



It's A Hard Life!!

During the first weekend of March, I took the whole SPC team to the Hunter Valley for a team retreat. It was an opportunity to get us all together in one place and discuss the next 12 months and how to make the experience better for our clients in the clinic.

We had a wonderful time and did have to celebrate by visiting some of the local wineries, because we like to support small business!! Now, I am not a wine drinker, but I was converted over the weekend with the delicious wines we sampled in the smaller boutique

wineries. If you haven't been to the Hunter Valley, or it has been a while since you have been there, it is certainly worth the visit.

I saw so many new wineries opened up since my last visit many years ago. And it is only 3 hours from Sydney, it is an easy weekend. So do yourself a favour.....

Another little snippet from the weekend, do you know this year we will be celebrating 25 years in Sutherland!! This will be happening in June, so keep your eyes out for the next few newsletters, about how we are going to celebrate! 😊

Foot Care Tips For Travelling (Part 1)

We have a lot of our clients getting ready to travel the world over the next few months, so I thought we should do an article on looking after your feet while travelling.

They say getting there is half the fun. But, if you anticipate long hours on the road, on the tracks or in the air, getting there can be the worst part of your trip.

Chalk it up to tight transportation quarters or cramped positions. In fact, inactivity and sitting in one position for long periods, can stiffen muscles and hinder circulation.

This inactivity can also cause health problems such as swelling of the feet and blood clots in the legs.

Moving and stretching your feet and legs, and wearing proper footwear, can help keep your circulation in check.

Give your feet-and yourself- a little tender loving care with these simple travel tips:

- Stay mobile. On a plane, when the pilot invites you to move about the cabin, take him up on it.

Weird Facts

- Every year, the Moon moves a further 3.82cm from the Earth
- The bullfrog is the only animal that never sleeps
- The Eiffel Tower has 1792 steps.

“Don't worry about what the world needs. Ask what makes you come alive and do that.

Because the what the world needs are people who have come alive”

Howard Thurman





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**“At Sutherland Podiatry
Centre we only have
one goal, which is to
have our clients walk
out the door
delighted!”**

Foot Care Tips For Travelling (Part 2)



Experts recommend stretching your legs and walking around at least once an hour. Request an aisle seat, if possible, to help movement.

- Wear comfortable footwear. While travelling, loosen your shoelaces. To keep swollen feet at bay during long flights, try wearing supportive elastic stockings. Pack supportive shoes and socks, especially if your holiday involves plenty of sightseeing on foot.
- Work out right in your seat. Sprinting through the aisle may be out of the question, but physical activity is possible without annoying other passengers, thanks to simple foot exercises. Rotate each foot several times clockwise and anticlockwise, then repeat. Flex your toes up and down, working your calves. If room permits, try raising each knee, holding it there for a few seconds and tensing your thigh muscle. Or, simply wiggle your toes.
- If a special evening calls for high heels, wear heels no high than 3 cms. Heed our rule of thumb, the wider the heel, the more support. For men, a pair of quality oxfords offers comfort during a night of dancing.
- What should you do with new shoes that haven't been broken in? It's best to leave them at home!



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