



# MOVEMENT MEDICINE NEWS

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## GOOD NEWS FOR PEOPLE WITH HEART DISEASE

Studies have shown that four hours of moderate intensity exercise per week combined with a healthy diet can halt,

or even reverse, the progression of heart disease in 50% of people.

(Reference: Hambrecht R. et al: JACC 1993;22 (2):468-477)

## HOT OFF THE PRESS!

Movement Medicine in partnership with the Illawarra Division of General Practice was recently awarded a \$2.5 million dollar grant to develop a new GP Superclinic in Shellharbour.

[Click here to see the article published in the Mercury.](#)

## OVER 60s EXERCISE CLASSES

Why not try our special over 60s exercise classes.

Specialising in people who have dicky knees, crook tickers and those who like to have a bit of fun.

Meet at 96 Market Street,  
Wollongong (Legacy House)  
Tuesdays - 11.00am | Fridays - 9.30am

[More information.](#)

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



## IN THE BOXING RING WITH...

...Natalie Vranic!

A story of health and happiness.

[read more...](#)



## THE COOK AND THE DIETITIAN



Lamb & Spinach Salad

A family favourite.

[click here...](#)

## WHAT'S ON

- Eating for Heart Health **17/03**
- Achieving Happiness **19/03**
- Exercise Workshop **24/03**
- Diabetes Workshop **26/03**
- Walking Group **Saturdays**
- Over 65s classes **Tues & Fri**

[contact us to book...](#)

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