
REGENERATE NEWS

Regenerate Physiotherapy has a new home!



Regenerate Physiotherapy has a new home located across the road from the old practice in the new office building near the gym. The Physiotherapy practice has been up and running at the new centre, 1B / 151 Herdsman Parade, Wembley, for over a month...Feel free to pop in and have a look around!

Regenerate Physiotherapy's brand new, air-conditioned Pilates Studio.

Regenerate Fitness and Rehabilitation was created by Adam Floyd in 2004 and incorporated both Physiotherapy and a Gymnasium. The gym moved across the road into it's current centre in March 2011 whilst the Physiotherapy remained. A few years later it was the Physiotherapy's turn to find a new home. The Physiotherapy centre has a welcoming waiting room with air-conditioning which is a luxury compared to the previous centre! There are 4 consulting rooms and a massage room, as well as a large studio Pilates room which caters for Pilates, Circuit and Osteoblast classes.

If you are in need of a Physiotherapist or massage therapist, appointments can be made by contacting reception on 9284 0388.

What's happening at Regenerate Gym?

Fortnightly Programs

Regenerate Gym has introduced fortnightly programs for current members. These programs will be changed by staff every fortnight and will alternate between beginner, intermediate and experienced; strength, weight loss and fitness programs. The programs will be located on the wall at the front desk for you to look at.

The Fortnightly programs are designed as an alternative to your current gym program. If you need assistance with the programs please ask a staff member.

Fitness Pilates classes

Regenerate Fitness and Rehabilitation has introduced new Fitness Pilates Class times. These classes are perfect for those who are ready to move on from traditional mat and equipment Pilates or those wanting a different type of workout. The classes run by the Exercise Physiologists incorporate traditional Pilates with resistance and cardiovascular exercise. These classes have a maximum of 4 participants and each individual has their own personalised tailored program.

Classes with spaces are as follows:

Monday 8am (Ben)

Tuesday 2.30pm (Kelly)

Wednesday 10am (Jo)

Friday 9am (Jo)

Friday 1.30pm (Kelly)

The costs of these classes is \$30 each or \$300 for pack of 10. Health fund rebates may apply if you are covered for Exercise Physiology.

If you would like to enquire about Fitness Pilates please call the gym on 9287 1850.

New Physical Activity Guidelines released

If you are one of the 50% of Australians who manage to fit in the 30 minutes of exercise every day, Well done! But you are probably going to be a little disappointed to know that you should now aim for 60 minutes. Australia's new physical activity guidelines have been released and they are a world first in recommending up to 300 minutes of exercise a week.

- Doing any physical activity is better than doing none. If you currently do not do any physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all days of the week.
- Accumulate 150 to 300 minutes (2 1/2 to 5 hours) of moderate physical activity of 75 to 150 minutes (1 1/4 to 2 1/2 hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities each week.
- Do muscle strengthening activities on at least 2 days each week.



Recipe of the month

Hot Cross Buns

Makes 10 hot cross buns

Ingredients

- 220 whole-wheat flour or whole meal spelt
- 50g rolled oats
- 1 teaspoon ground cinnamon
- 1 teaspoon dried yeast
- 1/2 cup milk (dairy, almond, rice, oat, soy)
- 1 tablespoon honey
- 1 teaspoon vanilla bean extract
- 1/4 cup macadamia nut oil or olive oil
- 1 egg, lightly beaten
- 80g muscatels or raisins
- 50g currants
- Pinch of salt
- White or dark chocolate (for the cross on top)



Method

1. Preheat the oven to 160 ° C
2. Mix the wholemeal flour, oats, cinnamon, yeast and pinch of salt in a mixing bowl.
3. Warm the milk, vanilla, honey just a little until just slightly warm and then pour into the mixing bowl with the egg and oil.
4. Mix the dough for about 6 minutes until it is smooth and elastic. Add the dried fruits and mix through.
5. Cover the bowl with a clean cloth or glad wrap and leave the dough to double in size in a warm place for about an hour.
6. Knock back the dough and tip onto your working bench and knead a little then shape into 10 rolls.
7. Cover lightly and allow to rise for another 30 minutes or until double in size.
8. Bake for 20 minutes until golden.
9. Cool, then pipe a cross made from either melted white or dark chocolate. Enjoy!

Nutritional Information

- Protein: 4.8g
- Carbs: 28g
- Fat: 7.6g
- Fibre: 3.5g
- Calories: 200
- Kilojoules: 838

EXTRA TIPS

Try this recipe with added sun dried figs, apples, walnuts or cherries!

OR

Try them toasted with macadamia nut butter!