

THE RATTLER

For everything you **MUSCHA** know



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2025 has well and truly kicked off! Getting back into the 'swing' of things can be challenging. So the MHA team have pulled together a fantastic edition of The Rattler to help you get your year moving in a great direction.

At the start of every year most of us make ourselves a promise to eat well and get (or stay) active. So what are the 'little' things we can do to help us get and keep moving, and feeling good (even when we might not feel like it)?

Why not start the year with thinking a little bit differently about movement and exercise? How about becoming a champion at [chair based exercise](#) as a starting point - you can seat yourself up to be active and do it at your own pace and level before moving on to other great exercise ideas. Check out this [article](#) that is sure to inspire your movement! After a challenging chair based workout we of course need some good sustenance! So check out our delicious [chicken taco recipe](#) along with our [tips](#) that will help take the hassle out of cooking!

Let us know how you go with championing the chair and your cooking efforts! [Send through](#) pictures of your chicken taco creations and you rocking your seat to the groove of your chair based workouts! Until we all Rattle again next month, make sure you stay up to date with all MHA's activities via our socials (all the links below) and check out our great videos on our [YouTube channel](#).

Helen

Helen Jentz
Chief Executive Officer

Stay cool with these essential summer survival tips



We're well and truly into the swing of summer - here's to making the most of it.

Started the new year with the intention of becoming more active?



With patience, persistence and the right strategies, 2025 can be the year you achieve your goal.

Our team's top tips to help make cooking easier



Things you can do to take the hassle out of cooking when you're not feeling your best.

Are we there yet? Not quite, but you can help



We're so close - help us reach our target before time runs out!

Delicious, nutritious chicken tacos



Perfect for a wholesome meal that's satisfying and easy to make.

How children describe their pain experience



A review shows children need multiple pain management strategies.

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Tell your story and help others by sharing your lived experience

We're taking suggestions on topics for our 2025 consumer webinar series



For more information, please email
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