

How Best to Handle the Christmas & New Year

The warmer weather is well and truly here, and Christmas is fast approaching. Now that the Melbourne Cup is over, we know Christmas is just around the corner. With a little planning, you can stay in good health while still enjoying summer and all its festivities. Here are some tips on how best to handle the Christmas & New Year:

Travelling on the Holidays

Take frequent breaks when driving long distances. It is recommended that you spend at least 15 minutes away from the wheel for every 2 hours of driving. When you have a break from driving get out of the car & go for a short walk & use your feet, some stretches for the calf muscles would also be a good idea.

New Shoes

If you are planning to purchase a new pair of shoes with some Christmas money you may have received from friends or family or if you have a gift voucher, follow these tips below:

- Choose a store that measures foot length and width to ensure best fit
- Buy shoes in the afternoon as the foot may be larger at this time
- Always walk around in the shoes at home on the carpet, checking for comfort and tight spots – if any issues develop take them back!
- When standing you should be able to wriggle your toes
- Ensure the sole of the shoe is firm and bends across the ball of the foot
- The material breathes and is flexible/durable

Exercise

Remember to keep up with your exercise routine. Just because you were out and about the night before is no excuse to sleep in and forego your workout. If you're going away on holidays think about what exercise gear you can take. Your trainers, workout clothes and a skipping rope are a good start.

USE IT OR LOSE IT by December 31st!

Did you know that you lose private health fund benefits each year? Most of our patients are unaware of this, so we thought we should let you know.

NOW is the time to use your entitlement before it's lost forever for treatment in our practice! Choose to use your health fund entitlement today.

Most health funds allow extras claims only for the duration of 12 months, usually from January till December.

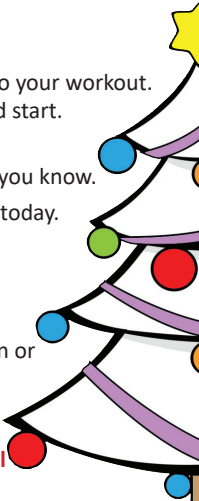
Unused claims generally **DO NOT** carry over to the next year or, so this means...

IF YOU DO NOT USE IT... YOU LOSE IT!

With HiCaps® instant rebates on the spot, you can use your health fund benefit to treat your feet, get an orthotic check-up if they are worn or more than a year old, recover from a foot or ankle injury or get that heel pain sorted and simply be as healthy as you can be!

The **CHOICE** is yours but as I have mentioned earlier - you must **USE IT** or you will **LOSE IT** by 31st December!

Don't miss out on the rebate you pay for! Call our practice today to schedule an appointment and take advantage of the funds still available to you before they run out. Call now!

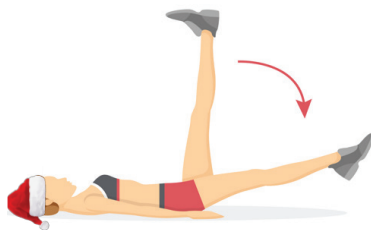


S-T-R-E-T-C-H Of The Month Flutter Kicks

Begin lying flat on your back on a mat, palms face-down underneath your glutes. Core engaged, raise both your legs in a straight line until they're hovering above the floor.

Keeping your abs braced and legs straight, rapidly kick your legs – right and left alternately – up and down, stopping just above the floor each time.

Make sure that your lower back doesn't lift off the floor at any point. Do 3 sets of 20 reps



TOWARDS WELLNESS Staying Active this Christmas

Most Christmas dinners have a significant break before you are summoned to the table again, so take proper advantage of this time by engaging with children if they are present. Children are extremely active. Therefore, propose a game that gets you moving such as the Wii that will have you burning calories in no time. If no children are present, try to stay active any way you can, if it's from helping clean up after dinner or playing a vigorous board game with the family.



10 DOCKER STREET, WANGARATTA

Monday HRFC only
Tuesday 9.00am - 5.30pm
Wednesday 8.50am - 5.30pm
Thursday 9.00am - 5.00pm
Friday 8.30am - 2.30pm

47 - 51 NUNN STREET, BENALLA

Monday 1.30am - 6.00pm fortnightly
Wednesday 9.30am - 4.00pm
Friday 8.30am - 1.30pm

190 MYRTLE ST MYRTLEFORD

Thursday 9:00am - 5:00pm fortnightly

find us on **facebook**

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