

THE RATTLER

For everything you **MUSCHA** know



17 May 2025 | Issue 99

May is all about volunteers AND moving! What a great combination for this month's The Rattler!

It is Exercise Right Month which is focussed on getting people moving in a way that fits their abilities, fitness levels, conditions and health goals. This combined with the fact that from 19-25 May is National Volunteer Week and this edition is jam packed with fun ways to get moving delivered by some of our amazing volunteers.

Check out the great take on movement and eating well from two of our volunteers, Kitty and Rob. Not to mention Kitty's delectable and perhaps somewhat decadent Duck Breast Salad, great for a sunny Autumn brunch with friends!

May(be) it's also a great opportunity to introduce some new movement activities into your weekly routine (in preparation for the World's Biggest Sit In on 26 October... just thinking out loud!) and get active with some great chair based workouts that are fun and challenging!

Finally, as we do every year, our 2025 Tax Appeal has kicked off. We have an ambitious target to reach! \$100,000 to help us continue to deliver and grow our essential and FREE national Back Pain, Arthritis and Musculoskeletal Helpline (B.A.M Helpline). Giving a little or giving a lot, it all helps MHA to continue to support ALL Australians and their musculoskeletal health.

Until the next edition
Helen

Helen Jentz
Chief Executive Officer

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Your help is urgently needed.

Please

DONATE ❤️

*Donations \$2 and over are tax-deductible

with musculoskeletal pain.

Your donation can improve access to care.

By making a [donation today](#), you can ensure people living with musculoskeletal disease have free access to a range of healthcare professionals on our Helpline to receive the specialised care they desperately need.

Happy together: The benefits of exercising with friends



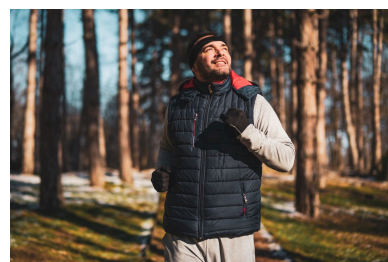
Have you noticed how much more fun and rewarding exercising is when you do it with others?

An insight to chronic musculoskeletal pain and your mental health



Explore msk pain and psychological distress with psychologist Jenny Koadlow and Makakiwe Masuka

Stay active this winter with our tips to help beat the cold slump



Discover practical ways to get or stay active and motivated during the cold winter months—indoors or out

Your Lived Experience is Valuable

Being involved with research is a way that you can:

- 1- Have a significant and lasting impact
- 2-Gain positive personal benefits
- 3-Be compensated for your time, knowledge, and lived experience.



Click [here](#) to find out how you can be involved



Meet Kitty - Accredited Dietitian and sushi lover!



Have a 'quack' at Kitty's delicious Duck Breast Salad



How I built an exercise routine that works for me



National Volunteer Week is the perfect opportunity to shine a spotlight on one of our amazing volunteers

This light and tasty salad is packed with nutrients. It's a great way to treat yourself to something special

Living with palindromic rheumatism, and other msk conditions hasn't stopped CAC member, Rob, from being active



Please submit your questions on this popular topic for our presenter Prof. Flavia Cicuttini by **1 June**



Download your copy of our popular e-book for tips and strategies on managing pain



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