Enter to WIN with Exercise Right Week 2020

For Exercise Right Week 2020, we're encouraging all Australians to move more for their health. So, we want to hear your story... **How has movement been medicine for you?**

Tell us in 25 words or less and go in the draw to **WIN a \$500 Visa card**

[Terms and Conditions](#) apply. This competition will run from 25/05/2020 - 31/05/2020.

### Free home workout videos

<https://exerciseright.com.au/homeworkouts/>

STRENGTH & FITNESS	ACTIVE AGEING	PREGNANCY	STRETCHING & MOBILITY	KIDS
 Preventing Knee Pain Workout by Katherine Smith, Accredited Exercise Physiologist at The Pilates Refinery	 Strength Circuit Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health	 30min Whole Body Circuit Workout by Arnie, Accredited Exercise Physiologist at Rebound Health		
 10 Minute Pumpkins Workout Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health	 Couch Workout Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health	 Core Exercises Workout by Lauren Scott, Accredited Exercise Physiologist at Sports and Spinal		

### Free online classes and education sessions

<https://exerciseright.com.au/exercise-right-week-2020-events/>

27 MAY WEDNESDAY  Q&A: Rehabilitation & Movement	27 MAY WEDNESDAY  Gyrokinesis® Beginner Movement Class	27 MAY WEDNESDAY  Movement is Medicine – What the other disciplines are saying
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### Access your free physical activity tracker

<https://exerciseright.com.au/exercise-right-week-2020-digital-toolkit/>



What are you going to do to exercise right this week?

You may notice the Gym door looking a bit different.



**Take this survey about physical activity during COVID to go in the draw to win \$50 Bennett's Sports voucher**

## Looking after your mental health

COVID-19 poses a risk to employee mental health and wellbeing, and many may already be experiencing increased levels of stress and anxiety. During this challenging time, it's important to pay attention to our mental health.

### Have you ever tried Qigong or Tai Chi for your mental health?

Studies suggest that Qigong can be beneficial in the following ways:

- Increases energy
- Reduces stress
- Balances emotions
- Strengthens the body
- Increases focus
- Improves memory

For more information on the wellbeing benefits of Qigong and Tai Chi visit:  
<http://www.wtqa.org.au/>

[Click here to join the Cook with Heart Challenge from Coles and the Heart Foundation.](#)



### 3 Ingredient LOW CARB Chocolate Mousse

**Rich Chocolate Mousse in minutes! No eggs. No dairy.**

Prep: 5 mins Serves: 8 people

#### Ingredients

- 2 x 400ml cans full fat coconut cream or coconut milk \*See Notes
- 2 tablespoons confectioner's sweetener
- 3 tablespoons unsweetened cocoa powder
- pinch of salt (optional! About 1/4 teaspoon. Adjust to your tastes)
- 20 g | 2 squares 70% chocolate, shaved (optional for extra richness -- or sugar free chocolate chips) extra shaved chocolate to garnish

#### Instructions

1. Place sealed cans of coconut cream (or milk) in the refrigerator overnight. Without shaking the cans, open carefully and scoop out the thick cream sitting at the top above the water. Transfer the thick hard cream to a bowl and discard all of the liquid left in the bottom of the cans (or reserve to add into smoothies later).
2. Add the sweetener and beat on high using a hand mixer (or whisk) until thick and creamy (about 1-2 minutes). Reserve about 4 tablespoons of the plain 'whipped cream' to use as a topping to serve with and set aside.
3. Fold the cocoa powder and salt through the cream and beat (or whisk) again until smooth, well combined and thick. Fold through the shaved chocolate if using). Depending on the coconut milk you use, a mousse will form almost immediately once the cocoa powder is mixed through. If not, refrigerate until set and ready to serve, or serve immediately. Dollop the 'plain whipped cream' over the mousse and sprinkle with shaved chocolate (if using).

#### Notes

\*I found coconut cream worked the best, but you can use coconut milk. Do not try to use light or reduced fat. You need the fat content in both the cream and/or milk to make the cream successfully or it may not work.

