

THE RATTLER

For everything you **MUSCHA** know



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Welcome to the latest issue of The Rattler!

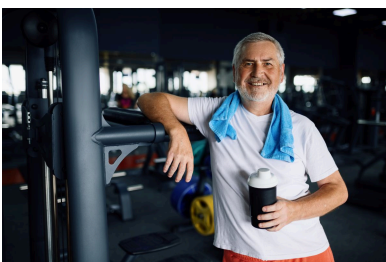
We are fast careening towards the end of the year where we hope you can relax and enjoy time with family and friends. In this issue we have included some tips and tricks, an easy recipe and some great chair-based work outs to help you thrive this holiday season.

It also signals the launch of our end of year appeal. Our amazing Chair, Jade Rowarth, has generously shared the story of why she joined MHA and how we helped her Mum after she was diagnosed with osteoporosis at age 46. Please read Jade's story, and make your donation so that together we can continue to help people in need.

Thank you for your amazing support! We couldn't do it without you.

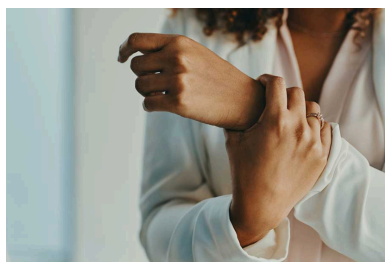
Helen Jentz
CEO
Musculoskeletal Health Australia

Ageism and musculoskeletal health



Taking an active role in your musculoskeletal healthcare can help improve your quality of life.

US article: Why women are at higher risk of OA



Women may be more likely to develop the disease for reasons they control, and some they can't.

Are you ready for the holidays?



Living with a musculoskeletal condition? Try our handy tips to make your festive season more enjoyable.



Your support can change lives

The positive impact that MHA has on the lives of people with musculoskeletal conditions is something you can be part of

Please

DONATE

Low fuss, low cost and delicious!



EASY PEASEY FISH TACOS

- Ingredients**
- 4-6 crumbed fish fillets (380g packet)
 - 6 corn tortillas
 - 3/4 cup sour cream
 - 2-3 tbsp siracha
 - Lime wedges
 - Pickled jalapenos to serve
 - Shredded cheese
 - Lettuce

- Method**
1. Cook the fish as per the instructions on the packet
 2. To make the pink sauce combine the sour cream and siracha
 3. Heat the tortillas in a pan for 1-2 minutes
 4. Assemble the tacos

Online chair-based exercise videos

NO COST ON DEMAND CHAIR-BASED EXERCISE VIDEOS FOR ALL LEVELS OF FITNESS

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