

Healthy Living

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation



IPSWICH

Image by Talitha Rice Photography

- Simple exercise techniques
- Ipswich 100 Bike Ride
- How to get Fit4Life
- IHF events calendar

parkrun Ipswich

come rain, hail or shine

parkrun Ipswich QLD have paced the circuit in Limestone Park weekly, 200 times since their first run in 2014 – come rain, hail or shine.

Healthy Living Ipswich photographer Talitha Rice reflected...as is often the case with planning to capture the perfect photo, it is fraught with high temperatures or in this case, rain and dreary skies!

You would think that these conditions would deter runners but the beautiful thing about the parkrun Ipswich QLD group and the way it brings people together, the runners still turned up in droves.

parkrun Ipswich QLD has a few things to celebrate this month with their second anniversary coming up on Saturday 13th February.

The group has also received excellent news about a permanent commitment from Ipswich City Council.

parkrun Ipswich QLD welcomes runners (and walkers) of all fitness levels for their weekly sessions. Register online and come along to join in their friendly track to fitness.

Story continues later in this issue.



facebook.com/healthylivingipswich



STOP! SLOW DOWN!



I really feel like yelling this out sometimes. The only trouble is I do not know who to yell it to, except myself.

The New Year has definitely started and students, teachers and workers are back to the 'grind'. Everyone I talk to though believes that the years are going by more quickly. Lives seem to be getting fuller and faster. So maybe we can stop and take stock of where we are.

It is important for all of us to do a little self-assessment and set-up some benchmarks and goals that we want to achieve. Slow and easy steps to reach these marks is the way to go. It is important we remember that to increase our fitness it takes time.

I know for myself the extra kilos I have added did not happen overnight and to shed myself of those kilos will also not happen overnight.

Just do not give up in trying to reach your goals. They may need some adjustment if they are not realistic but I have found that in general I tend to lose interest and motivation in reaching my goals, not that the goals are unrealistic.

So STOP! SLOW DOWN!

Assess where you are and where you want to be and get in and start doing it. Seek help if you need. Join others. They can provide support and encouragement.

JUST DON'T GIVE UP!

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

Community Health Chat

What is the best piece of health advice you've received?

The Ipswich Hospital Foundation team reveal the best piece of health advice they have received. Share yours with us on our Facebook page. www.facebook.com/healthylivingipswich.



Katherine – *Doing something is better than doing nothing at all!*



Judy – *Treat exercise and healthy eating as your social life – meet friends to exercise, talk to friends and family about healthy foods.*



Jacinda – *You will never change your life until you change something that you do daily. The secret of your success is found in your daily routine.*



Mel – *Berries are good fat burning boosters!*



Ashton – *Find an exercise that you really enjoy so it doesn't feel like a chore.*



Tom – *It takes quite a length of time to gain 10kg, don't expect to lose it in one day.*



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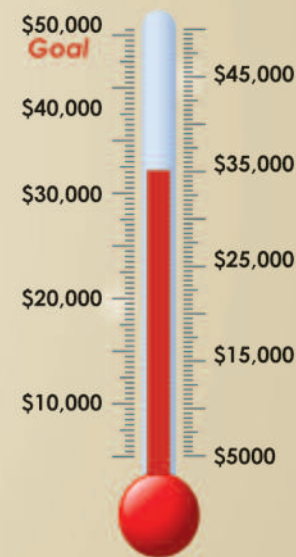
Donate online today!



Help us raise \$50,000 for the Playground Project

This will be the playground that Ipswich built.

Visit www.ihfoundation.org.au to get involved.





Easy exercises to build your personal fitness

Ipswich Hospital Foundation FIT4LIFE trainer Tess Stafford 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.



Warm up stretches

A. Kneeling lunge with arm overhead, palm facing forward. Press arm and shoulder to rear of body. Swap legs of your lunge position and repeat movements A, B & C.



B. Draw arm across chest and release shoulder down.



C. Outstretch arms, cross over palms inward and tuck.



1) Half-moon with or without block (Ardha Chandrasana): Ensure neck/head/eyes are facing out or down. Maintain stacked shoulders and a wide and proud breastplate. Foot should be flexed and flat.



2) Step back into a wide stance into Triangle with or without blocks (Trikonasana).



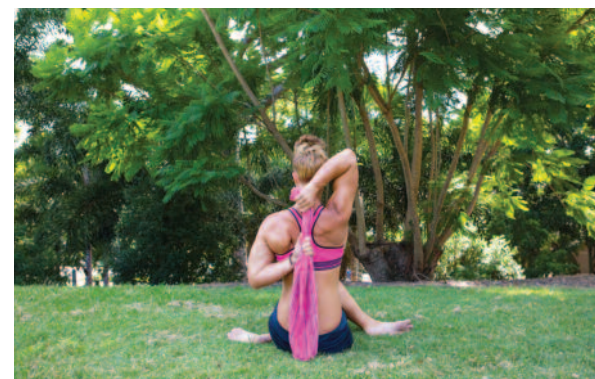
3) Revolve Triangle (Revolved Trikonasana) simply change hands and twist torso away (closed stance), neck/head/eyes are facing out or down.



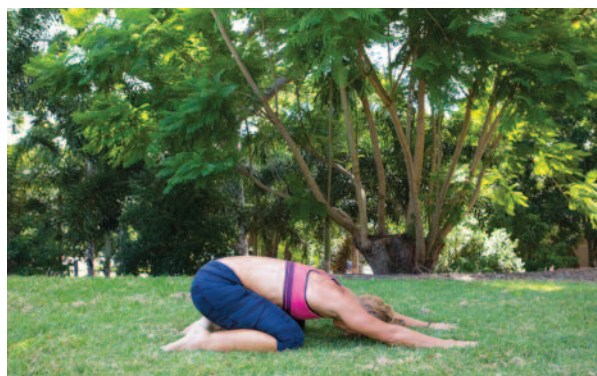
4) Eagle pose (Garudasana) Stand feet together, place right leg over left leg, toes on the ground or wrap around the leg, wrap right arm under the left arm softly.



5) Cow faced pose (Gomukhasana). Towel assistance optional. Sit on the ground cross-legged or in full cow faced with knees stacked and feet splayed out to the sides of your body, sit bones are evenly placed on the ground. Lift your right arm overhead and down the back, left hand behind from base of back and reach up to hold hands.



5b) Cow faced pose (Gomukhasana). Towel assistance optional.



6) Puppy dog pose. (Uttana Shishosana). Start in child's pose.



6b) Puppy dog pose slide forward until chest and back are lengthened, forehead rests on floor. Allow the back to lengthen and stretch by pressing down on the back of arms.



6c) Puppy dog pose. Finish with triceps stretch prayer.



Iconic bicycle ride celebrates 17th year



The 2016 Heritage Bank Ipswich 100 bike ride is back – Sunday 17th April year for the 17th year.

This iconic bike ride has provided a high quality, multi distance bike ride for the Ipswich and surrounding community in this time.

The current format of the event welcomes all ages and abilities through a range of offered distances. The pinnacle event is the 100 mile ride which usually attracts roughly 300 experienced riders who meander through stunning countryside.

IHF Events Coordinator Ashton Greaves said the foundation is pleased to again be a partner in this healthy event.

“Our events team supports this bike ride each year by providing website design and support, registration, advertising and email promotion.

“Getting people moving is what IHF is all about so supporting this bike ride is a great partnership for us.

“I highly recommend anyone who is looking to get active this year to start by training for the Fun 5km ride. Cycling is very easy on your joints and perfect for somebody who is just getting back into exercise,” Ashton said.

Presented by Heritage Bank and hosted by Moggill Mount Crosby Lions Club, the Ipswich 100

continues to grow in popularity as more locals discover the joy of cycling.

The charity ride distributes all monies raised back to the community through community serving organisations such as; The McIntyre Centre, 24/7 CSF, Epilepsy Qld, SES, Team Cupcake, Ipswich Hospital Foundation and Lions Youth Outreach Centre.

Register NOW www.ipswich100.com.au

2016 Heritage Bank Ipswich 100

**Early bird registration closes
March 31st 5pm**

**Online rego closes
April 16th 5pm**

**On the day registration is open until
30 minutes prior to the start of each race**

Events

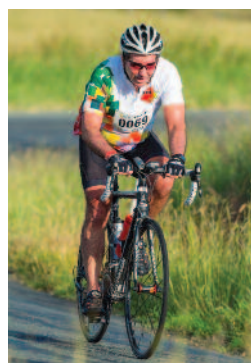
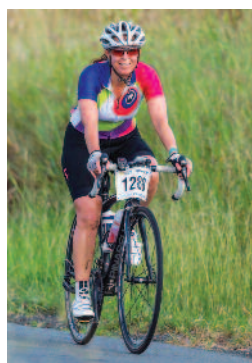
Heritage Bank Imperial 100 mile Challenge

St Andrews Hospital Classic 100 km

Exact Radiology Eminent 50km

24/7 CSF Esprit 25km

24/7 CSF Fun 5km



Competitors in the 2015 Ipswich 100 in aid of the Ipswich Hospital Foundation.



IPSWICH 100 BIKE RIDE

SUNDAY 17TH APRIL 2016

**REGISTER A TEAM TO
BE PART OF THE**

mylifemedical

TEAM VILLAGE

*Conditions apply

Register Online Now
www.ipswich100.com.au

	Heritage Bank Imperial 100 Challenge 105 mile	6.00am \$85.00 pp
	St Andrews Hospital Classic 100 100km	6.30am \$75.00 pp
	Exact Radiology Eminent 50 50km	7.00am \$55.00 pp
	24/7 CSF Esprit 25 25km	8.00am \$15.00 pp
	24/7 CSF Fun 5 5km	9.00am \$5.00 pp

Prices above are an early bird rate and will change after 31 March 2016.

Christmas appeal promises fun for sick children

The Playground Project and Christmas Appeal helped end 2016 with a bang for Ipswich Hospital Foundation.

Appeal Coordinator Chelsea Rees said the playground project appeal was made easy thanks to so many generous members of our community.

“A range of great people, groups and organisations contributed to our appeal and we would like to sincerely thank those people.

“This playground will truly be the playground that Ipswich built! Woolworths Limited and Redbank Shopping Centre both facilitated donations for their customers through raffle ticket purchases, gift wrapping and VIK kids club memberships.

Redbank Shopping Centre Marketing Manager Yasmin Chrzescijanski said they are so proud to have been able to assist the Ipswich Hospital Foundation in raising funds for the Christmas Appeal.

“I would really like to thank our amazing customers who gave so generously when having their gifts wrapped by the foundation's very talented wrapping volunteers in centre.

“Each and every one of our 2,000 Kids Club has also assisted this great cause through their annual membership – it's this support from our local community which has enabled us to continue to support the Ipswich Hospital Foundation in the great things they do for Ipswich,” she said.



The Ipswich Hospital Foundation team join Santa in celebrating the fundraising for a children's playground at Ipswich Hospital. Pictured left to right: Katherine Wyman, Ashton Greaves, Mel Pridmore, Santa, Tom Yates, Chelsea Rees and Talitha Rice.

Santa pays a special visit to sick children



Thank you to those who have donated to the Playground Project and Christmas Appeal to date. You can still donate at www.ihfoundation.org.au

Andrew Spark advertising + marketing	500	Gift Wrap 5	228.40
Lowood QCWA	300	Gift Wrapping 6	700.40
Shirley Club	200	Gift Wrapping 7	903.75
West Moreton Community Kindergarten	500	Gift Wrapping 8	1074.70
St Marks Lutheran Church of Brassall	500	Phuc Lam	525
West Moreton Anglican College	484.55	Jill Muleman	50
Ipswich Men's Shed	200	Tamara Venz	10
Woolworths Token Campaign	17,992	Fit4Life Classes	490
Boonah Dental	500	Ipswich Mayors Office	1600
Dr Lara Damas	100	East's Rugby Group	50
Aileen Elliot	50	API	100
Judy Andrews	100	Cambrian Choir	150
Redbank Plaza VIK Club 1	536.70	Sundowner Hotel	500
Redbank Plaza VIK Club 2	450	Prayer Group	500
Redbank VIK Club 3	830	Lambert Family	75
Redbank VIK Club 4	334.45	Kmart Redbank	372.77
Redbank VIK Club 5	330	Glennis Hackett	60
Hit and Giggle	500	Annette Kozak	10
Early Education Centre	100	Kylie Thomson	20
The Strand Social Club	161.50	Stephen Reid	200
Ken Rice	100	Big Hit Christmas Run	136
Gift wrapping 1	371.70	Ips 100 Rego donation	10
Gift Wrapping 2	416.25	Anonymous	100
Gift Wrapping 3	416.25		
Gift Wrap 4	125		
		Total to date \$35,000	





Be prepared when exercising outdoors

There are a range of great ways to prepare yourself for exercising outdoors; applying sunscreen, a hat and ensuring you have adequate hydration available.

Is carrying a first aid kit something you've ever thought about? Queensland Ambulance Service Redbank Station Officer in Charge Alex Thompson encourages anyone who is exercising outside in areas where snakes are likely to be to consider taking a first aid kit.

"If you are bitten the most important thing to remember is not to panic as any increase in heart rate will move the venom around the lymphatic system.

"Always call 000 as we have the opportunity to apply a pressure immobilisation bandage and transport you securely to the hospital.

"While waiting for us to arrive start distally and wrap upwards for e.g. if you are bitten on your arm, start at your fingertips and wrap a bandage all the way up to the top



of your arm."

"Ensure that you still have blood flow to the area by not wrapping the bandage too tight.

"Do not use a tourniquet, suck out venom or wash the site as we want the hospital to be able to do a site test on the skin if antivenin is required," he said.

The West Moreton region has

received the third highest number of call-outs to snake bite incidents in Queensland this year, preceded only by Central Queensland and Metro North Local Ambulance Service Networks.

On average in 2016, Queensland Ambulance Service has responded to two snake bites a day. This figure is reflective of the 2015 daily average.

Park2Park and parkrun Ipswich are here to stay

Division 7 Councillor Andrew Antonioli and the Ipswich City Council have committed permanent Ipswich Park2Park and parkrun Ipswich signage for installation in 2016.

Trail markers for the Park2Park 5km route and the popular Saturday morning parkrun event will become permanent fixtures between Limestone and Queens Parks.

Ipswich Park2Park Event Coordinator Ashton Greaves said she is excited about the permanent signage.

"It is excellent to see the Ipswich Park2Park being recognised so strongly by the City who are also in the business of improving health outcomes for the community.

"If this permanent move doesn't show that we intend to be around for a long time then I don't know what will!" she said.

parkrun Ipswich QLD Director Kay Sherlock said the installation of permanent signage for the parkrun course is a great thing for the growing group.

"Our regular crowd is 120 strong nearly every week and I hope that the permanent reminder and promotion will double that!

Councillor Antonioli completed the Ipswich Park2Park Half Marathon in 2014 and said that competing in any of the Park2Park events was a challenge.

"Training greatly assists competitors fulfil their objective of either finishing or getting that elusive personal best time.

"More people can now not only train for the Ipswich Park2Park but also train for the event on the track they'll be running on," he said.

For more information and to register visit parkrun.com.au and keep reading *Healthy Living Ipswich*.

Want to make a difference in your community?



VOLUNTEERS NEEDED for the Ipswich Hospital Foundation

Volunteering provides an opportunity for people to participate in planning, providing and evaluating health services in a way that complements, but in no way substitutes paid work. It also enables volunteers to use their skills and experiences to develop and achieve personal goals, bringing the community into the workplace.

The Ipswich Hospital Foundation utilises volunteers in a number of areas including:

- Meet and Greet reception areas at the Ipswich Hospital
- Parents in Theatre
- Hospital Museum
- Rehabilitation
- Events like Park2Park to name a few.

If you are interested in becoming a volunteer please complete the Volunteer's Application Form online at www.ihfoundation.org.au and return it to the Volunteer Coordinator, Judy Andrews by email volunteers@ihfoundation.org.au or telephone 0409 899 686.

Phone 1300 736 428 or visit ihfoundation.org.au to learn how you can help!



Hospital museum provides glimpse into the past

The AE Wilcox Ipswich Hospital Museum is currently exhibiting an Orthopaedic display for all to enjoy.

Most of the Ipswich Hospital Museum team can personally recall using the medical equipment displayed in the museum and at Ipswich Hospital – imagine a firsthand account from a registered nurse about the use of a guillotine to remove tonsils!

Ipswich Hospital Museum volunteer and past nurse of the Ipswich Hospital Libby McNulty said there are so many fascinating stories in the museum's collection.

"My personal favourite story is that of an Ipswich Hospital Doctor who left for a home visit on horseback and got lost only to be returned some days later by locals.

"It really is fascinating and amazing how our trade has changed over the years.

"Visitors can expect to discover stories like this as well as a tour of the museum and physical artefacts



used at Ipswich Hospital dating from early 1900's onwards."



The Ipswich Hospital Museum is staffed by volunteers and is open the first Monday and Wednesday of the month from 9.30am – 12.30pm.

"Our volunteer team really enjoy sharing stories and welcoming groups to our labour of love! The museum display will transition to a look at Anaesthetics and

Midwifery in the coming months. Opening hours: 9.30am – 12.30 pm Monday and Wednesday. Alternative times and group tours are available by appointment.

Connect with the Ipswich Hospital Museum on Facebook: Friends of Ipswich Hospital Museum ipswichhospitalmuseum.com.au



tuffkidz



Ipswich City Rotary
Tuffkidz Series

Sunday 6 March 2016

Have you always wanted to TRI a triathlon?
TRI the TUFFKIDZ series!

• Bike • Swim • Run •

Distances specific to school grade level

Ipswich State High School, Brassall (from 7am)

Entry fees are \$10.00 per person
Team entries available

All finishers receive a TUFFKIDZ medallion and
go into the draw to win a bike and other
random prizes!

Register online - www.ihfoundation.org.au

Contact

Peter McMahon 3812 2923 | Bec Ungermann 0457868 315 | Ipswich Hospital Foundation 1300 736 428



Circuit in the Park

This session will give you a balanced cardiovascular and resistance workout designed to help your body develop strength, endurance and flexibility. Suitable for all fitness levels.

Mondays
5.30pm
Lobley Park,
Churchill
Lobb St Rotunda

Tuesdays
9.00am
Limestone Park,
Ipswich
Griffith Rd Entrance

Fridays
9.00am
Robelle Domain,
Springfield Lakes
Meet at The Stage

Cost: \$5 donation



1300 736 428 | www.ihfoundation.org.au



Events 2016

JANUARY

4th Fit4Life Start

FEBRUARY

13th parkrun 2nd Birthday

26th Breakfast for Blokes

MARCH

18th Trivia Night

6th Tuff Kidz Triathlon

APRIL

17th Heritage Bank
Ipswich 100 Bike Ride

30th Race Day + One Mile
Gift Foot Race

30th Ipswich Park2Park
Launch

MAY

11-31 Happy Wanderer's
Bus Tour

20th Lunch for Ladies

JUNE

11th All Things Health Expo

11th Smart Tank

JULY

10th Rail Trail Fun Run

22-24 V8 Supercars

31st 

AUGUST

SEPTEMBER

9/10 IHF Thank You Gala*

OCTOBER

7th Breakfast for Blokes*

28th Triva Night*

NOVEMBER

8th Lunch for Ladies

DECEMBER

2nd Christmas Appeal

3rd Volunteers Lunch



IHF volunteer shares her experience

Ruth Jorgensen is the perfect poster girl for volunteering at Ipswich Hospital and she wants to welcome more volunteers into the fold.

New programs such as Queue Manager for Outpatients and Antenatal Departments and an upcoming Dementia support program need the assistance of more volunteers in 2016 and beyond.

"I love the atmosphere and environment of the hospital and I think many others will feel the same if they give it a try," she said.

"I have worked for Queensland Health for many years in the past so working as a volunteer for Ipswich Hospital was a perfect transition for me.

"I like the job because I get to see a variety of people, difference cultures and races and it is really interesting to talk to those people.

"The volunteers are highly thought of at Ipswich Hospital. I know the community and staff were unsure about how capable we would be when the program first started but I think we've



IHF volunteer Ruth Jorgensen

definitely proved ourselves.

"Especially in the last year, volunteer roles have evolved to include many more areas of the hospital needing our assistance," she said.

If you would like to volunteer your time at Ipswich Hospital contact Judy Andrews on 1300 736 428 or judy@ihfoundation.org.au

TUFFKIDZ are healthy kids



The TUFFKIDZ triathlon is a fun fitness activity

The Tuffkidz Triathlon series has a new look in 2016, hoping kids come out in droves for the event on Sunday 6th March at the Ipswich State High School. The mini triathlon event is for those in school who want to try the run, swim, cycle combination in a non-competitive environment.

TuffKidz event organiser Rebecca Ungermann said she is passionate about getting school age children into triathlon. "TuffKidz is the best way for children to experience triathlon. There are no required times or abilities we just want to see children coming along to give it a go."

Lifetime friendships and of course a healthy lifestyle can be gained from participating in the series which will be highlighted in a showcase event by Ipswich Triathlon Club Members. All participants receive a TuffKidz finisher's medallion and go in the draw to win a bike and other random prize draws.

Registration is only \$10 per child and teams are available. Children are required to bring their own bike, have a covered torso and wear running shoes during the bike and running.

For more information or to register online visit www.ihfoundation.org.au



Sabra Manttan
Journalist

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 healthy tips in coming months.

Find out more at [facebook.com/healthylivingipswich](https://www.facebook.com/healthylivingipswich)

5 Trending Health Tips for 2016

1. Liquid Gold – nutrient rich smoothies and juices will continue to be just as popular in the New Year as last and for good reason. Jam packed full of nutrients and vitamins delivered from the inclusion of fresh fruits and superfoods as main ingredients, smoothies and juices offer not only a healthy snack but a perfect breakfast option for those on the go.

2. Matcha Tea – the new green tea with over 100 times the antioxidants helping to improve metabolism, detoxify the body as well as rich in fibre, chlorophyll and multiple essential vitamins such as Vitamin C, Magnesium and Zinc.

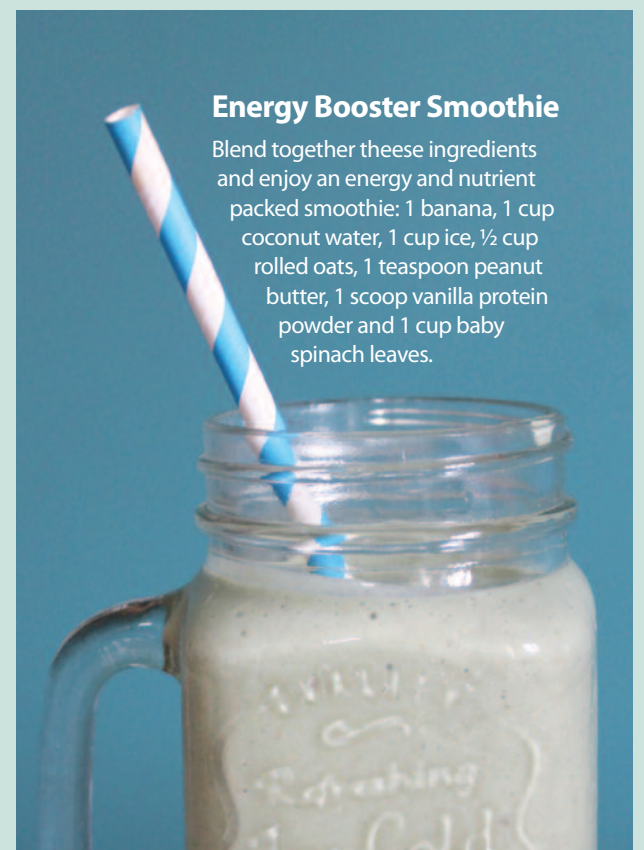
3. Sleep – often the last thing people tend to focus their attention on when it comes to health, the importance of getting adequate sleep plays a vital role in our overall health and wellbeing. Aim for your 8 hours a night to avoid increasing stress and fatigue as well as help to support your immunity.

4. Dark Leafy greens – although not a particularly new health trend, the benefits of including these gems into your daily salad mix or added to a wrap for lunch are not to be forgotten anytime soon. Containing numerous vitamins and minerals, dark leafy greens such as Kale, Broccoli and Spinach act as powerful antioxidants helping fight off disease and illness.

5. Supporting Local – such a pivotal concept to not only help improve your health by ensuring you know where your produce is coming from, but also to provide much valued income to our local farmers. Be sure to check out your local produce markets to not only support the community and improve your health, but also to save a buck or two with markets offering significantly lower prices on fruit and vegetables than your regular supermarkets.

Energy Booster Smoothie

Blend together these ingredients and enjoy an energy and nutrient packed smoothie: 1 banana, 1 cup coconut water, 1 cup ice, ½ cup rolled oats, 1 teaspoon peanut butter, 1 scoop vanilla protein powder and 1 cup baby spinach leaves.





Bowen therapy and herniated discs, back pain and sciatica

If you feel like you've tried everything when it comes to body ailments and injuries, Sue Hamilton of Bowen Therapy Karana Downs is the one for you! Sue tells us about Bowen Therapy for back pain, herniated disks and sciatica.

A herniated, slipped or bulging disc is when an intervertebral disc is constantly compressed which causes the nucleus (the soft centre) to bulge, or possibly rupture the tough fibrous outer layer like the outside of a tyre.

This prolapse may push on the spinal cord or on the nerve roots, causing intense sharp pain in and around the lower back. The majority of disc herniation's occur in the lumbar region (lower back), because that part of the vertebral column bears much of the weight of the body, and it is also the region which does the most bending and flexing.

What is the cause of a slipped disc?

The term 'slipped disc' does not really describe the condition accurately as the disc does not actually slip out of place, but bulges out towards the spinal cord. This puts pressure on the spinal nerves causing acute pain in and around the lower back. If the roots of the sciatic nerve are compressed the pain can radiate down the posterior thigh, through the calf, and occasionally into the foot. This condition is called Sciatica. Hard physical labour can increase the likelihood of a herniated disc, excessive strain or pressure on the spine can also cause a herniated disc. They are also seen following trauma such as an injury from a fall or a car accident.

Bowen therapy and the treatment of a Herniated disc
Herniated discs respond well to



Bowen treatment. Bowen therapy seems to have a more immediate response than other treatments such as chiropractic or physiotherapy as the pressure around the herniated disc is decreased immediately. The specific Bowen moves relieve the tension in and around the herniated area.

Utilising special procedures in a Bowen treatment as well as the Basic Relaxation Moves, most clients get a degree of immediate relief from a herniated disc after the first session. Many clients only require a few treatments to fully treat the herniated disc depending on the severity of the condition.

Intervertebral discs are the 23 narrow spongy shock absorbers

which fit between the 24 separate bones of your spine. Without the discs these bones would grate and crunch every time you moved. Intervertebral discs have very little in the way of nerve supply and contain no blood. They are made up largely of water. The inside is filled with something kind of like toothpaste. As your disc begins to lose water it is like letting air out of a radial tire; the sides begin to bulge. As you get older the amount of fluid in your discs will diminish slightly, - hence why drinking water is very important in maintaining spinal health.

Visit bowen-therapy.net.au for further information.

Locals get Fit4Life

Fit4Life fitness activities have recommenced for 2016 and locals are already getting involved to reach their health goals.

The Fit4Life fitness calendar is low cost, no obligation or contracts and offers something for everyone! If you want to get involved in a friendly way of exercising visit ihfoundation.org.au to view a full list of activities and an unlimited class membership option.

Fit4Life Member
Lyndsay Dayman Testimonial
"I just wanted to say thankyou. I attended my first session of

walking at the Redbank Plaza - people were welcoming, and walked together for a few laps of the Plaza.

"I got my Fit4Life Membership card from Susan who also recognized me from a previous session of Park fit at Limestone Park!!

"Susan was great as usual and she took time out to chat to everyone on the way around. It was definitely nothing like I was expecting. I had a great time... definitely be back for more.... bring on 2016 and a healthier ME!!!"



Just a few of the exercises FIT4LIFE members enjoy under the guidance of professional IHF trainers.

Tried everything?
NOW TRY
Bowen Therapy

OPEN 6 DAYS
PER WEEK

Sue Hamilton's
bowen therapy
at Karana Downs

....a blissfully gentle healing technique that will help
Sciatica, upper/lower/mid back pain, hip, leg, groin, knee,
ankle & foot pain Shoulder, elbow, wrist, neck & jaw pain.

Digestive, circulatory, elimination & lymphatic (fluid) issues, eyes, ears,
sinus, and just about any imbalance in the body both Inside and out!

For an appointment please phone clinic 3201 1959
www.bowen-therapy.net.au • sue@bowen-therapy.net.au



Get Fit4Life for less cost



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.

Visit www.ihfoundation.org.au to join.



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.

Summer 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 Lobley Park Churchill			5.30pm			
Circuit in the Park Limestone Park		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 in the Park Lobley Park, Churchill	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Circuit in the Park Robelle Domain stage					9.00am	
Low Impact Ipswich North Uniting Church Brassall		10.00am				
Orion Walking Orion Springfield Central			7.00am			
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Bundamba Swim Centre		6.00pm		9.30am	COMMENCES MARCH 2016	

Healthy Living Health & Fitness Directory

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



AND
BETTER

You can't turn
back the clock,
but you can
wind it up again!

Weekly fun fitness activities for the 60 and better!

Square Dancing

Beginners Monday 12.00-1.00pm
1.00-3.00pm
\$3, \$6 Caller costs
Annex, Humanities Building
56 South Street Ipswich

Boccia

Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

Table Tennis

Tuesday 1.00-4.30pm
Friday 1.00-4.30pm
\$2 donation welcome
Bring afternoon tea to share
Annex, Humanities Building
56 South Street Ipswich

Tai Chi for Diabetes

Wednesday 2.00-3.00pm
\$5 instructor costs
Cafeteria, Level 1,
Humanities Building
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au

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Walking Schools



Walking Schools is an Ipswich Hospital Foundation initiative which increases physical activity for school children by establishing a walking club which meets to walk together on school ground before classes start. The program is being supported by qualified health and fitness professionals in our community who are passionate about keeping Ipswich kids fit.

Register your interest: info@ihfoundation.org.au



www.ihfoundation.org.au