

# MOVEMENT MEDICINE NEWS

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## THE LATEST AND GREATEST IN OIL: RED PALM OIL

- High in anti-oxidants (helps with immune function and heart health)
- A great source of Omega 3 and Omega 6
- No colours, preservatives or additives
- Free from "bad" fats which raise cholesterol

Carotino is a blend of canola and red palm oil which has the same cholesterol and heart benefits as olive oil. It also has the added advantage of not losing these benefits at higher cooking temperatures (like olive oil does).

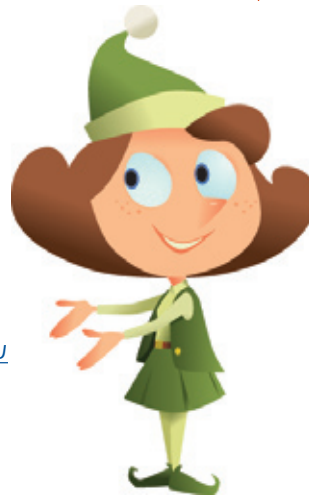
Great for salads, BBQs, stir fries and baking.  
See "The Cook and the Dietitian" for a great recipe idea!

## XMAS PARTY AND AWARDS NIGHT

You are invited to attend an evening in celebration of our customers' achievements, and to spread some Xmas Cheer.

**Date** 18th December  
**Time** 6.00pm onwards  
**RSVP** 10th December to (02) 4227 5622  
or email [admin@movementmedicine.com.au](mailto:admin@movementmedicine.com.au)

Finger Food and Drinks provided.  
Spouses and Family welcome.



## SHOP ONLINE

Now you can buy trusted exercise and health products from the Movement Medicine website with rapid delivery straight to your door. [click here.](#)

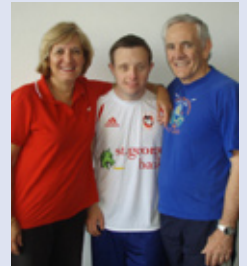
[www.movementmedicine.com.au](http://www.movementmedicine.com.au)

## ON THE TREADMILL WITH...

...The Jego Family

Where health is a family affair.

[read more...](#)



## THE COOK AND THE DIETITIAN



Hot and Spicy Spaghetti

Spice up your life.

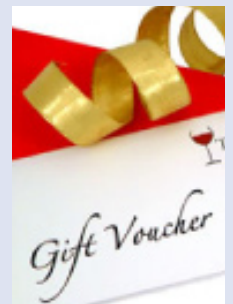
[click here...](#)

## GREAT XMAS GIFT IDEAS

Movement Medicine Gift Vouchers

Inspire your loved ones with a healthy Xmas gift.

[click here...](#)



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