

OCTOBER IS...

MUSCULOSKELETAL HEALTH AWARENESS MONTH



Muscles Bones Joints



27 October 2024 | Issue 91

Dear MHA Supporters,

With only **four days to go** there is still work for us all to do so that we can beat the world record for the largest 30-min chair-based exercise class ever held. Building awareness and understanding takes a village, as they say, and with over 7 million Australians whose quality of life is impacted by the burden of musculoskeletal disease we need to pull together to make The World's Biggest Sit-In a sit down success.

So what do we need? Well, 'bums' on seats (to not put too fine a point on it!) We need everyone - those who are living with a musculoskeletal condition, those who love and care for them, those who want to maintain good musculoskeletal health, health care professionals who work tirelessly to support and provide the best possible health services to people living with these conditions...basically we need everyone to help shine a **BIG BRIGHT SPOTLIGHT** on why our musculoskeletal health is so important.

Being part of the action is easy. We need you to register at www.wbsi.org.au. Join us and our incredible workout instructor Tiff Hall in person at Rippon Lea Estate or there's also an option for you to beam in via zoom.

We need your help to spread the word. Get your friends, family, workplace, anyone and everyone you know involved.

We need to **ACHIEVE THIS RECORD** and make musculoskeletal health an absolute top priority for all Australians to drive better health outcomes for every body.

Join us because it is time to get READY - SIT - MOVE!

Helen Jentz

Chief Executive Officer

The World's Biggest Sit In

epijoint. proudly presents

THE WORLD'S BIGGEST SIT IN™

4 DAYS TO GO!!

10.30am AEDT
In person or online
Thursday 31 October 2024

Registration is free

wbsi.org.au

Ready | Sit | Move

An initiative of Musculoskeletal Health Australia



Ready | Sit | Move

We're excited to share that there are a growing number of The World's Biggest Sit In events happening nationally. If Bendigo, Hopetoun or Fingal is local to you and you want to be part of the fun, click on their link and register.

Get active with the
Hopetoun Sitters



Hopetoun
Neighbourhood
House, 75 Lascelles
Street, Hopetoun

Bend it with the
Bendigo Benders



St Peter's Church Hall
63 High Street
Eaglehawk

Participate at Peninsula
Hot Springs



140 Springs Lane,
Fingal, Mornington
Peninsula

Water: the elixir of life



The old adage of eight
glasses a day is not
based on any
scientific evidence

Work out with a star



Are you ready to get
moving alongside TV
personality Tiff Hall?
Register now.

Food for thought



Our bodies are able to
work best when we
eat a wide range of
healthy foods.

Tune in!

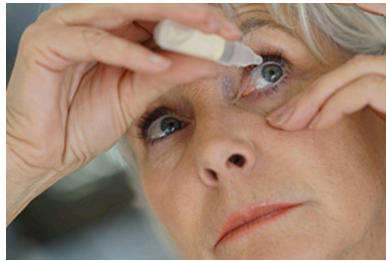
Available to watch now:
2024 Koadlow Lecture

Learn about Sjogrens in
this upcoming webinar

Recently added to our
YouTube channel




Lifestyle choices that can impact musculoskeletal health presented by Professor Rana Hinman.



Join expert Professor Alberta Hoi as she explores Sjogrens, its diagnosis, and how it's managed.




Hear from our friends at Your Body Hub on how an exercise physiologist can support your musculoskeletal health.




Move How You Feel

with epijoint.

Learn more



Available at



Toss it all together in this week's recipe



Savor the deliciousness of our latest stir fry featuring tender soba noodles, crispy tofu, and fresh vegetables all tossed in a savory sauce.

Meet the siblings who are creating awareness



Aidan and Brooke had never heard of psoriatic arthritis until their diagnosis six years ago. This is why they're sharing their story with you today.

Every 100g tube sold helps MHA



Now is a great time to try Zea Pain Relief Cream. 50c from every 100g tube sold will be donated to Musculoskeletal Health Australia in October.

