

OCTOBER IS...

MUSCULOSKELETAL HEALTH

AWARENESS MONTH



Muscles Bones Joints



20 October 2024 | Issue 90

Dear MHA Supporters,

It's World Osteoporosis Day and time to shine a spotlight on a disease that affects over 1.2million Australians and is a major cause of disability particularly in women. Osteoporosis is a bone weakening disorder that can result in broken bones.

Often people living with osteoporosis are so concerned about suffering a fracture that they start to avoid activities that may in actual fact help their bone health. Activities like movement and exercise. Exercise that build muscle and bone strength are incredibly important for people living with osteoporosis. Finding the right sort of exercise that suits you, gets and keeps you moving and helps to build balance and strength is critical. Do you know a great type of exercise to get people living with osteoporosis moving? Chair-based exercise!

Only 11 days to go until we have a crack at writing our names in the history books! To achieve this, we need your help. Please register to be part of the **world record attempt at the Biggest Chair-Based exercise class ever held**. Lead by the incredible Tiff Hall at the Rippon Lea Estate in Melbourne, join us in person or online from anywhere in Australia and let's make our musculoskeletal health a top priority.

Everyone it's time to Get READY - SIT - MOVE!

Helen Jentz

Chief Executive Officer

The World's Biggest Sit In

epijoint. proudly presents

THE WORLD'STM BIGGEST SIT IN

Ready | Sit | Move

An initiative of Musculoskeletal Health Australia

11 DAYS TO GO

There's still time to register to take part in a record attempt for the largest chair based exercise class.

31 October 2024

REGISTER TODAY



Ready | Sit | Move

Meet our WBSI Instructor



Announcing our World's Biggest Sit-In class instructor....Tiff Hall
Tiff is the founder of MyTXO.com, a celebrity personal trainer and sixth dan black belt.

Start building your fitness



Access our range of free chair-based exercise videos to start your training for The World's Biggest Sit In.

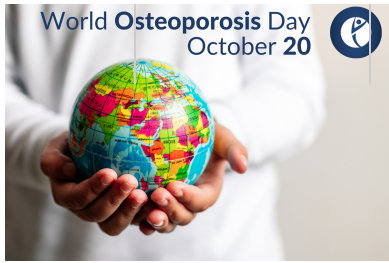
RESERVE YOUR SEAT

In the Know

Say no to fragile bones today

Boost bone health with exercise

Relieve pain, improve intimacy



Today is World Osteoporosis Day. Learn how to keep your bones healthy.



Read how to keep your bones strong to prevent falls and fractures.



Increase your awareness of the impacts of musculoskeletal pain.

Calcium and Vitamin D for bone health



Keep your bones strong by providing them with calcium – see how



I'm walking on sunshine – and don't it feel good!

Walking can help manage pain, lift your mood and improve bone & joint health

This week's recipe: Tofu Appetiser



Packed with a protein punch. Why not give this tasty tofu dish a try this weekend

Tune in!

Menopause & musculoskeletal health



Wed 23 October
12.30–1.30pm with
Dr Sonia Davison
Register now

Pain & perception: A closer look at why we hurt



Thu 24 October
7.00–8.00pm with
Dr Dan Harvie
Register here

Now available online: Innovations in OA treatment



Prof Flavia Cicuttini presents this insightful webinar for health professionals

Move How You Feel
with **epijoint**.

Learn more

Available at
CHEMIST WAREHOUSE

epijoint
Joint Health
Relieves and eases aches, pain & discomfort.
Relaxes and reduces muscle spasms.
Improves overall health for soft cartilage production.

100% EPAALP
120 Soft Capsules



Copyright (C) | 2024 | Musculoskeletal Health Australia | All rights reserved.

PO Box 130 Caulfield South, VIC 3162

P: 03 8531 8000 ♦ E: info@muscha.org

B.A.M. Helpline 1800 263 265

muscha.org

Why am I receiving these emails?

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)