

# Healthy Living

*Becoming the Healthiest Community*  
An initiative of the Ipswich Hospital Foundation

## IPSWICH



facebook.com/healthylivingipswich

# What are your vices?

*We've all got them. How do you avoid your bad habits? Page 5.*

A Year of *Healthy Living Ipswich* Magazine • Delicious Winter Recipes  
Yoga postures for runners and cyclists • Fitness Tracker Comparison



## What does it take to be good?



**This is truly an age old question. I will not attempt to answer it in this column. In fact don't think it can be answered by anyone other than the person asking the question. I think this is also true with each person asking the question, "What does it take to be healthy?"**

The ancient Greek philosopher Aristotle stated, "We are not studying in order to know what virtue is, but to become good, for otherwise there would be no profit in it." Each of us is responsible for our actions, whether they are good or bad.

Aristotle advocated avoiding extremes and seeking moderation. However, this is not always simple. We all have free-will and few deliberately choose to develop bad habits. But, through lack of will-power or ignorance of what develops into bad habits, we can fall into actions that do not lead us to be good or healthy.

Immediate, or short-term, pleasure can definitely cloud our thinking and actions. All of us want to be healthy and for the most part we rationally know how to do it (eat well, exercise, avoid excesses or harmful things, seek help when needed). Sometimes though the pleasure that a bowl of hot chips, the extra beer or glass of wine, a cigarette, the look a tan gives us clouds our resolve and actions.

The only thing I can suggest is try to outwit the desire for immediate and short-term pleasure:

- Set simple, achievable goals.
- Think in the longer term of how great we will feel when we accomplish goals that we have set for ourselves.
- Seek help from others, join a group activity that promotes healthy habits.
- And, most importantly do not give up and if you do fail to meet your goal, just keep trying.

Now enough philosophy, I must do this myself and put this into action.

**Tom Yates**, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428  
E: [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au) | W: [ihfoundation.org.au](http://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](http://www.ihfoundation.org.au) to sign up.



## Community Health Chat

### What are your vices / bad habits and how do you avoid them?



*I am a chocoholic so I try not to keep chocolate in the house!*

**Gareth**



*Chocolate, wine, red meat – all of the things that I am not supposed to eat! I don't keep wine in the house and only have it when I am out.*

**Jim**



*I have an office job so sitting down all day is my bad habit. I try to get movement in my day by doing things like only keeping a single glass of water on the desk so I have to get up to get another.*

**Emma**



*Wine, wine, wine! I try to enjoy it in moderation and only on weekends.*

**Anita**



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*Talitha Rice*

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**Chelsea Rees**  
Healthy Living Editor

## Healthy Living Ipswich Magazine turns 1!

### And what a year it has been!

I think most of the Ipswich Hospital Foundation crew will agree that *Healthy Living Ipswich* magazine has

brought about a renewed zest for our work and also an increase to our small teams workload. I would like to thank our dedicated

advertisers and content contributors who have made this publication as possible and as reliable as it is! It has been our goal to ensure

healthy, fresh stories which provide motivation, opportunity and information for becoming an healthier community.

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**Want to volunteer for Ipswich Hospital Foundation?**

**We have lots of fun events coming up!**

Contact volunteer coordinator Judy  
[judy@ihfoundation.org.au](mailto:judy@ihfoundation.org.au)



# We compare 2 popular Fitness Trackers: Which is best?



**Ashton Cooper**  
IHF Events Coordinator

Ipswich Hospital Foundation's Events and Fit4Life Coordinator Ashton Cooper has spent the last month religiously wearing two of the many fitness trackers which are currently on the market. Ashton road tested the Fitbit Flex and the Garmin Vivofit for their pros, cons and similarities. Although the bands sometimes caused outfit clashes and downright got in the way, Ashton has pushed through to give you fitness buffs the best advice she can on the ever popular fitness band.

## Ashton's Fitness Tracker Comparison

### Device

#### Fitbit Flex



### Pros

- The device vibrates when you have reached your step goal which is encouraging
- The sleeping mode tells you when you were restless or awake during your sleep and for how long, giving you a total hours of actual sleep
- You can accessorise the device with different coloured bands to match your outfit
- Return policy is very good through Fitbit

### Cons

- Over time the device became difficult to charge and you can experience some down time if you forget to charge etc
- The device doesn't show you much information via the display – you need to log in to check your exact progress during the day
- The band gets worn and sometimes breaks from having to take the tracker in and out to charge (replacements can be purchased)

#### Garmin Vivofit

- Battery operated – No Charging required (YAY)
- Everything can be viewed from the device so you can check your progress during the day without having to open the app or log in via the computer
- Device has an in built watch
- Displays a red bar when you have been inactive for too long

- Nothing exciting happens when you reach your goal – you only know you have reached it by looking at the device
- The sleeping mode only tells you how long you were in bed for – no other specific information is given
- The band does get dirty & I am unsure if replacement bands can be bought
- Distance on device is measured in miles but in kilometres via the app

### Similarities

Both devices have a mobile phone app, tell you the distance you have travelled, calories burned and offer opportunities for creating/joining competitions with other users. You can also become friends with other users and see their steps which provides additional motivation.

### Pricing

R.R.P: Fitbit Flex – from \$86.00

R.R.P: Garmin Vivofit – from \$79.00

*It pays to shop around. Prices can vary substantially so keep an eye out for sales.*

# 3 HOURS FREE PARKING!

5 HOURS FREE if you're watching a film at Birch Carroll & Coyle Cinemas

## Parking at Ipswich City Square is now a whole lot easier!

*New car park management system now in effect.*



- **FREE 3 HOUR CUSTOMER PARKING MONDAY TO FRIDAY**
- **FREE PARKING EVERY WEEKEND AND PUBLIC HOLIDAY**
- **FREE PARKING AFTER 5:00PM EVERY WEEKDAY**
- **UP TO 5 HOURS FREE PARKING FOR MOVIE-GOERS WITH VALIDATION FROM BIRCH, CARROLL AND COYLE CINEMA IPSWICH**
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3-4 HOURS	\$3.00
4-5 HOURS	\$5.00
5-6 HOURS	\$9.00
6-7 HOURS	\$16.00
7+ HOURS	\$25.00

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# Swap your vice for something nice

We all have them - 'vices' or bad habits.

Often we think it is impossible to shake them.

But we are not alone. Here, our resident nutritionist Rhiannon Mack provides some sensible alternatives to our unhealthy habits.

It might feel difficult to shake them but we'll all feel much better for following healthier tactics and will be well on our way to *Becoming the Healthiest Community*.



**We all have our 'vices', however, don't use this as an excuse to continue on with a negative behaviour.**

Smoking, drinking alcohol (particularly binge and chronic drinking), substance abuse, over-eating, and negative self-talk are all just habits that become really hard to break. There are, however, some things you can do to try to get out of the habit to make it easier to avoid these negative behaviours.

Many of these so called 'vices', have considerable health consequences associated with them, as they all cause a lot of stress upon the body's systems. Long term health concerns include, heart and liver disease, depression, anxiety, type 2 diabetes, and weight gain, among others.

James Eynstone-Hinkins from the ABS reported in March this year that heart disease remains the leading cause of death in Australia.

The underlying cause of coronary heart disease is a slow build-up of fatty deposits on the inner wall of the blood vessels that supply the heart muscle with blood (the coronary arteries). These fatty deposits gradually clog the arteries and reduce the flow of blood to the heart (Heart Foundation).

There are many things we can do to avoid our vices and avoid the threat of long term health consequences.

**Rhiannon Mack gives tactics to use when avoiding bad health habits:**



**Negative self-talk** - meditation, exercise, eating nutritious foods, avoiding drinking too much alcohol, having a positive mantra that you say regularly, writing down the positive aspects of yourself and your situation and having them in a place that you will see it frequently.

**Smoking** - deter the cravings by chewing gum and drinking lots of water, keep busy by doing lots of activities you love such as writing, reading, going to the movies, walking. Occupy what used to be your 'smoke breaks' again with something you enjoy that keeps both you busy mentally and physically; doing a puzzle, knitting, playing a game.

**Drinking** - set yourself goals for the week (how many alcoholic beverages you will buy/drink) and improve upon these goals, bring non-alcoholic beverages to social events (such as the New Years Resolution Mocktail, recipe in HLI January edition), surround yourself with supportive people,



have cold water in the fridge to 'quench' your thirst rather than an alcoholic drink, flavour soda or sparkling water with slices of citrus fruit or a small amount of fruit juice to drink, ensure that you eat a healthy, nutritious meal before drinking (which will leave less room in the stomach for alcohol and reduce its effects).

**Over-eating** - filling up on healthy, nourishing meals and snacks regularly instead of always reaching for 'convenience' foods when you are hungry, ensure that you are getting enough protein and healthy fats in your diet (which, again, keep you satiated), having lots of water throughout the day, being prepared and having spare meals and snacks you have prepared in the freezer for when you are in a pinch, don't keep 'junk' foods in the house in easy reach. If you feel that you can't stop eating, clean your teeth, then distract yourself by going for a walk or doing some exercise, playing a game or doing a puzzle. Tune in to how your body



really feels - are you really hungry? Or are you bored, tired, emotional? Deal with whatever it is you are truly feeling in an appropriate manner, instead of binge eating.

**Caffeine addiction** - eating regularly healthy meals and snacks throughout the day to maintain energy levels, avoid processed sugars that cause a spike in energy than a dramatic low, which can contribute to lethargy. Take steps to ensure you have adequate sleep i.e spend some quiet time to yourself before bed to calm down and de-stress (meditation, reading), ensure you have enough to eat before bedtime (so the 'healing' hormones can be released, and to prevent a fitful sleep), don't keep yourself stimulated just before bed with screen time (i.e. TV or your phone etc.). If you feel tired, reach for a piece of fruit before a coffee.

**Removing some of these vices from your lifestyle will dramatically improve your health and you will feel so much better for it! Now, hop to it!**



# Lest We Forget. Ipswich Hospital patients and staff commemorate 100 years of ANZAC.

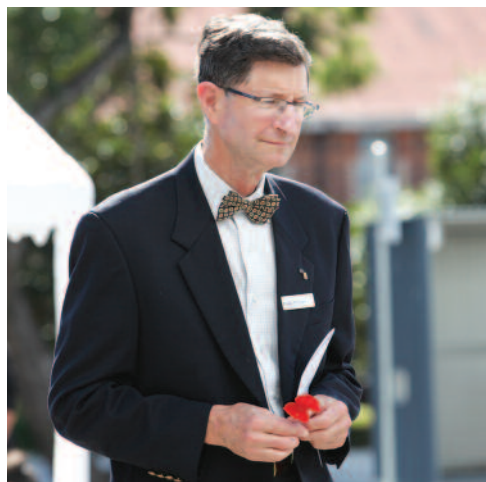
An emotional ceremony was held on Friday April 24 at Ipswich Hospital to commemorate the 100th anniversary of the ANZAC legacy. Dignitaries, patients and staff gathered to pay their respects.



Dignitaries including Member for Ipswich Jennifer Howard MP and Ipswich Hospital Foundation Board members paid their respects.



Representatives for local members and Mayoress Janet Pisasale lay wreaths.



Dr Bob McGregor.



Patients and staff gather to pay their respects.



West Moreton Hospital and Health Service CEO Sharon Kelly and WMHHS Board Chair Dr Mary Corbett lay wreaths in remembrance.



## An Australian legend

### Rhiannon's ANZAC Biscuit Recipe

#### Makes 12 serves

- 1 cup spelt flour
- 1 cup desiccated coconut
- 1 cup rolled oats
- 1 Tbs chia seeds
- 1/2 cup sugar (muscovado, coconut or rapadura sugars are fantastic & wholesome sugars for baking)
- 3/4 cup coconut oil or butter
- 1/4 Tbs boiling water
- 1 tsp bi-carb soda
- 2 Tbs golden syrup or coconut sugar syrup

Preheat oven to 150C.

Mix the flour, coconut, oats, chia seeds and sugar into a bowl until well incorporated.

In a small pot, melt the butter. Add the boiling water and remove from the heat. Add the bi-carb and stir. Immediately pour it into the dry ingredients, and mix well.

When well incorporated, press spoonfuls of the biscuit mixture onto a lined baking tray. Bake in the pre-heated oven for 12-15minutes, or until golden.

Allow to cool and enjoy!



# Lunching ladies learn valuable life lessons

**Ladies for Lunch officially launched on Thursday, 23rd April where women enjoyed an informative lunch hosted by a panel of Ipswich's leading health professionals in the areas of Breast Cancer detection, treatment, life after diagnosis and after cancer.**

The lunches are the ladies answer to the Breakfast for Blokes and will be held quarterly. The next lunch to be held on Thursday, 10th September.

Thank you to Anne-Maree Savage for facilitating the panel and thank you ladies for attending!



Panel members and MC Anne-Maree Savage, Dr Margaret Lewis, Dr Shashank Desai and Rochelle Vaisanen.



Megan Adsett and Orli Henig enjoy the luncheon.



Louise Land and Matina Stoessel enjoy hearing the speakers at the IHF Ladies Luncheon.



Rebecca Savage, Anita Yates and Megan Savage-Ryan enjoyed the informative luncheon.



Carmel McDowell and Margaret Watkins.

## TRIVIA NIGHT

FRIDAY 22 MAY @ NORTH IPSWICH RESERVE  
DOORS OPEN AT 6.30PM FOR A 7.00PM START

\$20 PER PERSON  
\$150 FOR A TABLE OF 8

### TICKET INCLUDES:

• ENTRY • TRIVIA • GUEST SPEAKER • GAMES • RAFFLES • LUCKY DOOR PRIZE

TICKETS AVAILABLE FROM: [WWW.IHFOUNDATION.ORG.AU](http://WWW.IHFOUNDATION.ORG.AU)



## Board Member Vacancy

The Ipswich Hospital Foundation (IHF), a statutory authority established under the Hospital Foundations Act 1982, is canvassing the community to fill a number of vacancies for membership on its Board in November 2015. Members serve voluntarily and without any compensation. The Minister of Health will determine the successful candidates.

These members must either be:

- An employee of a university or other body providing education at tertiary level;
- An officer or employee of the West Moreton Hospital and Health Service;
- Or leaders from the general community who have an interest in and ability to assist in attaining IHF goals and objectives. The IHF's vision is to have our community become the healthiest in Australia. The voluntary Board help guide the Foundation and utilise their individual expertise to achieve this goal. The successful candidate will have the following responsibilities.
- Attend monthly meetings of one of the three Committees (Administration and Management; Marketing & Fund Raising; Grants and Health Initiatives).
- Assist the Board in assessing its existing programs as well as being proactive in development of innovative new programs.
- Attend once every other month a Board Meeting and an annual planning weekend.
- Participate where possible in the health promotion and fund raising activities of the IHF.

Interested candidates can contact Tom Yates, Executive Officer, before the end of May 2015 at 1300736428 or by email [tom@ihfoundation.org.au](mailto:tom@ihfoundation.org.au) for further information. Additional information (including copies of the Hospital Foundations Act 1982 and Annual Reports) are available at [www.ihfoundation.org.au](http://www.ihfoundation.org.au).

Interested candidates should submit by the end of May 2015 a two-page maximum curriculum vitae; work and character references; and a brief statement on why they are interested in the serving on the Board. Candidates should also be aware that a request for police clearance and other forms will be required as part of the process.



## 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.

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\*Funded by the Queensland Government.

Free call 1800 263 519 or visit [www.peachqld.com.au](http://www.peachqld.com.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.

### Give your favourite foods a makeover with Rhiannon Mack!

Submit your family favourites to be healthy-ised by Rhainnon. Send to [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au)



[facebook.com/rhiannonmacknutrition](https://facebook.com/rhiannonmacknutrition)

## Kid-friendly, hearty, healthy, Bolognese

**Serves 4-6**

### Bolognese sauce:

- 1 large brown onion, finely diced
- 1 Tbs coconut oil or extra virgin olive oil
- 4 cloves garlic, minced
- 2 Tbs salt-reduced tomato paste
- 1 Tbs salt-reduced soy sauce or tamari
- 1 bay leaf
- 500g beef, chicken or turkey mince
- 1 (420g) tin lentils, drained
- 2 carrots, grated
- 400g tomatoes, freshly diced or tinned
- 1 tsp salt
- ½ tsp ground pepper

### Spaghetti:

- 1 large zucchini
- ½ packet wholemeal spaghetti\*

Fresh basil, to serve

### Method

#### Sauce:

In a pot on medium-high heat, sauté the onion in the oil until it has softened.

Add the garlic and tomato paste and stir for around a minute, or



until fragrant.

Next, add the soy sauce, bay leaf and mince and stir well to incorporate.

Reduce the heat to medium-low, add the tomatoes, lentils, grated carrot, and seasoning, and slowly simmer with the lid on while you prepare the spaghetti.

Remember to stir regularly.

### Spaghetti:

Boil a pot of water, with a steamer basket on top.

Place the spaghetti in the boiling water and cook as per packet instructions.

Meanwhile, prepare the zucchini by finely slicing it into thin strips, or by using a julienne peeler or vegetable spiralizer (Gemütlich has some great brands!) to turn it into zucchini

'spaghetti'.

Then, lightly steam it for 1 minute. Once both are cooked, drain and toss the pasta and zucchini spaghetti together.

Take the bolognese off the heat, and remove the bay leaf.

Serve the sauce on a bed of spaghetti, topped with fresh basil.

### Rhi's Notes

Zucchini spaghetti is a great way to increase the vegetable content of the meal. It is so easy to make, especially if using a vegetable spiraliser, and looks and tastes just like the real thing!

\*A great spaghetti brand is Explore Asian Pasta which you can source locally from Wray Organics. While they have a wide range of pastas, a great one for this recipe is the black bean spaghetti. The beauty about these products are that they are gluten free, are high in protein, are made from only two ingredients, are easy to cook, and don't have a strong taste!

## Delicious Mother's Day Gift Ideas

Porcelain cup with wooden tray \$39.95



58cm umbrella with 16 ribs \$49.95



28cm ceramic bowl \$49.95



Extra Virgin Olive Oil from the Liguria region in reusable ceramic bottles. \$39 each.



ZeroJapan teapot with 2 cups \$49.95



Tin of Italian nougat \$16.95

Italian nougat from the Campania region \$9.95



### A selection of delicious Mother's Day Hampers

The luxury chocolate hamper lives up to its name! This beautiful hamper is full of delicious sweet treats ranging from the hazelnut chocolate truffles & Henry Langdon drinking chocolate to the chocolate and hazelnut biscotti and the delicious soft almond nougat and more! Carefully packed and boxed, this hamper doesn't miss a beat when it comes to sweet treats.

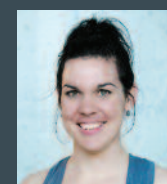
\$64.95



## Book now for our popular Cooking Classes

### Cooking and healing for gluten and dairy intolerances

Tuesday 19th May 6pm - 8.30pm



This is an interactive class that provides an insight into how to prepare healthy, delicious meals without gluten and dairy.

Rhiannon will run through easy ingredient substitutions, baking tips and tricks, and lunch box ideas, as well as how to improve health if you are diagnosed with an allergy or intolerance. The class will include a demonstration of 3 recipes that will be enjoyed at the end.

Book online or instore. Class will be limited to 12 people. Notes and recipes provided.

### Raw Food and Paleo

Thursday 28th May 6pm to 8.30pm or Thursday 11th June 6pm to 8.30pm

Hosted by Chef Areta Taylor (Feast & Co)

Book online or instore. Class will be limited to 12 people and a light meal shared at the end of the class. Notes and recipes provided.

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# Yoga postures for runners and cyclists

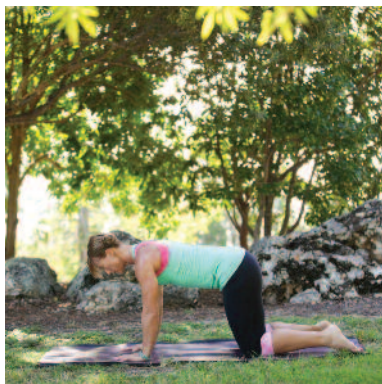


**Tess Stafford**  
IHF Fit4Life Trainer

Just keep moving!

Move your body into beautiful and healthful postures being guided by a passionate, qualified instructor who truly cares about your safety and fitness. These are the words Fit4Life Trainer Tess lives by.

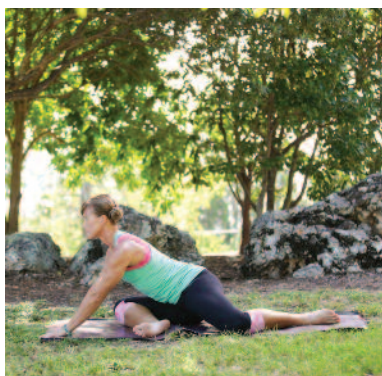
Tess has put together this stretching session that would best benefit runners and cyclists.



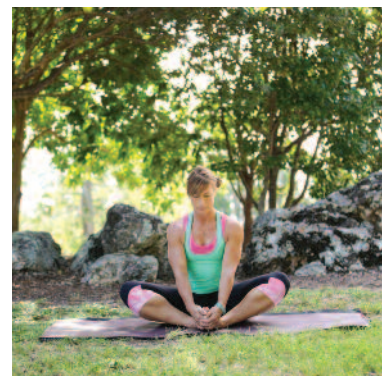
1) Downward facing dog: Start in a table top position and move to downward facing dog with arms straight, legs straight and keeping head and neck inline with shoulders.



2) Luning: From downward facing dog, bring right foot in between hands to a luning position (ensure your knee is over your heel). Release tailbone and hips down, shoulders down and eyes forward. Back knee can be low or high depending on your flexibility. Squeeze buttocks to protect back if lifting arms over head (as pictured).



3) Swan pose: Slide front lunging foot across the body to form swan pose. Tuck your feet into your groin for knee safety. Ease elbows, arms, head and shoulders down slowly. Ensure that your toe nails, knee cap and hips are equal and flat to the ground. (picture two depicts a deeper stretch).



4) Turtle: Draw your back leg in to meet both soles of the feet in a boundage pose. This pose releases through the buttocks. Slice feet forward to create a diamond shape. Shimmy buttocks back to find the right release for you and ease your torso down, head towards feet. The aim is to become a flat turtle



**REPEAT FOR OTHER SIDE OF BODY: Repeat poses 1) Downward Dog, 2) Luning, 3) Swan pose on the left leg. Finish off with pose 4) Flat Turtle.**

## Breakfast for Blokes

THE  
**COFFEE  
CLUB®**



**Friday 19 June 2015**  
**6.15am for 6.30am**  
**The Coffee Club**  
**Riverlink Cinemas**

***Tickets - \$20***

**Available**

**[www.ihfoundation.org.au](http://www.ihfoundation.org.au)**

**Info: 1300 736 428**

**Guest Speaker - *Dr Robert Sinclair***

Dr Robert Sinclair will present all you need to know about  
**SKIN CANCER.**

**Breakfast for Blokes is a health initiative of Ipswich Hospital Foundation which encourages males in the community to come together for discussion on men's health topics and networking.**

**Breakfast: A delicious breakfast will be served along with your choice of a hot beverage thanks to The Coffee Club Riverlink.**

**Women are more than welcome also!**



# Brisbane Lions bring sunshine to children's ward

Amidst a busy week for local AFL team the Brisbane Lions, three of their players made time to visit sick kids in Ipswich Hospital Children's Sunshine Ward.

The resounding message from the players was that they wanted to visit the hospital to meet the kids who don't have an opportunity to attend games because of their illness.

Ipswich Hospital Children's Sunshine Ward Nurse unit Manager Marlene Keen said she and the patients valued visits from the players and notable community members as staying in hospital can be difficult for anyone, let alone a child.

AusKick ambassador and visiting player Dayne Zorko said he encouraged all of the children he has met today to get involved with their local Auskick program.

"Keeping fit and healthy playing a fast paced sport like AFL can really be positive for your health and hopefully keep you out of hospital!"



Children's Sunshine Ward Nurse Unit Manager Marlene Keen makes sure the Brisbane Lions players Lewis Taylor and Josh Green are practising Clean Hands protocol.



Micheala Williamson meets Brisbane Lions player Dayne Zorko at Ipswich Hospital.



Bonnie Wright gives the thumbs up to the Brisbane Lions visit.



Little Rylee Cottrell lapping up the attention with Mum Darlene, Lewis Taylor and Dayne Zorko.



## MEMBERSHIP

**\$15 a fortnight for UNLIMITED Fit4Life classes**

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

Sign up to the IHF Membership and save!

**Visit:** [www.ihfoundation.org.au](http://www.ihfoundation.org.au)

**Customer Reference:** member

**Further info:** 1300 736 428

[info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)

**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](http://www.ihfoundation.org.au) or phone 1300 736 428. Maximum class cost \$5.

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



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## 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](http://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**





**REGISTRATIONS NOW OPEN**

[www.park2park.com.au](http://www.park2park.com.au)



**26 July 2015**

Half Marathon • 10KM • 5KM Run • 5KM Walk • Family Challenge • Mascot Marathon



**REGISTER NOW**

Early bird  
registration  
closes 5.00pm  
13 July 2015