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Christmas Holidays are what we want them to be....no matter what circumstances we have...it's thinking of others.



In a 2006 survey Reader's Digest asked a representative sample of 259 New Zealanders 'Just what does Christmas mean to New Zealanders in 2006 - and what do we treasure most?'

The majority of those surveyed said they felt 'good' about Christmas, while 38% went one step further and said they felt 'excited'. A third of those surveyed were not particularly bothered; 10% said they felt apprehensive, and 3% admitted that Christmas made them feel lonely.

[READ MORE ON NZ CHRISTMAS HISTORY](#)

[.READ MORE ABOUT NZ CHRISTMAS STATS](#)

TIPS FOR LESS STRESS OVER CHRISTMAS

- *Create Traditions
- *Make a List
- *Cut Back
- *Shop Off-Peak
- *Use Cash
- *Bring a Plate
- *Plan Ahead
- *Christmas Fuzzies

this issue

Christmas New Year Holidays.....P.1

Golfball massage & other DIY exercise equipment.....P.2

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.

Calvin Coolidge

2017 This Year I Will...

Quit	_____
Start	_____
Visit	_____
Accept	_____
Honor	_____
Make	_____
See	_____
Learn	_____
Give	_____
Eat	_____
Have	_____
Be	_____
Act	_____
Grow	_____
Invent	_____

Learn From Yesterday,
Live For Today,
Hope For Tomorrow.

Happy New Year





Squash, sage & chestnut rolls

- 1 kg butternut squash
- 1 teaspoon dried chilli
- olive oil
- 1 chopped onion
- 4 cloves of garlic, chopped
- ½ bunch of fresh sage, chopped
- 200 g chestnuts
- 30 g Parmesan cheese, grated
- 500 g all-butter puff pastry
- 1 large free-range egg, beaten

Method

- *Preheat oven 200°C
- *Roast 8 pieces deseeded squash 35 to 40 minutes. Cool.*Sauté chopped onion in a drizzle of oil 10 minutes, until soft, then add the garlic, sage and chestnuts for 3 to 4 min, put in large bowl.
- *Remove the skin from squash, mash flesh with the Parmesan, season.
- *Roll your pastry into a 30cm x 45cm rectangle, 5mm thick, cut into 2 equal pieces. *Brush the longer side of each piece of pastry with beaten egg.
- *Put filling along centre, then fold pastry over, using egg to seal edges, press with fork. *Cut into 16 equal-sized pieces and place on a lined baking tray. *Brush with egg, bake 20 to 25 min until crisp and golden.

Home Made Exercise Equipment



Heel Pain

In addition to stopping or reducing running, it's recommended completing this daily regime until the pain subsides.

- 1. Stretch the fascia.** Prop your toes up against a wall, keeping your arch and heel flat so the toes stretch. Hold for a count of 10. Repeat 10 times three or four times per day.
- 2. Roll a frozen water bottle under the arch.** "Stretch first then roll out the arch for 10 minutes; you don't want to stretch the tendon when it's ice cold," Clemens said.
- 3. Freeze a golf ball and massage the fascia.** Roll the frozen golf ball under the foot, starting from the front and working your way back. Put good pressure on each spot—the medial, centre and lateral positions—for 15 seconds before moving to the next area. Then, roll the ball back and forth over the entire foot.
- 4. Foam roll all muscles on the body above the plantar.** "Even tight shoulders can cause the condition, as your arm swing can throw off proper hip alignment and foot strike," Clemens said.
- 5. Bump your arch.** "Get a commercial insole with an arch bump to push on the plantar and keep it from flexing—it doesn't matter if you're an under or overpronator; the plantar needs to be supported and strengthened," Clemens advised. "Wear the support in all shoes, if possible."

[This piece first appeared in the March issue of Competitor](#)

If your foot pain persists come and talk to me, I can help.



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A reward for You, for taking the time for your wellbeing. Each time you have an appointment with me your name will go into the monthly draw. The winner will receive an extra 30 minutes to their next appointment.

'Congratulations' Our December winner is local who cares about his town.



Monday, Tuesday, Thursday 9-5pm
Wednesday 9-6pm
Friday Saturday 9-12pm

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