

A Successful 2016 Wyndham Resorts & Brisbane Airport Corporate Surf Challenge.

We were thrilled to once again be included as a charity partner at the inaugural Wyndham Resorts and Brisbane Airport Corporate Surf Challenge. Proudly supported by Wyndham Ambassador Layne Beachley, the event saw teams come together with all funds raised on the day supporting the Foundation. Congratulations to the team from Stellar Recruitment who were the overall winners.

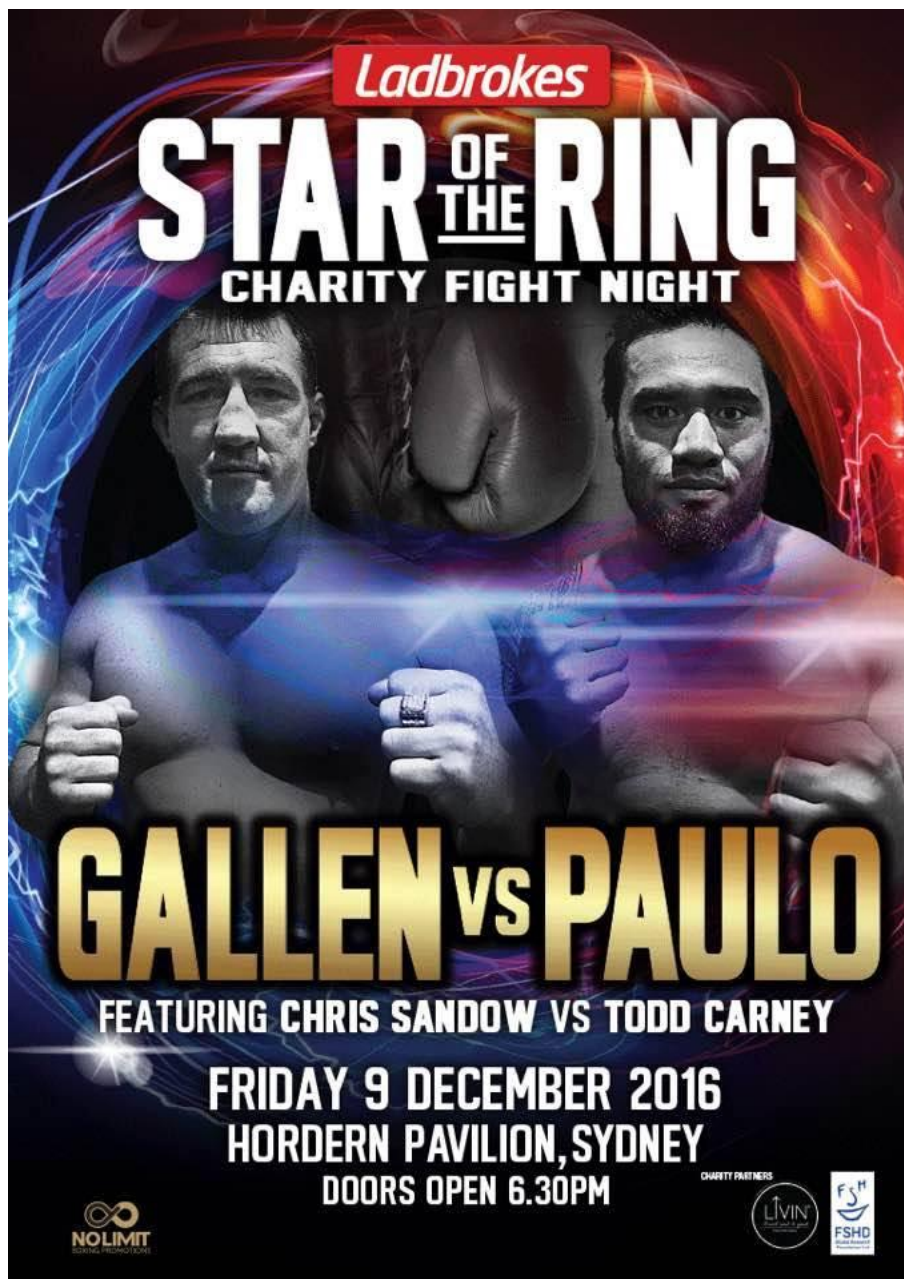
Thank you to both Wyndham and Sydney Airport for their continued support of the Foundation and to all who took part in this incredible event.



Star of the Ring Charity Fight Night. Tickets on Sale Now!

Tickets are nearly sold out for Ladbrokes Star of the Ring charity fight night. This ultimate fight night will see FSHD Ambassador Paul Gallen shaping up against Junior Paulo as the headline fight of the evening. Also featuring Chris Sandow vs Todd Carney, this is an event not to be missed.

We are proud to be one of the charity partners of this event. Tickets can be purchased [here](#), or by contacting the Foundation.



FSHD Global Science Blog: Fatigue.

A major issue for FSHD

FSHD is a condition that affects the function of skeletal muscles. However, this description does not include the myriad of other symptoms that people with FSHD are forced to deal with as the condition progresses.

Fatigue is one of these symptoms. Fatigue is defined as a feeling of constant tiredness, weariness or lack of energy that doesn't go away when you rest. This is distinct from the feelings of tiredness that everyone experiences in the course of their daily lives and fatigue can be severely debilitating.

A new [paper](#) has explored the experiences of people with FSHD who are suffering with severe fatigue. People in the study described their experience of fatigue as 'overwhelming and unpredictable'. They also described being afraid of when fatigue might strike and found it difficult to predict when they may be seriously affected.

As with many aspects of FSHD the cause of fatigue is not well understood. Tiredness may come from muscle weakness, overuse of weakened muscles, stress, psychological stress or other factors such as work environment or financial pressure.

In recognition of the huge effect that fatigue has on the lives of people with FSHD the authors of the study suggest that this should be factored into any management strategies. Therapies such as aerobic exercise training and cognitive behavioural therapy have been shown to reduce the effects of fatigue and some people may find these therapies helpful. Speak with your health professional about getting access to exercise physiology, psychology or physiotherapy services.



Get Involved.

It has been wonderful to see our community getting involved with the Foundation to fund raise. Whether it is raising money or awareness, no effort is too small. To find out how you can be involved with the Foundation, or to organise your own fundraiser, please [contact](#) Stephanie at FSHD Global

WA State Branch Bunnings Sausage Sizzle Fundraiser

Congratulations and thank you to the FSHD Global WA State Branch for hosting their very first Bunnings sausage sizzle! Held on Sunday 20th November at the East Victoria Park Bunnings WA, the community effort was successful in raising over \$600 for the Foundation. Led by FSHD Global State President Claire Anderson, the group pulled together and organised a successful day of fundraising and awareness of FSHD. We are truly inspired by their sense of community and commitment to the Foundation and look forward to hearing about their next event!



Exercise with Pilates.

This month Victoria Physiotherapy Group uploaded 15 short videos of FSHD Ambassador Claire Anderson working with her physio Emily. With the hope to inspire others to get active, these videos showcase the weekly Pilates exercises Claire performs. Watch their introduction below with Claire talking about why Pilates is helpful to her. It is important to note that every individual is different, and that you should talk to your health care team before embarking on your own exercise regime.



Watch more short videos of Pilates exercise [here](#).

