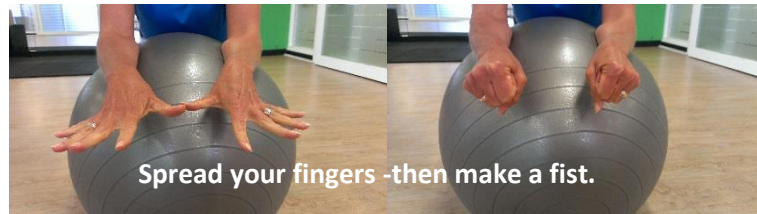


In this edition:

- + How to strengthen your wrist
- + Try a new class
- + Member of the Month
- + Running Events
- + Quick'n easy Recipe

Exercise of the Month: Wrist strength

We all experience a loss of strength in our wrists over time – overuse of one muscle group of your hands and forearms and not strengthening / relaxing the opponent ones. Do a set of 10 repetitions of these moves every day and see strength in your wrist growing and all muscle groups getting to work. Ask us trainers for advice.



Photos by Ira 2017

Class of the Month:



Photo by Ira 2017

Pilates & Pregnancy

As instructors we often hear the question from females if they still can continue exercising and come to class during their pregnancy. As instructors we understand that there are concerns because everything is now new and changing in their lifes.

But pregnancy is not an illness and unless your doctor has concerns and suggests to stop exercising now because of other health problems – then yes, it is still safe and in most cases recommended to continue to exercise. If you haven't been exercising in the past at all and found out that you are expecting a baby now – seek your doctors advice first before starting an exercise routine for your own and the babies safety.

Listen to your body – if you feel unwell, tired and exhausted only do gentle stretches or go for a walk. In cases of reflux, pelvic or joint pain let your trainer know. For most participants a Pilates Instructor can accommodate in giving exercises – there may be given modifications or different exercises but it is still worth moving. While exercising avoid exhausting yourself by paying attention to your heartrate – avoid being breathless and puffed.

This here is one of our beautiful mums to be at 36 ½ weeks pregnant. Nothing stopped her coming and with strong legs, gluts and arms and mobility in her thoracic spine she felt great throughout her whole pregnancy.

Member of the Month: Despina K.



Photo by Jess 2017

What are your current goals?

To make exercise part of my daily routine and help lower my blood pressure.

What keeps you motivated to achieve your goals?

The friendly staff and my gym buddies that come from all different areas of the hospital. They make me laugh!

How would you describe your experience so far here at Healthwise Fitness?

Fantastic, friendly staff always interested in my wellbeing and encouraging me to attend classes. Love the classes as there is variety for me from circuit, Zumba, power bar, step and boxing. All with different teachers and movements for the whole body.

What is your biggest achievement you have accomplished?

Managed to be wiser, patient and fitter with age.

Running Events in Victoria 2017

26th March Edithvale Firebrigade Fun Run 5/10/15 km

www.allfiredupfunrun.com.au

2nd April Mt. Buller Skyrun 22/36/45 km www.run.mtbuller.com.au

9th April Run for the Kids 4.8/14.6 km www.runforthekids.com.au

14th May Mothers Day Classics 4/8 km walk/ run www.mothersdayclassic.com.au

20th / 21st May Great Ocean Road Running Festival 1.5/6/14/21/42/60 km

www.greatoceanroadrunfest.com.au

15th Oct Medibank Melbourne Marathon 3/5.7/10/21/42 km [www.melbourne-](http://www.melbourne-marathon.com.au)

[marathon.com.au](http://www.melbourne-marathon.com.au)

Quick'n Easy Recipe:



Photos by Ira 2017

Method:

Ingredients:

- 3 Celery Sticks
- 2 Baby Cos
- 1 Fennel
- 2 Lebanese Cucumbers
- 1 Apple

4 Serves

Wash and chop vegetables and apple and mix in Salad bowl.

Method for Honey Mustard Vinaigrette:

Mix 1 teaspoon of mild mustard with 1 teaspoon of Manuka Honey in a small bowl. Then add the fresh Squeezed lemon juice and keep stirring until thoroughly fused. Last add 6 tablespoons of Olive Oil and stirr again. Add salt and black crushed pepper.

Dressing:

- tsp Mild Mustard
- tsp Manuka Honey
- Olive Oil
- fresh Lemon juice

Bon Appetit.