

Healthy Living

IPSWICH

Becoming the Healthiest Community

An initiative of the Ipswich Hospital Foundation



Low fat, low sugar, sugar free, artificial flavouring free, low carb, high GI, organic ... The labels are endless with different ones plastered on nearly every product on your grocery list. So how do you decide which one is the best for you? How do you read those big fancy, 'look at me I'm the winner' labels and pick the one that is going to benefit your health and wellbeing?



Grab an IHF Membership card for UNLIMITED Fit4Life classes fortnightly!

See page 2 for details.

Childhood obesity program

Quitting smoking tips

Easy exercise ideas

Healthy Living Ipswich contributor Sabra Manttan explains often confusing food labels. Page 4.

Making sense of food labelling

Image by Talitha Rice Photography





Look before you eat

Several years ago Kath & Kim produced one of my favourite episodes, *99% Fat Free*. The Doctor told Kev and Kath that they needed to go on a fat free diet. Unfortunately, they did not read the food labels and even though they ate fat free food, they did not eat low calorie foods. In fact, it was the opposite and they ate abundant amounts of fat free foods and at the end of the episode they looked like sumo wrestlers. They didn't 'look before they ate'.

It does pay to 'look before you eat'. I admit I do not always do this with packaged foods. It is sometimes not easy, as the writing is small, eyes are weary and I just want to get home. Reading labels can be very informative though, even if you only concentrate on 'Energy'; 'Fats'; and 'Sodium', and examine percent of daily intake and average per 100grams. I would urge you to examine at least a couple of labels each time you shop. If you are a shopper who buys certain items consistently you will soon know what foods are in your pantry and what foods are better for you. It sounds hard but it really isn't and can be of great benefit to you. You can almost play a little game and take a couple of identical items and compare, selecting the best one for you and your family.

I want to thank the Moggill Mt Crosby Lions Club for putting on the Heritage Bank Ipswich 100 Bike Ride. They not only put on a great ride annually, they support the very popular and growing sun protection program of



the Ipswich Hospital Foundation. Keep on the alert for the other fantastic healthy events coming up - Launch of the IHF Membership; Launch of the new IHF website www.ihfoundation.org.au; Lunch for Ladies; Ipswich Hospital Foundation Race Day with the One Mile Gift; Trivia Night; Breakfast for Blokes and of course the registration for the Park2Park.

Hope to see you at these events and that you continue to take advantage of the Healthy activities of the Ipswich Hospital Foundation.

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428
E: healthyliving@ihfoundation.org.au | W: ihfoundation.org.au

Get Fit4Life for less with IHF

Ipswich Hospital Foundation is excited to introduce a brand new membership opportunity. For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to Become the Healthiest Community in Australia.

IHF staff will be roaming future Fit4Life sessions to help participants sign up. Look out for us!

Visit www.ihfoundation.org.au to sign up.



Community Health Chat

Have you attempted to quit smoking?



Yes I quit about a year ago. Once I saw the price increase I threw out half a packet and went cold turkey. **Christopher**



Yes I quit about 10 years ago. I went cold turkey. I urge all smokers to quit. You don't know how hard breathing is as a smoker until you stop! **Darren**



Yes, I quit for 8 weeks with the help of medication but then I had an injury to my back which was very stressful. I am ready to start again - I visited the doctor today actually. **Karen**



Yes, I quit for 17 years when my kids were born. **Chris**



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Qld Police provide safety training to IHF volunteers

Ipswich Hospital volunteer base are fully fledged personal safety gurus after attending the Ipswich District Crime Prevention Unit's Personal Safety Strategy session.

Ipswich Hospital Foundation assumed the management of Ipswich Hospital volunteer service in November 2014. Since November, 31 volunteer staff have taken up the opportunity to learn First Aid and CPR.

The Ipswich District Crime Prevention Unit regularly run Personal Safety Strategy sessions in the community to a wide range of community groups and audiences.

Ipswich District Crime Prevention Coordinator Sargent Nadine Webster said we should keep our personal safety in mind regardless of if we are at home, in the community, traveling or in the work place.

"We all have a right to feel safe all of the time!"

"It is important that whilst we have this right we recognise our responsibilities in keeping ourselves and others safe as well."

"By thinking about our safety and being proactive in any environment we can reduce the likelihood of an incident or threat to our safety occurring."



IHF Volunteer Coordinator Judy Andrews, Sgt Nadine Walker and IHF volunteer Bev Coward attended the recent Crime Prevention Unit Personal Safety session.

"It is the old adage, prevention is better than the cure," she said.

Ipswich Hospital Volunteer Coordinator Judy Andrews said she applauded Sargent Webster for the interest and commitment she showed to the volunteer team.

"Nadine spoke passionately to our volunteers about working within their guidelines and expertise, sticking to their job to ensure their own safety and knowing your 'network'."

"I found it particularly interesting to learn about the importance of having a personal safety plan for home and work situations."



"There is definitely lessons be learnt about the importance of managing your personal safety at work."

"Most importantly I would encourage our volunteers to remember to use your 'network' of friends, family, and counsellors

as people to speak to if something has gone wrong."

Inquiries for these sessions can be made by contacting Sgt Nadine Webster at the Crime Prevention Unit on 3817 1351.

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 **walkerpendergroup**



Making sense of food labelling

Cover feature



Healthy Living Ipswich contributor Sabra Manttan has a passion for food. Not just any food but healthy food that's fun to make and delicious to eat. Sabra is a qualified and practiced journalist who has returned to University to study Nutrition. Keep reading *Healthy Living Ipswich* magazine for more of her healthier eating tips in coming months.

Find out more at facebook.com/healthylivingipswich

Low fat, low sugar, sugar free, artificial flavouring free, low carb, high GI, organic ... The labels are endless with different ones plastered on nearly every product on your grocery list. So how do you decide which one is the best for you? How do you read those big fancy, 'look at me I'm the winner' labels and pick the one that is going to benefit your health and wellbeing?

Regardless of whether your health philosophy lies with the sugar free, the low fat or the organic supporters, the best thing you can do is ignore that big fancy label and head straight to the ingredients list. The Food Standards of Australia and New Zealand (FSANZ) stipulate that all products are to list their ingredients in descending order. For example, you may find that the 'low fat' yogurt you are planning on having for morning tea has sugar listed at the beginning, before any dairy products, or even just within the first quarter of its ingredients. It is important to check the ingredients list to make sure you are not being misled. The fat content may be low in your yogurt, as its label proudly declares, but the sugar content is clearly high. So is the low fat yogurt really the healthiest option for you? What percentage of your daily sugar intake is your morning tea alone taking up? Sometimes though the ingredient list can be just as confusing as the fancy label on the front.

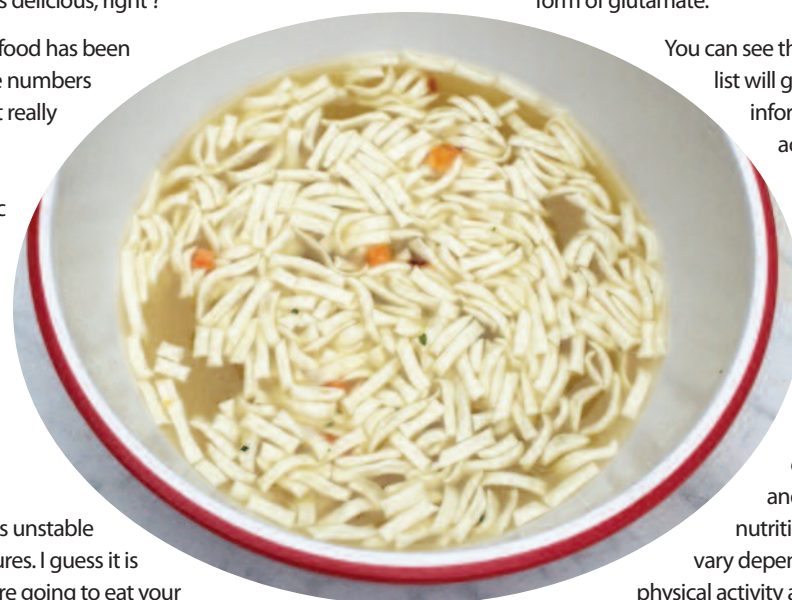
Maybe you have packed a 'no added artificial colours, flavours and MSG' Chicken Noodle soup for lunch today. Except the ingredients list, among a very long list of others has dextrose, chicken meat powder, humectant, antioxidants (320, 310), sugar, tomato powder and a tiny note at the bottom warning that it 'may contain naturally occurring forms of glutamates'.

Chicken meat and tomato powder sound like a nice

alternative to real pieces of chicken and tomato, right? And humectant, a chemical substance to help keep your soup moist, that sounds delicious, right?

Wondering what food has been renamed with the numbers 320 and 310? Not really food, Butylated hydroxyl-anisole (320) is a synthetic analogue of a vitamin E preservative derived from petroleum and 310, otherwise known as propyl gallate is used to prevent rancidity however becomes unstable at high temperatures. I guess it is a good thing you're going to eat your soup cold then. And who doesn't enjoy petroleum derivatives. And dextrose right at the beginning, that is just another word for sugar. MSG otherwise known as monosodium glutamate, is a hidden substance found by the

FSANZ to cause severe illness. But at least it wasn't 'added' to your Chicken Noodle Soup and 'may' only be present as a form of glutamate.



You can see that reading the ingredient list will give you the best information on what is actually in your food. Another important place to pay attention to though is the nutritional information panel, most often displayed as a table. This lists the quantities of energy, protein, fat, carbohydrates, sugar and sodium present. As nutritional requirements will vary depending on age, gender, physical activity and so forth it is

important to have a general idea of what your individual requirements are to enable you to best interpret this information and apply it to your day to day needs. You can best find this information by visiting The Australian



HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

Fibre ▶
Not all labels include fibre. Choose breads and cereals with **3g or more per serve**



Government's National Health and Medical Research Council website where the most current Dietary Guidelines are listed. However please note that these are simply guidelines, a registered nutritionist or dietician will be able to tailor these guidelines more specifically to your individual needs. The nutritional information on the panel is listed per serving size so it is extremely important to note the Servings per Pack as well as the Serving Size data that is usually at the top of this nutritional information. If the serving size of your Chicken Noodle soup is 250mL with four servings per box and there are only two packets inside the box, the single packet you had for lunch was actually double what is listed as you have eaten two servings.

It is also not uncommon to notice that the quantities listed in the nutritional informational panel don't seem to match the ingredients list. However as you can see from the Chicken Noodle Soup, ingredients are often listed in unfamiliar forms. FSANZ have noted the following as common examples of fat, sugar and salt misleadingly listed in ingredients.

Fat: animal oil, beef and butter fat, copha, lard, milk solids, vegetable and palm oil, tallow or shortening

Sugar: sucrose, brown and caster sugar, dextrose, fructose, glucose, lactose, malt, maltose, raw sugar

Salt/Sodium: baking soda, celery and garlic salt, monosodium glutamate (MSG or the number 621), rock and sea salt, sodium bicarbonate

As complicated as all this may sound, the general rule of thumb for all you food sources should be that if you do not easily recognize its ingredients then don't put it inside your mouth. Make sure you double check the ingredients list on the food you buy to also ensure that the labels on the front are not misleading you to believe you are doing the right thing by, for example, buying low fat when in fact the product is laced with sugar. And make sure to check the serving size before you dish up your dinner to ensure that you aren't eating double the amount your body requires.

Thanks for your support



Brian Taneen, IHF EO Tom Yates and Mark McCabe president of the Ipswich division of Australian Beer Can Collectors Association presenting a plaque and official charity can for 2014

Queensland Division of the Australian Beer Can Collectors have again raised their cans to donate money to the Ipswich Hospital Sunshine Children's Ward.

The 36th Canathon was held at Centenary Lakes in Caboolture earlier this year. President of the Ipswich division Mark McCabe said the children's ward charity logo held pride of place on Charity Can for the evening.

"A total of \$2040 was raised on the night and over the course of the year beer tap top badges and beer merchandise was sold to contribute to a final donation of \$3100."

Mr McCabe said beer can collectors come from all over Australia and New Zealand to participate in the annual Canathon.

"There are about 4 members who come from New Zealand for the gathering and we even have one member from Austria who made the trek!

"The members always get a kick out of fundraising for our chosen charity Sunshine Children's Ward. It is a worthwhile cause for a group of guys who just like to collect cans!

Read all about the Australian Beer Can Collectors Association here at www.abcca.com.au



If you'd like to support the Ipswich Hospital Foundation with a social function or fundraiser please contact 1300 736 428 or visit www.ihfoundation.org.au

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FREE ENTRY!
ALL AGES!

ipswich battle of the bands saturday july 4 2015 from 11am



Entry Forms available online at facebook.com/ipswichcitysquare

FIRST PRIZE

- Recording session at Studio 188
- Music video shot in recording studio
- Feature article in scenestr magazine

SECOND & THIRD PRIZES

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20 bands
performing
live!



IPSWICH CITY SQUARE

THE HEART OF THE HERITAGE CITY

Nicholas Street Mall, Ipswich. Phone 3812 2111. www.ipswichcitysquare.com.au



Childhood obesity prevention comes to Ipswich

Ipswich families are urged to sign up to a free government-funded healthy lifestyle program that can potentially transform their lives and which offers a fresh start following the Easter holidays.

The PEACH (Parenting, Eating and Activity for Child Health) program commences in April 2015 and is being offered in response to rising rates of childhood obesity in Queensland.

It is the first time the program has been offered in Ipswich, having been launched in September 2013 with already 250 Queensland families taking part.

In Ipswich it's being delivered by Queensland University of Technology in partnership with the Ipswich Hospital Foundation and is funded by the Queensland Government.

Families with a child between 5-11 years whose weight is above a healthy range for their age and gender are eligible for the program.

Ms Katherine Wyman, from the Ipswich Hospital Foundation says families who go through PEACH can expect to gain



Healthy eating habits established in childhood offer lifelong benefits.

knowledge that will set them up to achieve a healthy lifestyle for the long term.

"We are really excited about offering the evidence-based PEACH program to the

Ipswich community and encourage any parent or carer who feels they need help with this important issue to make contact," Ms Wyman said.

"The great thing about this program is that

it's family-focused so it doesn't stigmatise the child and it is conducted in a supportive group environment with people who are experiencing the same struggles."

Program director and head of QUT's

Lunch for Ladies

LAUNCH

Join us

For a knowledgeable *panel presentation* of the most up to date information on Breast Cancer detection, treatment and also touching on life after diagnosis/life after cancer. Facilitated by *Anne-Maree Savige*

Along with lavish lunch & beverages.

Thursday 23 April

11.45am for 12.00pm

The Ipswich Club • Grey Street, Ipswich

Tickets - \$20

Available www.ihfoundation.org.au

Info: 1300 736 428

FEAST & CO.





Exercise and Nutrition Sciences School, Professor Lynne Daniels, said the response to the program so far has been encouraging and indicated a genuine need for this type of community service.

"We hear parents say they are so relieved to be able to access this professional help because often they don't know where to begin.

"Acknowledging that their child may be overweight and then figuring out what to do about it can be very confronting."

Professor Daniels said if a parent thinks their child might be overweight they should go to their GP to have them weighed and measured as part of a standard health check or go directly to the PEACH website.

"Parents should not feel guilty if they think their child is overweight, but they do need to make change in their family's lifestyle which is where the PEACH Program can help."

The program runs for 6 months and consists of 10 group sessions that run for 90 minutes each. The first 9 sessions are held weekly within the school term.

Ongoing individualised family support is offered through the second half of the program ending with a final group session.



Professor Lynne Daniels

Some of the topics covered include nutrition skills, relationships with food and eating, changing family lifestyle behaviours and making healthy eating affordable.

While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

Families can contact the PEACH program on free call 1800 263 519 or register directly at www.peachqld.com.au

"Parents should not feel guilty if they think their child is overweight, but they do need to make change in their family's lifestyle which is where the PEACH Program can help."

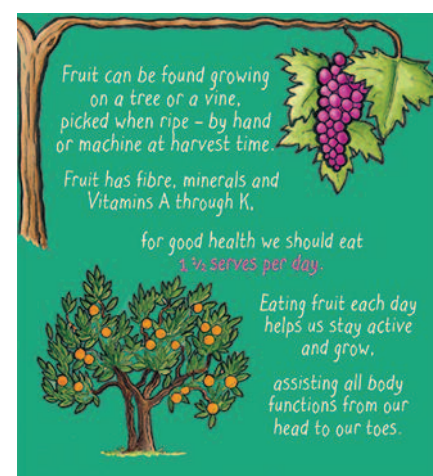
Healthy Harvest for kids

Nutrition Australia are an excellent source of information for leading a healthy lifestyle. They are committed to encouraging Australian's to make informed food choices that will promote a healthy lifestyle and wellbeing, and help protect against chronic disease.

Nutrition Australia endorses and sells the Healthy Harvest book for children. The new publication Healthy Harvest instils healthy habits in the smallest members of our community. Healthy Harvest is a fun, farm-based adventure for kids about where our food comes from.

With the help of Harry Harvester and his friends – Alfie Apple, Carly Carrot, Charlie Cheese, Wally Wheat, Sammy Salmon and Tommy Takeaway – children will learn the importance of each food group, where food comes from, the nutrients they provide and how much they should consume to get the maximum health benefits for their growing bodies.

The Healthy Harvest is perfect for parents and educators in explaining the importance of healthy eating in a fun yet factual way. \$14.95 at the Nutrition Australia website www.nutritionaustralia.org/national/product/healthy-harvest



Healthy resources

If you are stuck for healthy meal ideas or just want to find out exactly how large your portions should be, visit the following sites:

Menu Planner:
www.healthyfoodhealthyplanet.org

Advice about the amount and kinds of foods that we need to eat for health and wellbeing:
www.eatforhealth.gov.au

Australian Government website on initiatives and information to improve the health of Australians: www.healthyactive.gov.au

Ipswich Hospital Foundation Race Day

Saturday 2nd May 2015 | 11am - 5pm

Ticket includes: beer, wine, softdrink, gourmet buffet lunch, entry into the turf club, access to TAB, exclusive use of the trackside lounge (best seats in the house)

Tickets \$75pp or table of 8 for \$560

Purchase tickets now www.ihfoundation.org.au





Rhiannon Mack
Nutritionist

Healthy Living Ipswich contributor Rhiannon is a local nutritionist and chef with a knack for developing easy, healthy (delicious!) recipes. After graduating from a Bachelor of Nutrition she worked as a cooking school teacher, and then later as a private chef.

She also contributes to the Lorna Jane website Move Nourish Believe, writing nutrition articles and recipes. Her work has featured in many of the Lorna Jane eBooks and Lorna Jane Clarkson's books "More" and "Nourish".



facebook.com/
rhiannonmacknutrition

Spiced coconut ice cream



Makes 4 serves

- 1 can (400ml) coconut cream
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground cardamom
- 1 tsp vanilla extra
- 1/2 tsp ground sea salt
- 1 Tbs maple syrup or honey (more if required)

In a bowl mix together all of the ingredients until well incorporated. Line a large baking tray (or if you don't have a lot of freezer space, line a container) with baking paper.

Spread the mix over the baking tray (or pour into the container), and place into the freezer for 3-4 hours

(should be semi-frozen at least).

Remove from the freezer. Break the mixture into small pieces and place into a food processor.

In the food processor, quickly pulse the mixture until it has become the consistency of ice-cream.

Serve immediately, or it can be returned to the freezer in an airtight container for later use (may be required if mixture has softened considerably while processing).

This ice-cream is fantastic served with fresh fruit!

Cooking Classes at Gemütlich...

Cooking and nutrition for athletic performance, Thursday 23 April, 6pm - 8.30pm

Hosted by Nutritionist and former cook at Lorna Jane, Rhiannon Mack. Get the most out of your training by enhancing the quality of your diet.

A taste of Morocco, Thursday 16 April, 6pm - 8.30pm

Hosted by Chef Areta Taylor (Feast & Co) Areta will take your taste buds on a Moroccan adventure. More details and booking online at www.gemutlich.com.au

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Global knife block set.
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Benriner mandolin with 3 sizes of julienne blades.
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ONE MILE GIFT
Saturday 2nd May 2015
Ipswich Turf Club, Brisbane Road, Bundamba

OPEN One Mile Gift	\$5000 prize pool
Junior One Mile Gift (under 16)	\$500 prize pool
QAL 300m Open	\$1000 prize pool

Want an event with a difference? Enter the Ipswich One Mile Gift (OMG), Saturday 2nd May at the Ipswich Turf Club! OMG is a handicap event, which enables runners of all ages and abilities to take out the prize money!

Participants are provided with a handicap based on previous best times (over a variety of distances) at the final discretion of the handicapper. Being the fastest runner in Queensland does not guarantee that you will win..... you will have to work hard for your place!



www.ihfoundation.org.au



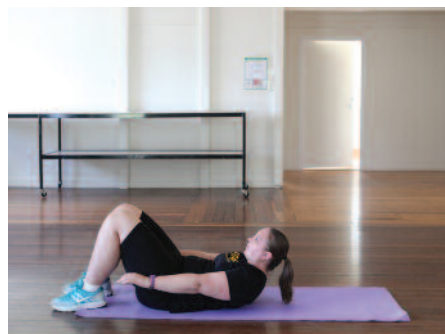
Easy exercises to build your personal fitness

Ipswich Hospital Foundation FIT4LIFE trainer Ros Hackett shares some easy exercise techniques you can use to build your personal fitness. You can join our regular Fit4Life classes from as little as \$5 per session or take advantage of the IHF Fit4Life Membership special offer of just \$15 for unlimited classes each fortnight. Visit www.ihfoundation.org.au for full details.



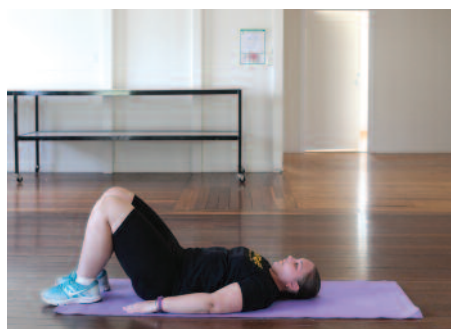
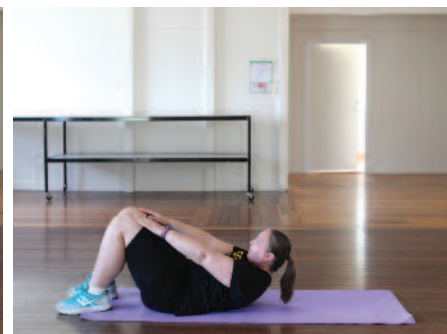
1. Sumo Squats with Knee Lift

Feet shoulder width apart. Core in, chest lifted. Glutes back. Lift leg and return. Lift other side. Slow release.



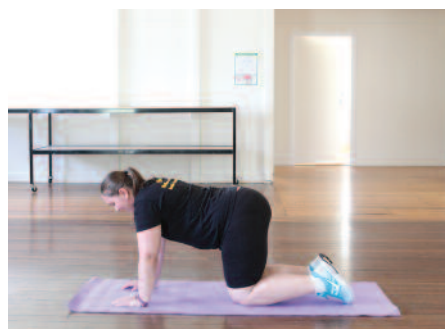
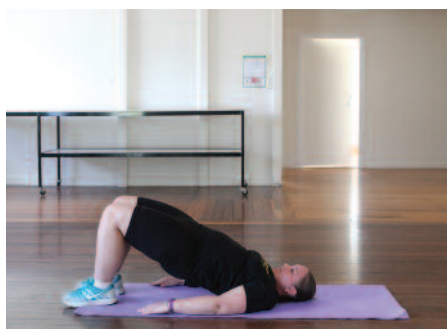
2. Easy Situps

Start on back. Chin to chest. Engage core. Reach for knees. Slow release.



3. Pelvic Floor Raise

Start with back flat. Hands by side. Knees together. Slowly push Glutes up. Squeeze and hold Glutes. Slow decline release.



4. Alternate Arms and Legs

Start on all fours. Engage, keep back flat. Lift left arm & right leg. Slow release, vice versa. Finish on all fours.



Keep reading *Healthy Living Ipswich* for more helpful fitness tips. You can join Ros and our other Fit4Life trainers at regular events each week - from as little as \$5 per session or become an IHF Member for \$15 fortnightly and you can enjoy UNLIMITED Fit4Life programs each fortnight! Visit www.ihfoundation.org.au for all the details. Not only will you be improving your own health but you will also be supporting our important work!





PEACH
Parenting, Eating & Activity for Child Health

Promoting Healthy Weight in Children

Want to get your kids active and eating well?

The FREE PEACH™ program can help.

- PEACH™ stands for 'Parenting Eating and Activity for Child Health'.
- It is a **FREE** nutrition and activity program available to Queensland families.
- It is a family-focused program that helps parents make healthy lifestyle choices.

Contact us if you:

- have a child aged 5 to 11 years.
- are concerned they are above the healthy weight range.

Healthier. Happier.

Queensland Government | **PEACH** | a university for the real world™ | QUT

Free call 1800 263 519 or visit www.peachqld.com.au



Do you and your work friends need assistance in becoming healthier and fitter?
The Ipswich Hospital Foundation is interested in offering some assistance!

Tell us what you want! It may be a weekly boot camp, paid entry into a run or sporting competition, daily exercise group or a subsidised exercise tracking technology.

We want to work with you and hear your thoughts and proposals, send them through to healthyideas@ihfoundation.org.au

Together we will *Become the Healthiest Community in Australia!*

FIT4LIFE





No looking back for Marsh after quitting

Jets Customer Service Liaison Manager Marsh first lit up a cigarette 23 years ago when he was 16. He told *Healthy Living Ipswich* that it took a lot of motivation to quit smoking and with the help of a smart phone app he has saved himself far more than a dollar value.

Marsh explained the start of his smoking habit as 'the thing to do'.

"It was a cultural thing in South Auckland for teenagers and all ages really. My parents and older family members used to send me to the corner shop with a singed note to pick them up tobacco and papers. It was completely normal.

"At first I didn't enjoy it but smoking quickly became the best way for me to de-stress and relax.

"After smoking for so long I found that daily tasks became harder so I decided that I wanted to be smoke free for my upcoming 40th birthday.

On Monday, 24th November 2014 Marsh quit smoking.

"I had watched a friends QUIT journey on Facebook and she was using an app and dedicating each day she didn't

smoke to someone she knew – she really motivated me to begin.

"I just decided enough was enough when I couldn't see myself being able to continue doing the things I love and when I crunched the numbers and realised how much I was spending to support my habit!"

"No matter what I found the money.

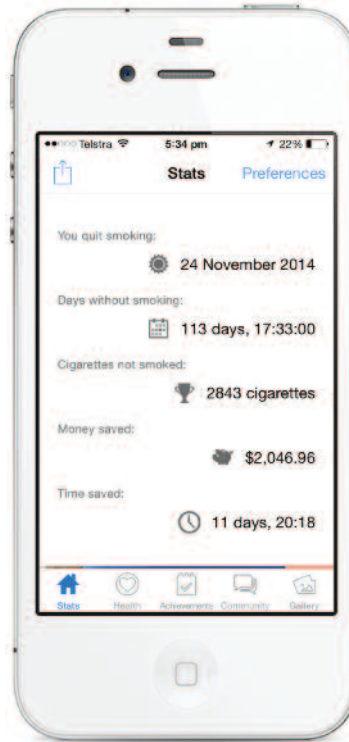
"I've been a sports fanatic for most of my life and played high level netball in New Zealand and I really couldn't see myself being able to throw a netball around again. Even lengthy conversations took a toll on my lungs.

"I still get cravings now but I have the app to keep me motivated and an excellent hobby – geocaching! I recommend it to anyone trying to keep busy.

"Quitting smoking is life changing - I've even discovered since quitting that my taste buds have come back! I now enjoy foods that I didn't before.

"I feel like I am starting my life all over again."

"It has really surprised me that my QUIT journey has acted like a chain reaction



for the people around me to quit smoking – my sister, friends and work colleagues."

Quit Smoking today by contacting Quitline on 13 78 48 or visit www.quitnow.gov.au



Marsh quit smoking in November 2014. Inset: Tracking his progress.



MEMBERSHIP

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save!

Visit: www.ihfoundation.org.au

Customer Reference: member

Further info: 1300 736 428

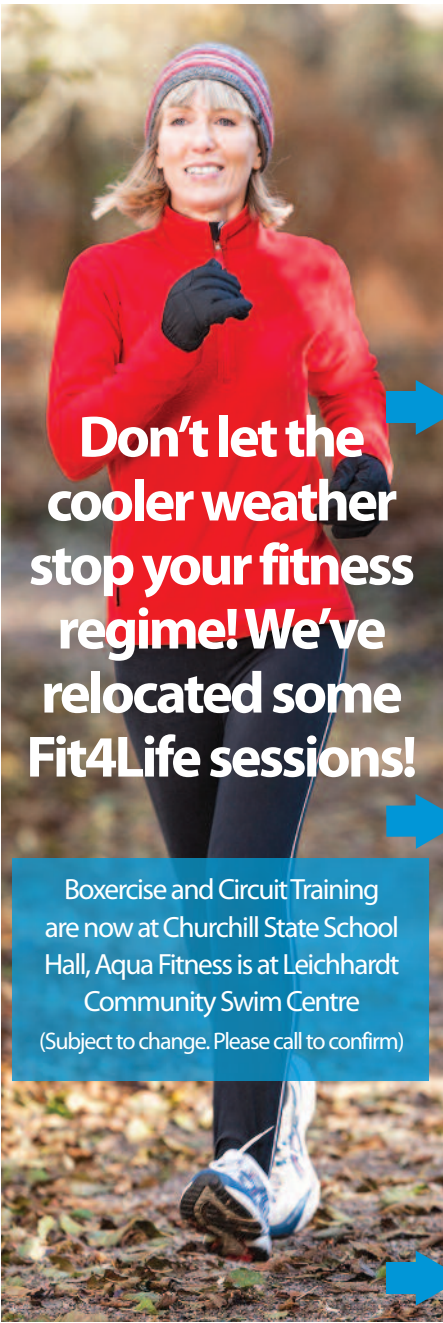
info@ihfoundation.org.au

\$15 a fortnight for UNLIMITED Fit4Life classes

Membership cost is \$15 per fortnight for UNLIMITED Fit4Life classes.

- Plus:
- Discounts on Healthy Events
 - Discounts on IHF merchandise
 - Member's prize draws
 - Your own membership card
 - Be part of a bigger group striving to *Become the Healthiest Community in Australia*





Don't let the cooler weather stop your fitness regime! We've relocated some Fit4Life sessions!

Boxercise and Circuit Training are now at Churchill State School Hall, Aqua Fitness is at Leichhardt Community Swim Centre
(Subject to change. Please call to confirm)

FIT4LIFE Low Cost Fitness Activities

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information please visit www.ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

Winter Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Fitness Bundamba State Primary School				5.30pm		
Redbank Walking Redbank Plaza	7.00am				7.00am	
Boxercise Churchill State School Hall			5.30pm			
Park Fit Limestone Park Griffith Rd Entrance		9.00am				
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am		5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit Training Churchill State School Hall	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Fitness Robelle Domain stage					8.30am	
Low Impact Blackstone Hall	10.00am					
Orion Walking Orion Springfield Central			7.00am			
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Leichhardt Community Swim Centre (Subject to change. Please call to confirm)		6pm				

New Winter Locations!

Healthy Living Health & Fitness Directory

To feature your health and fitness service in the Healthy Living Health & Fitness Directory phone 1300 736 428.



Advertise your health and fitness business here for just \$200 per month!
Phone 1300 736 428

healthylivingipswich.com.au
facebook.com/healthylivingipswich

Shape up this summer! Body Joy is dedicated to helping people of all ages look and feel their best.

Personal Training Group Fitness Yoga



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e: nutritioninfo@rhiannonmack.com
f: facebook.com/rhiannonmacknutrition



Keep moving with these regular running and walking groups

Coached by qualified personal trainers from **Gale Force Running Squad**, these running sessions are designed to improve fitness, share running tips and help prepare you for your running event. From beginners to experienced runners, everyone is welcome. There is no booking or registration required. Come along, have fun and get fit at the same time.
\$5 per session




Parkrun is a world wide phenomenon that has just landed in Ipswich. It is a free, 5KM, timed event, held every week rain, hail or shine. This event is run by volunteers with support from IHF and Ipswich City Council. To register, visit www.parkrun.com.au you will receive a barcode you can bring along to have your time recorded for you to keep track and improve week to week. **FREE sessions**



Regular walking sessions provide a safe environment out of the weather for people of every fitness level and age to get active.

- **Riverlink Shopping Centre** - Newsagent Entrance
- **Orion Springfield Central** - Optus Entrance, Woolworths Mall
- **Redbank Plaza** - Cinema Entrance

Gold coin donation



Want to be part of something BIG?

Are you registering for the 2015 Gold Coast Airport Marathon?
JOIN OUR TEAM



Register online: goldcoastmarathon.com.au

Team Name: Ipswich Park2Park

Team Pin: 260715

**All members of our team will receive 10% off their
2015 Park2Park registration**

Events team members can enter into any event offered at the Gold Coast Airport Marathon, including Marathon, Half Marathon, 10KM Run, 5.7KM Challenge and Junior Dash. **Payment** will need to be made online via credit card or account at the time of registering. **Race Kits** are to be collected individually. **Park2Park Discount:** You will need to make contact with the P2P team PRIOR to registering for the 2015 Ipswich Park2Park to receive a unique code to receive the 10% discount. **Already registered for Gold Coast Marathon?** If you or someone you know has already entered the Gold Coast Marathon but would like to be a part of the Ipswich Park2Park team simply email park2park@ihfoundation.org.au to be transferred into the Ipswich Park2Park team. **Gold Coast Marathon Early bird registrations close 30 April 2015.** Ipswich Park2Park Sunday 26 July 2015, registrations opening soon.



MARATHON

HALF MARATHON

10KM RUN

5.7KM CHALLENGE

JUNIOR DASH

