

Newsletter

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5 Cold & Flu Hacks to Get You Through Winter

By Ryan Tam

Around this time of year avoiding the cold and flu seems almost impossible. On top of this, those that participate in lots of hard training can be more susceptible to getting sick.

The good news is, there are things that we can do to minimize our chance of getting sick as well as decrease the severity of the cold or flu in the case that we get it.

Here are 5 tips for boosting your body's immune system:

1. Vitamin C

This is probably one of the easiest vitamins to get. Vitamin C is plentiful in citrus fruits (oranges, mandarins, lemons, grapefruit), berries, capsicums, tomatoes and dark green leafy vegetables like kale and spinach. Whilst having enough Vitamin C doesn't necessarily stop someone from getting sick,

there is some research suggesting that it could reduce the length of time that someone is unwell.



2. Plenty of Vegetables

Having a good variety of vegetables within the diet provides the body a range of antioxidants, vitamins and minerals. This will likely be better than trying to supplement individual nutrients or reaching for a 'supergreens' mix.

Aim for 5 serves (5 cups of salad vegetables, or 2.5 cups of cooked vegetables) throughout each day. When it comes to vegetables, eat the rainbow - the more colours the better.

3. Get Enough Sleep

It is recommended for the average adult to have between 7-9 hours of sleep each night. Whilst a very small portion of people may be able to get away with less, not getting enough sleep causes stress on the body, which can result in the body being less able to fight off colds or bacterial infections. Treat yourself to a sleep in!

4. Put in Enough Fuel

Carbohydrates are the main fuel for the body. Having enough fuel in the body also plays a role in stopping us from getting sick. People on a low carbohydrate intake along with intense exercise regimes causes the release of stress hormones that can be responsible for depressing immune function making them more likely to catch

a cold or the flu. Make sure to fuel properly before, during and after exercise to minimize the chance of getting sick.

5. Eat Probiotic Foods

Probiotics contain good bacteria that are responsible for keeping the digestive system healthy. Research has shown that having enough good bacteria in the digestive system can be protective against infections as well as help to fight off the cold and flu more quickly. Try to get more fermented foods and drinks into your diet - Yakult, kimchi, sauerkraut, pickles, yoghurt, sour cream, miso, kefir, kombucha..



Ryan Tam is an Accredited Practising Dietitian & Accredited Sports Scientist.

Practitioner Spotlight - Malena Hall, Exercise Physiologist



Malena is an Accredited Exercise Physiologist and Sports Scientist with Exercise and Sports Science Australia (ESSA).

Malena's goal as an Exercise Physiologist is to facilitate long-term well-being through client education, ensuring they are equipped with all the tools necessary to continue beyond the program.

With a strong sporting background in football, Malena understands what it takes, physically, emotionally, and mentally, to help people through their recovery journey.

She is a registered provider with Medicare Australia, the Department of Veteran Affairs, Australian Defence Force and Work Cover NSW.

Malena has a passion for exercise prescription and rehabilitation of musculoskeletal injuries including pre/post-operative care, and strength and conditioning.

Services

Sports and Exercise
Physicians

Physiotherapy

Podiatry

Remedial Massage

Exercise Physiology

Nutrition

Sports Psychology

Rehabilitation Physician

Orthopaedic Surgeons

Quick Quiz

- Which sport causes the most head injuries?
 - Baseball
 - Soccer
 - Cycling
 - American Football
- Where is the largest tendon in your body?
 - Neck
 - Back
 - Ankle
 - Shoulder
- What part of your body does plantar fasciitis affect?
 - Knee
 - Foot
 - Ankle
 - None of the above

Answers

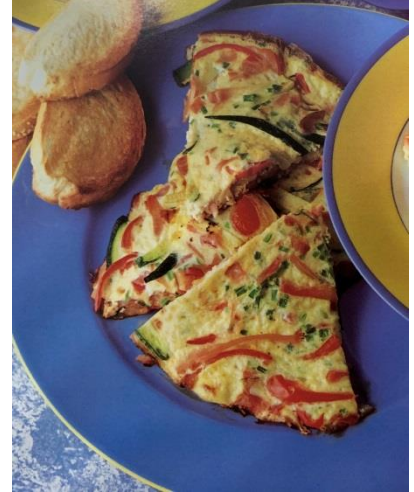
- (c) Cycling
- (c) Ankle - Achilles
- (b) Foot

Recipe - Fast Frittata

Serves: 2
Time to make: 15 Minutes
Diet Information: Gluten Free
Low Fat
Low Carbohydrates

Ingredients

2 slices reduced fat & salt ham, chopped
½ red pepper, sliced
1 x tomato, chopped
1 x small zucchini, cut into strips
2 x eggs, lightly beaten
¾ cup reduced fat milk
½ teaspoon mixed herbs OR
1 tablespoon of fresh herbs of your choice
Freshly ground black pepper (to your taste)



Directions

Place ham, red pepper, tomato & zucchini in a small non-stick frying pan and cook over medium heat for 2-3 mins, or until vegetables are soft.

Place eggs, milk herbs and black pepper in a bowl and whisk to combine. Pour egg mixture over vegetable mixture & cook over a low heat for 3-4 mins or until frittata is set.

Place frittata under a preheated hot grill and cook for 1 min or until top is browned. Serve hot, or leave to cool and put in your lunchbox for a delicious and healthy lunch.

Nutrition Info (per serve)

Energy:	615kJ	Calories:	145cal
Carbohydrates:	8g	Fat:	6g

Image above is a guide only.

Original recipe published in the "The Taste of Fitness", (with kind permission of Dr Helen O'Connor)

Blister Prevention Tips

1. Socks

Ensure your socks are made out of a combination of material; synthetic / cotton is a favourable blend. This ensures appropriate wicking of moisture. Two layers can be useful to reduce friction.

2. Moisture Control

Use spray-on antiperspirant deodorant on your feet! This ensures minimal sweating which reduces friction blisters. And always change out of wet shoes and socks.

3. Recognise Hot Spots

Hot spots are an irritated area before a blister bubble is formed.

Bony prominences are prone to blisters. Protect these areas, if possible, with tape.



4. Shoes

Make sure your shoes are fitted well at a reputable shoe store and where possible, consult with a podiatrist for advice. It can make all the difference to reduce the likelihood of blisters and injury.

5. Taping

Taping with a combination of hyperfix and sports tape provides a barrier between your footwear and skin, reducing friction. Practice different taping techniques to see what works best for you.

6. Toughen up your skin

Spray a 70/30 mix of methylated spirits (70) and water (30) onto your feet after showering at least 6 weeks prior to your activity / race.



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