

THE RATTLER

For everything you **MUSCHA** know



19 April 2025 | Issue 98

#WBSI2025

@lukehines

We are going to let you in on a little secret. We are giving you plenty of advanced notice. We need you all to mark in your calendars **Sunday 26 October 2025**. It's a really important date. We're not going to tell you why...at least not just yet, but over the next few editions of The Rattler...ALL WILL BE REVEALED!

Now we have your attention...this edition of The Rattler! We all recognise (and there is plenty of research and evidence to support) that movement and physical activity is absolutely essential to our musculoskeletal health. But what about...groan...nutrition? What should we eat...how should we cook it and what are the quickest and easiest ways to eat well whilst also enjoying what we are eating?

One way is certainly to try Shalini's fried rice! Or maybe check out some of the great recipes from MHA's incredible friend, the amazing Luke Hines...very tasty!

Also, don't forget to help us...help you and please give us 10 minutes of your time (and expertise) and complete the quick survey on our B.A.M. Helpline.

Until the next edition

Helen

Helen Jentz
Chief Executive Officer

Simple tips to make
cooking easier

Perfect on it's own or
served as a side dish

EVOO – Rich in anti-
oxidants and vitamins



Take the hassle out of cooking when you're not feeling your best

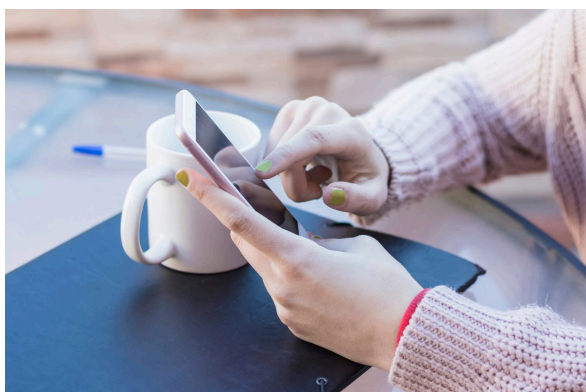


Shalini's fried rice will have fussy eaters asking for seconds!



Does it reduce arthritis inflammation or is it just another fad?

Feeds and Facts



Instagram & TikTok offer a wide range of content related to health and nutrition. Mikayla shares how to smart scroll your way through nutritional information

We want to hear from you



We invite you to take part in a survey that will inform changes to our existing Helpline to better meet the needs of people with back pain



Your legacy for hope

You can ensure future generations live free from the negative impacts of musculoskeletal conditions by leaving a gift in your Will.

To learn more, please read our Wills and Bequests booklet



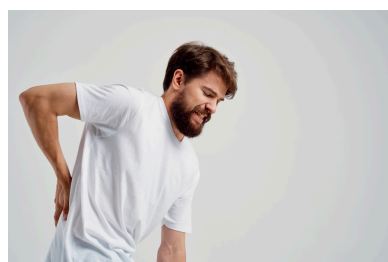
We welcome our newest CAC member



New raffle now open. Win a Toyota Landcruiser



Relief for back pain without using medicine?



Meet Xenia, qualified
dietitian and senior
scientist living with PsA

Get your \$10 ticket today
for your chance to win a
\$250K prize pack

Our friends at The
Conversation look at
the evidence

Nutrition for musculoskeletal health



Accredited Practicing Dietitians Dr. Erin Clarke and Hailey Donnelly share essential information about key nutrients for you to consider

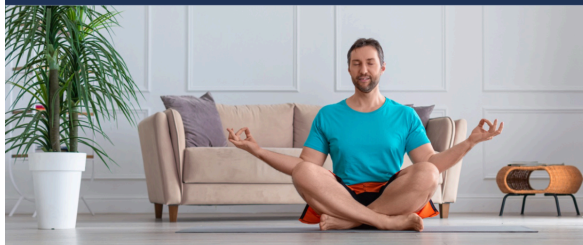
Australian SPIne REGistry (ASPIRE)



MHA is excited to be working alongside Emeritus Director and CI Prof Peter Choong AO and others in a recently announced MRFF grant. [Read more](#)

Research

Do you have chronic musculoskeletal pain?



This study has been approved by the Human Research Ethics Committee (HREC) of the University of Sydney [HREC Approval No. 2024/HE000296].

If you live with chronic pain and use health and wellness practices such as mindfulness meditation, researchers at the University of Sydney want to hear from you. [Learn more](#)



Join a study on chronic pain and persistent post-concussive symptoms

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. HREC Project Number: 520251213861214



Help build understanding of how these conditions affect thinking skills such as memory and problem solving. [Get involved](#) or email keefe.ip@hdr.mq.edu.au for more information

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