

**Merry Christmas & Happy New Year from our team to you & yours**



## Tips For An injury free Christmas



- Think before you try and show off to the kids how well you can ride their bike, jump on their tramp or use their skateboard – your ability may differ from your enthusiasm
- Avoid sitting for long periods of time – take note of your posture when chilling on the couch
- Avoid carrying heavy shopping – use a trolley
- Stay active – know your limits & shopping steps do count!
- Eat well but try & choose healthy options & limit the sugar
- Keep hydrated – not always with alcohol
- Laugh lots (great ab workout)

If you do suffer a sprain or strain immediate pain management is essential. Rest, Ice, Compress, Elevate.

Call SIC on 09 478 0578 so we can get you back in action.

## STUCK FOR CHRISTMAS GIFT IDEAS?



**\$40**



**\$15**



**\$15**



from **\$20**

Also available in pink



**\$10**



**\$110**



**\$3**



**\$15**



**Sports Massage  
vouchers available!**



**We can also put gift  
packs together for you!**

Call us on 09 478 0578 or buy online [www.SportsInjuryClinics.co.nz](http://www.SportsInjuryClinics.co.nz)

## EASY CHRISTMAS RECIPES



**RHUBARB  
& MINT  
COCKTAIL**



**BEEF,  
WATERCRESS  
& BEETROOT  
SALAD**



**CHRISTMAS  
BARK**

*From the team at Sports Injury Clinics we wish you  
a very Merry Christmas & a Safe and Happy New Year*

**We are open throughout the holiday season  
(Closed on Sundays and statutory holidays only)**