

# HEALTHY LIVING

## IPSWICH

Issue #25



@ipswichhospitalfoundation  
#ihfhealthyselfie

## IHF PARK2PARK RACE DAY GUIDE

Everything you need to know  
ahead of Ipswich's big race.

## IMPROVE YOUR SLEEP

Sound advice for a more  
restful night's sleep

This special edition  
of Healthy Living Ipswich  
magazine celebrates the  
Ipswich Hospital Foundation  
Park2Park fun run and those  
people who are essential  
to making this event  
successful.

# FACES OF IHF PARK2PARK

Join us for the 13th annual Ipswich Hospital Foundation Park2Park on Sunday 30 July.  
Register online at [www.park2park.com.au](http://www.park2park.com.au)



# EDITOR'S NOTE



Chelsea Rees, Healthy Living Ipswich Editor

## Join us at the 13th IHF Park2Park

**Sunday 30 July from 6.30am**  
**Bill Paterson Oval, Limestone Park.**  
**Register online at [www.park2park.com.au](http://www.park2park.com.au)**

**This special edition of Healthy Living Ipswich magazine celebrates the Ipswich Hospital Foundation Park2Park fun run and those people who are essential to making this event successful.**

University of Southern Queensland Vice-Chancellor Professor Janet Verbyla said the University was proud to support this year's event.

"As a leading provider of health-related education in the Western Corridor, USQ is very excited to be a major supporter of Park2Park," Professor Verbyla said.

"The University's ongoing support of the Ipswich Hospital Foundation highlights a joint focus in boosting the health and wellbeing of people in Ipswich and surrounding areas."

Ipswich Hospital Foundation Park2Park event coordinator Ashton Greaves said University of Southern Queensland's integral support is the foundation to a successful event.

"There are so many smaller providers, community organisations and individuals who make the Ipswich Hospital Foundation Park2Park a must-do event."

Ipswich Hospital Foundation | Tel: 1300 736 428  
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## Get training for Park2Park at the Somerset Rail Trail Fun Run



**Need an event to get you in the swing of things ahead of the Ipswich Hospital Foundation Park2Park? Check out the Somerset Rail Train Fun Run on Sunday, 9 July.**

Organisers have added an exciting new element to be introduced at this year's fifteenth annual Somerset Rail Trail Fun Run.

Somerset Regional Council have joined forces with Bicycle Queensland, to deliver a 22km bicycle component to the event.

Somerset Mayor Graeme Lehmann said Council wanted to expand the event and cater for an increased enthusiasm for bike riding in Somerset.

"The Brisbane Valley Rail Trail is a fantastic asset to Somerset and we are pleased to be able to welcome cyclists to the trail as part of the annual event," Cr Lehmann said.

"We are encouraging cyclists including families, to get on their bikes and join us for a 22km ride proposed to start at Wulkuraka Station and finish at the Fernvale Sports Park and join in the free festival which is part of the event."

Council will be offering the bike leg as well as the popular 8km and 3km run or walk events to the 2017 event.

**For more information find the event on Facebook or visit [www.railtrailfunrun.com.au](http://www.railtrailfunrun.com.au).**



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# MEET OUR PARK2PARK CHAMPIONS

It takes a team effort to bring the Ipswich Hospital Foundation Park2Park fun run together each year. Here are some of champions...



**Clay Dawson,**  
**past IHF Park2Park champion**

"I love the fact that this event is a celebration of our healthy community and the city of Ipswich in general!"



**Ingrid Gorrie,**  
**Catalyst Church Team Captain**

"I love that Park2Park is so effective in raising awareness and fun of health for individuals and the wider community of Ipswich."



**Rob Richards, 10 Year Club Member 2014.**

"My wife, Robyn and I have lived in Ipswich since 1973. Our two children and their children live in Ipswich. Ipswich is our City. I am 65 years old and didn't start running until I was almost 50. Since then I have run many marathons and half marathons both in Australia and overseas. When the first Park2Park event was advertised I was very excited that Ipswich was going to have its' own running event so I couldn't wait to enter and participate. Since then I have participated every year - 11 half marathons and one 10km event. This year, the 13th event, I have again entered the half marathon

and, as always, look forward to it. The Ipswich Hospital Foundation is doing such terrific work in Ipswich including organising the Park2Park event. The Park2Park is one of the best and most well organised events in which I have participated. Thanks to the dedicated staff and volunteers at the Ipswich Hospital Foundation."



**Ali Fyfe, IHF Park2Park Master of Ceremonies**

"I love the fun community spirit from the local teams competing and my absolute favourite event is the mascot race!"



**Taryn Charlton, 10 year club member 2017**

"The hills make this one of the most challenging fun runs around and yet I'm drawn back year after year. It's not often that such a great event is held in your own back yard!"

**Kellie Martin, Lending Support  
Bendigo Bank + USQ Nursing student.**

"As an employee of Bendigo Bank I like to be involved in community events, especially the well-run Park2Park. I also enjoy keeping fit and Park2Park is a good opportunity to challenge myself and spend some time with my peers outside of the work environment."



**A/Professor Jennifer Kelly PhD, Head of School,  
School of Health and Wellbeing, University of Southern Queensland**

"Park2Park provides an opportunity to bring organisations and people together; USQ is committed to Park2Park because USQ students and staff connect with the community for the purpose of health, fitness and wellness."



**Anne Maree Edwards, IHF Board Member**

"I love the Park2Park because it's an event for everyone, it brings people together! Our Swichette Team gets bigger every year, we have babies in prams to grandparents in their 80's join us for a fun healthy morning together. From Elite athletes relishing the challenge of a hilly half-marathon to those that may never have participated in a fun 'run/walk' before, I love the feeling of accomplishment it gives all who participate. The atmosphere is awesome, our community really get behind it, I wouldn't miss it, see you there!"



Join us for the 13th annual Ipswich Hospital Foundation Park2Park on Sunday 30 July.  
Register online at [www.park2park.com.au](http://www.park2park.com.au)





# Avicenna offer natural remedies to cold and flu

Rachel Brennan has been a massage therapist since 2001, a naturopath since 2007 and practicing locally since 2009. She has a Bachelor of Health Science (Naturopathy), an Advanced Diploma in Health Science (Naturopathy), a Diploma in Remedial Massage, a Certificate IV in Massage Therapy (Remedial Massage) and an Advanced Certificate in Integrated Cupping Therapy. Rachel is passionate about research in her field, invents and experiments all the time, has an extensive garden of medicinal herbs and Ipswich native plants and has a lot of big plans for all of it.

Visit her at Avicenna, Shop 6,  
7 Bell Street, Ipswich.



Rachel Brennan performs a cupping technique on her client.

**Cold and flu season is now upon us. As many of my regular clients know, I am able to treat anything from boosting immunity at the onset of a cold to sinusitis, respiratory infections, bronchitis and coughs through herbal medicine. They will taste bad but I make no apologies, if you come in coughing I'll give you a little dose of Wild Cherry and you'll usually stop coughing within minutes.**

In addition to herbal medicine, I do a lot of traditional glass cupping therapy, which is great for relieving the symptoms of chest infections, asthma and bronchitis. Depending on what is going on, I can even do a twenty minute traditional Chinese cupping routine that lessens the symptoms and severity if a cold if caught very early on.

Another treatment I devised and got a

lot of practice on last year when everyone in Brisbane had that rotten chest infection and have continued to do a lot since was a combined aromatherapy and cupping treatment where I choose several essential oils based on what the client is presenting with, apply it to their back and use the glass cups to feed heat into the chest area.

Recently I performed this on someone with bronchitis and she stopped coughing while she was on the table, got some colour back in her face and left able to breathe much easier. The first time I ever saw cupping done was on an 84 year old woman with bronchiectasis (which is basically bronchitis that lasts for twenty years) and she absolutely terrified me with her cough when she came in, this tiny

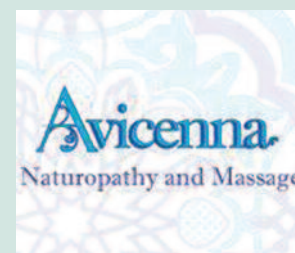
woman with a cough that sounded like it came from her toes. The therapist I was observing at the time and the client both laughed at me, but an hour later after having cupping done and chatting about the Young and the Restless she left with a cough that sounded much more normal. That really changed my life.

I have also made aromatherapy chest rubs for colds, flus, sinus problems and people who have trouble breathing normally due to infection, using essential oils of peppermint, cedar wood, eucalyptus, thyme and wintergreen – it smells gorgeous. For those of you who work in offices or with children, I am also developing an aromatherapy chest rub for boosting immunity for those of you who catch whatever is going around or if you are

the kind of person who gets one really nasty bout of illness in the cooler months. At this stage it will have the essential oils of Australian sandalwood, fragonia, lemon tea tree, frankincense and lemon myrtle.

Obviously, these treatments do not replace a doctor's supervision.

**For more information visit my website or social media channels:**  
[www.avicenna.net.au](http://www.avicenna.net.au), Facebook or Instagram

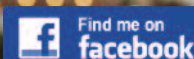


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Authorised by K. Vince, 41 Macrae Street, Coalfalls QLD 4305





The 13th annual IHF

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#IpswichHospitalFoundationP2P



## Race Day Guide | Sunday 30 July

Half Marathon | Half Marathon Relay | 10KM Run | 5KM Run | 5KM Walk | Family Challenge | Mascot Marathon

## Welcome to the 13th annual IHF Park2Park

**The annual Park2Park Fun Run to raise funds for the Ipswich Hospital Foundation is now one of those must attend events on the fitness and fun calendar every year.**

This run has steadily grown in standing. It now has seven events to cater for all members of the family. This day has something to challenge everyone, no matter what their current level of fitness and ability including the family challenge, 5km and 10km events. The event also caters for those very serious about their fitness with the half marathon starting at 6.30am. Park2Park is a great opportunity for family, friends and work colleagues to join together and enjoy the camaraderie on the day with other like-minded runners, walkers and fitness gurus. All participants and

sponsors including event presenting partner the University of Southern Queensland agree this is an important role for the Ipswich Hospital Foundation. One of its goals aligns with councils aim to make Ipswich the healthiest community in Australia. By working in partnership with health services and promoting healthy lifestyle options we can reverse the trend of increasing chronic diseases.

My congratulations to everyone involved at the Ipswich Hospital Foundation on their organisation of this event that is so widely supported and appreciated by our community.

**Acting Mayor Paul Tully,**  
City of Ipswich

**It all started with the Park2Park! In 2017 the Ipswich Hospital Foundation (IHF) celebrates 20 years of support to the Health of the Ipswich Community and the West Moreton Hospital and Health Service!**

Now in its 13th year the highlight of the IHF Calendar remains the Park2Park. Held on Sunday 30 July 2017, the Park2Park is proudly supported by University of Southern Queensland and promises to deliver an outstanding day of fun, family fitness, health and community-wellbeing.

The Park2Park is also proudly supported by Ipswich City Council in presenting this event for the community. This year the Park2Park represents much more than a celebration of health and personal wellness or the realisation of health goals. In 2017 the Park2Park represents the coming-together of a community and a recognition of those partnerships that deliver strength and support to our local Hospitals and Health Services, in particular the care-givers in our West Moreton Hospital and Health Service Community. As always, the day promises something for every fitness level, including 5km, 10km,

Half Marathon, Half Marathon Relay, Team Events, Family Challenge and Mascot Marathon, and spectators are invited to come and enjoy the vast range of hospitality, stalls and the excitement of team and community support. The Ipswich Hospital Foundation is proud to manage car parking facilities for the West Moreton Hospital and Health Service and to reinvest the proceeds in a full calendar of health and wellness opportunities including the Park2Park, for the community to come together and enhance their personal health and wellbeing. We acknowledge however that events such as the 2017 Park2Park can only continue to grow with your support. Every year we are joined by Event Partners, Corporate Sponsors, the Ipswich Business Community and Government of all levels, together with an army of hard-working volunteers, to deliver a day dedicated to the health and wellbeing of our community. Ipswich Hospital Foundation and the Park2Park - Becoming the Healthiest Community in Australia!

**Phillip Bell, Ipswich**  
Hospital Foundation CEO





# IHF Park2Park Race Day Guide

This Race Day Guide for the 2017 Ipswich Hospital Foundation Park2Park is designed to provide you with all the information you'll require on race day. Please take the time to familiarise yourself with the information laid out on the following pages.

## Race Kit Collection

Saturday 29 July, 1:00pm-3:00pm  
Bill Paterson Oval, Limestone Park  
Ipswich AND Sunday 30 July, from  
6:00am until 30 minutes prior to your  
event.

## Team Entry

If you are part of a team please check with your team manager whether they will be collecting your race kit as a team collection or whether you need to collect your race kit yourself.

NO race kits will be mailed out.

## Runner's Etiquette

To ensure everyone has a safe and enjoyable experience, participants should

- Position yourself at the start line relative to your ability and your goal finish time.
- Keep to the left of the course to allow people to pass on the right
- Do not stop or change direction suddenly.
- Be courteous to your fellow participants.
- Always follow the directions of all race officials, SES personnel and emergency services.
- No rollerblading, cycling, skating or skipping.

- Prams, strollers, wheel chairs and participants with pets should start at the back of the start area.

## Parking

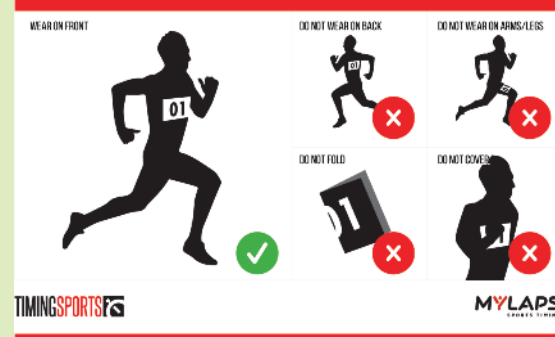
We recommend car-pooling to the event where possible to decrease congestion around the event precinct.

Limited parking is available in the car park off Quarry Street, Ipswich as well as in the surrounding streets for the duration of the event. Lion Street is closed until approximately 7am. After this time Lion Street will re-open & parking is permitted. Please be aware: QLD road rules apply when choosing a parking space around the event precinct. EG. Do not park over driveways, etc.

## Baggage

Clothing items/belongings (no valuables) can be left in the baggage area located in the Athletics building at the car park end of the Bill Paterson Oval. To drop off your baggage you will be required to give your bib number to the attendant. This number will be used to identify your bag and will be needed to collect your baggage after your event.

## HOW TO WEAR YOUR BIBTAG



## MyLaps Bib Tag

Race kits include a bib with a timing device attached, safety pins and a FREE signature Ipswich Park2Park cap (while stocks last).

In order to receive an accurate time please ensure your bib is attached correctly.

## Park2Park Course Map

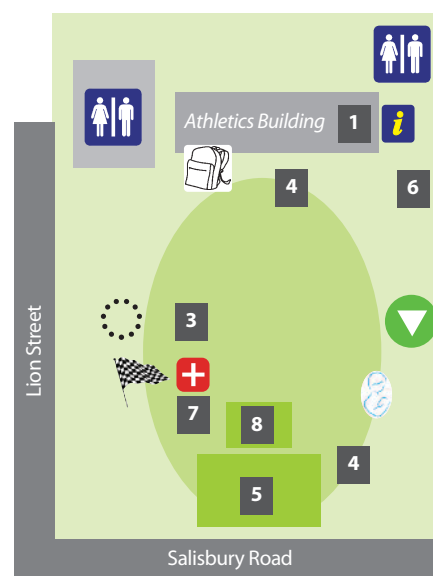
- Start
- Finish
- First aid
- Water stations
- Toilets
- No Parking



## Event Precinct - Bill Paterson Oval, Limestone Park Ipswich

### Key

- Registration & Information
- START**
- Half Marathon Relay Changeover
- FINISH Zone
- First Aid
- Toilets
- Child Feed & Change Room
- Baggage
- Stage
- Food & Beverage
- Team Village
- School Hill
- Finisher Photo Frame
- Park2Park Mall



\*Locations subject to change on the day

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### IHF Park2Park Race Day Program

Event	Start	Bib Colour
The City of Ipswich Half Marathon	6:30am	Black
The City of Ipswich Half Marathon Relay	6:30am	Orange
Ipswich Hospital Foundation 10KM	8:00am	Blue
Half Marathon & Relay Presentations	8:15am	N/A
Ipswich Hospital Foundation 5KM Run	8:45am	Green
Walker Pender 5KM Walk	9:00am	Red
Catalyst Church Family Challenge	10:00am	Aqua
Mascot Marathon	10:30am	N/A
All other presentations	10:45am	N/A

### First Aid

A team of sports first aiders will be providing assistance at the event precinct (finish area) and also on course. If you require first aid attention on the course, please report to your closest course marshal, SES volunteer or water station.

### Bendigo Bank Recovery Area

On completion of your event, you will be welcomed into the recovery area by Bendigo Bank community volunteers. Here you can collect fruit and water to help with your recovery. A photo finish opportunity is available right outside the recovery area to take your photo in front of the finishers sign. Be sure to get your friends and capture a snap to #tag on social media.

### Half Marathon Finish Area

Supporting the Park2Park since it began in 2005, the GaleForce Running Squad are hosting a recovery area especially for the Half Marathon participants.

The GFRS half marathon finish area will provide participants with a shaded area offering fruit, staminade, water and Chobani yogurt to help you recover from the toughest half marathon in QLD.



### Results

Results will be available as soon as possible after the completion of the event. Stay tuned to the Park2Park website for the results link: [www.park2park.com.au](http://www.park2park.com.au)

### Photography

Photos will be available between 30 and 48 hours after the completion of the event. Prices start from \$8.95 for a single high-resolution download.

Photos can be accessed via your individual race results or by visiting <http://postrace.com.au/gallery/ipswich-park2park-2017>. All participants will be able to download a personalised finisher's certificate as a memory of the day.

Follow post race on facebook for further updates on event photography.

# OPEN DAY

THE FIRST STEP TO CHANGING YOUR WORLD  
IS SPENDING A FEW HOURS IN OURS

WITH LIVE TALKS BY:



**LI CUNXIN**  
TOOWOOMBA  
13 AUGUST



**TURIA PITT**  
SPRINGFIELD  
20 AUGUST



**KURT FEARNLEY**  
IPSWICH  
2 SEPTEMBER

IN PARTNERSHIP  
WITH



**FEARLESS STARTS  
WITH USQ OPEN DAYS**

[USQ.EDU.AU/OPENDAY](http://USQ.EDU.AU/OPENDAY)







## Water Stations

Five water stations sponsored by Dewdrop Springs and hosted by local secondary school volunteers are located each 1KM around the course.

Water Station 1: Ipswich Youth Advisory Council

Water Station 2: Ipswich Girls Grammar School

Water Station 3: Ipswich State High School

Water Station 4: Rosewood State High School

Water Station 5: Bremer State High School



## P2P Mall

### University of Southern Queensland

With 2 campuses in Ipswich, Unleash your Fearless with the University of Southern Queensland, the No.1 University for Graduate Employability in Queensland (Graduate Destinations Survey 2014-2015).

### Catalyst Church

A unique church located in Brassall. On the day we've got free children's activities available for kids. Head on over to the Catalyst marquees to check out the Kidzone!

### Bremer Chiropractic – Massage

Enjoy a post-event massage by the skillful hands of Bremer Chiropractic massage therapists. Also find out the other services Bremer Chiropractic offers.

### Brooks Running

Brooks Running is your go to company for anything and everything related to the run. Visit the Brooks stand to enter the comp to win a pair of shoes! Run Happy!

### Jetts Booval

Jetts Booval is a modern 24 hour fitness centre conveniently located on Brisbane Road. Come and meet our friendly team to help reach your fitness goals.

### Emmett Technique

The Emmett Technique is a light pressure muscle release therapy, which relieves pain and discomfort and improves body movement. Contact: Annette Ball 0408748805.

### Canteen

We get it. Just when life should be full of possibilities, cancer crashes into a young person's world and shatters everything. Canteen is the game changer. For more information visit us in the Park2Park Mall.

## Child Feed and Change Area

The Australian Breastfeeding Association is Australia's largest breastfeeding info and support service. The local Ipswich Group are here providing comfortable facilities to feed and change your babies.

### Donate Life Queensland

Donate Life promotes organ and tissue donation and creates awareness about how important registration is. This year's focus is 'Make your decision count'.

### Walker Pender Group

Walker Pender Group has been serving the community since 1874, providing legal and accounting services and supporting community events throughout the Ipswich region. They have recently been joined by Nicholas Pender of Pender Accounting Group.

## Food & Beverage

### Ipswich and District Athletics

Bacon and egg rolls, sausage sizzle and cold drinks. All monies raised for club activities.

### The Coffee Club

Excellent coffee at a well-equipped coffee station for you to enjoy on the day.

### Chobani

The CHOteam will be at the Park2Park Run for the 2nd year. Bringing positivity, good vibes and a van full of Chobani, there is always a buzz when the team is around. We will be handing out delicious Chobani products- the perfect protein packed post workout snack.

### Jacaranda Clubhouse

Making their famous apple slinkies and selling their freshly made biscuits to raise money for their daily living skills program for people living with Mental Health.

## The 13th Annual Ipswich Hospital Foundation Park2Park gratefully acknowledge our sponsors and supporters

Presented by



Event Partners



Event Supporters and Suppliers



## 2017 CITY OF IPSWICH SPORTS AWARDS



Tell us about an outstanding sporting contribution and they could be recognised with a City of Ipswich Sports Award and up to \$2,000 in prize money.

Nominate now – [ipswich.qld.gov.au/sportsawards](http://ipswich.qld.gov.au/sportsawards)



### Categories

- University of Southern Queensland Team of the Year
- Queensland Times Senior Sportsperson of the Year
- Choices Flooring by Malletts Sporting Organisation of the Year
- City of Ipswich Junior Sportsperson of the Year
- Masters Sport Award
- Coach of the Year
- Official of the Year
- Volunteer of the Year







**Deidre Taylor**  
Nutritionist

**Spice can sometimes be overlooked in the process of cooking. Generally used as flavor enhancers, they are quite often sprinkled mindlessly over foods without consideration to the nutritional properties they add to our diets.**

Turmeric is one spice that has been used for 1000's of years in Asian cooking to give flavor, colour and taste to foods. With a long history of use in Ayurvedic and Chinese medicine due to its natural anti-inflammatory and anti-oxidant properties, it is one spice that should be considered more when seasoning food. In western countries, although it's popularity as an alternate medicine is growing, it is predominantly used not only as a flavoring spice but also for its antimicrobial properties for food preservation and for its ability to colour foods.



There is an increase in scientific research being conducted on the health benefits this yellow coloured spice from the ginger family has to offer. And although there is no conclusive evidence as yet, there is growing support through clinical studies for its consumption to assist in treatment and prevention of inflammatory diseases. The phytochemical curcumin is a bioactive extract of turmeric upon which most clinical studies are based around, and although a high proportion of these are in relation to anti-inflammation and disease prevention, there is also research to suggest benefits of it in the reduction of the aging process with it's high anti-oxidant capacity to attack free radicals.

Becoming more commonly known as a 'Superfood', the studies on curcumin from turmeric have been primarily focused on its ability to reduce inflammation in the body and relieve oxidative stress. Most people associate inflammation with arthritic conditions but chronic inflammation in the body is also a contributor to the development of diseases such as type-2 diabetes, obesity, some cancers and cardiovascular disease to name a few. Curcumin from turmeric works to potentially to reduce the inflammatory processes occurring in the body to help in the prevention of these chronic health related diseases. With the evidence to support it's use

continually evolving, seasoning your meals with this aromatic spice may be a great way to both add flavour to your food whilst increasing it's nutritional properties.

Some describe turmeric as bitter whilst others say it is mildly sweet, making it a versatile spice to add to a variety of foods. It is mostly used in its ground powdered form however, like ginger, it can also be peeled and grated. Predominantly consumed in savory meals, its rich golden colour is perfect in curries and soups and can be sprinkled across natural yogurts and dips. It can be combined with garlic to rub onto roast meats before

cooking and can be easily sprinkled into your marinade. Mix into your scrambled eggs, sprinkle over boiled eggs or use it to naturally colour and flavor a bowl of plain rice.

Turmeric can be also useable in more liquid based meal preparations. Try adding it to a salad dressing, blending it in a smoothie or make it into turmeric tea, sometimes known as 'golden milk', by adding it to boiling water before straining and adding honey or lemon. The ways you can use it are endless and being so versatile you can easily incorporate it into so many of your everyday meals. There are great cake and sweet recipes that are based on turmeric, if you want to create some delicious desserts such as an orange turmeric cake or turmeric ginger biscuits don't overlook it in the pantry when baking. However you decide to eat it, keep in mind that too much can be sometimes be overpowering on the taste buds, so if you are new to this spice start off gradually to enjoy this nutritionally beneficial golden delight!

## GoodnessMe Box:

**Discover the latest and greatest health food products, delivered direct to your doorstep with GoodnessMe Box for only \$25 a month.**

Their boxes are filled with only the highest quality health products that are natural, GMO-free and de-lish. For a limited time, sign up to any GoodnessMe Box subscription and receive **40% off your first box!** Use the promo code **HEALTHYLIVING10** at the check out. Join the Wellness Revolution today! Visit [www.goodnessmebox.com](http://www.goodnessmebox.com)



## THE BUZZ

Sharing the sweetest health trends straight from the hive

## Food with integrity

### IMMUNE BOOSTING TURMERIC PORRIDGE

**Recipe: Golden Coconut Porridge**  
V DF | Serves 2

#### Ingredients

1 1/2 cups Golden Quench Milk  
1 cup oats  
1/2 banana, mashed  
2 tablespoon rice malt or maple syrup  
1 teaspoon cinnamon  
Water if required for consistency  
Assorted chopped nuts, coconut flakes, blueberries & cinnamon to serve

#### Method

Place the Golden Quench milk in a saucepan over low-media heat and gently warm. Add the oats, rice malt syrup and cinnamon and heat through gently for 10-15 minutes or until oats soften. Stir through mashed banana and let simmer for 30 seconds. You may need to add a little more milk or water depending on desired consistency. To serve, top with a sprinkle of cinnamon, chopped nuts, blueberries or coconut flakes and enjoy!





**Marshal Montgomery**  
Bremer Chiropractic

Dr. Marshal Montgomery is a Chiropractor at Bremer Chiropractic in Ipswich and at Dynamic Health Group in Biggera Waters on the Gold Coast.

He has been in practice for more than 20 years and utilises a variety of techniques to help each patient individually having taken further training in chiropractic paediatrics, extremity adjusting, cranial adjusting, visceral chiropractic, dry needling and nutrition. Sleep and performance issues are two of his many interests.

**A modern day epidemic can be found in sleep disorders, disruption, and deprivation. The follow-on effects can be devastating.**

Consequences can include high blood pressure, heart failure, obesity, stroke, depression and other mood disorders, mental impairment, foetal and childhood growth retardation, increased incidence of accident and injury, partner



**Not sleeping very well?**

**A modern day epidemic can be found in sleep disorders, disruption, and deprivation. The follow-on effects can be devastating.**

## Dr Montgomery's Top 5 tips for a great sleep

disturbance, relationship stress, driving impairment, athletic performance degradation, hormone disruption, digestive disorders and so much more.

Factors that can affect sleep patterns and quality range far and wide. Did you know that people have a chronotype? PhD Michael Breus describes how your sleeping pattern affects activities of everyday life with optimal and

disadvantageous times for different activities like working out, eating, asking for a raise and more. You can get some insight into your patterns at [thepowerofwhenquiz.com](http://thepowerofwhenquiz.com).

Sleep expert, Nick Littlehales discusses things like the quality of your bedding and mattress. Sleep architecture plays a role in his coaching as well. A complete sleep cycle lasts about 90 minutes. His

goal is 35 sleep cycles per week, with a minimum of 30, ideally distributed equally each day.

Health, performance, learning and business personalities like Ben Greenfield, Shawn Stevenson, Tim Ferriss, Kirk Parsley and Jonathon Levi are huge advocates of quality sleep and have multiple resources and strategies that they employ and recommend.

### 1. Total darkness.

The darker your sleep environment (including clocks, phone lights, tv lights, etc...), the better.

### 2. Exercise daily

(not within 3 hours of bed)

### 3. Avoid (or time) stimulants and depressants.

Stimulants such as caffeine affect people differently. Some people are slow caffeine metabolisers and others are faster, so it is best to avoid after 12 noon unless you know which you are. Alcohol disrupts quality sleep even though it might make you fall asleep faster.

### 4. No media for 1 or more hours before bed.

This includes but is not limited to phones, computers, tablets, tv's... If you can, use some sort of blue light blocking device (glasses, screen covers) or software programs to reduce the impact of the blue light on sleep patterning.

### 5. Stay cool at night.

20 degrees Celsius (68 deg F) is considered optimal.

### Bonus tip:

See your Chiropractor on a regular basis to keep your spine aligned and your nervous system firing optimally. Even low-level discomfort can mess up your sleep.

There are many more tips and strategies, and more profound sleep disturbances may require more effort than these 5, but give them a try to see if they make a difference for you.

 **Bremer Chiropractic**

For further information visit  
[www.bremerchiropractic.com.au](http://www.bremerchiropractic.com.au)



## #IHFFhealthyselfie

**Becoming the Healthiest Community starts with you!**

We want to celebrate your positive steps to greater health! No matter how big or how small, every little bit helps us become the healthiest

community in Australia. Share your achievement with us and we can celebrate together! Join the health conversation with Healthy Living Ipswich and Ipswich Hospital Foundation.

**All you need to do is tag IHF on Instagram @ipswichhospitalfoundation and #IHFFhealthyselfie**





## BECOME AN IHF VOLUNTEER AND MAKE A DIFFERENCE IN YOUR COMMUNITY

"I like being volunteer because of the people you meet, and it is lovely to be able to help someone."

Anne Maria IHF Volunteer



## GET FIT4LIFE FOR LESS COST

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information visit [ihfoundation.org.au](http://ihfoundation.org.au) or phone 1300 736 428. Maximum class cost \$5.

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.

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

# Q&A FIT4LIFE TRAINERS

Each edition of Healthy Living Ipswich will include a look into the Ipswich Hospital Foundation Fit4Life trainers. This month we profile Fit4Life trainer Susan Yates...

**Name:** Susan Yates

**Fit4Life Group:** Circuit, Boxercise, Mums and Bubs, Redbank Walking and Fun Family Fitness

**What are your credentials? (study, qualifications etc):** Cert III and IV in Fitness, Rehab Trainer, Advanced Boxing Instructor, currently completing International Yoga Teachers Association Diploma of Yoga Teaching

**What are your other interests?**  
Art, fashion, food, wine and yoga

**How do you fit in your exercise routine/Do you have one?**

Yes, I see a trainer once a week and often exercise with my clients. I also teach four yoga classes a week and attend two with my teacher.

**What is your go-to healthy snack?**

Rice cakes with almond paste and honey – sliced apple on the side.

**What is your guilty food pleasure?**

All expressions of good quality chocolate...



## FIT4LIFE LOW COST FITNESS ACTIVITIES

Winter Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Queens Park Nature Centre				\$5 Mums & Bubs 8.30am		
Leichhardt Community Centre	\$5 Circuit 5.30pm		\$5 Boxercise 5.30pm			
Leichhardt Swim Centre				\$5 Aquafitness 9.30am		
Bundamba State Primary School		\$5 Zumba 5.30pm	\$5	Full Body Fitness 5.30pm		
Ecco Ripley, Brooking Parklands, Ripley	\$2 Low Impact 5.30pm			\$2 Boxercise 9.30am		\$2 Circuit 7.00am
Bill Paterson Oval Limestone Park	\$5 Running 5.30pm		\$5 Running 5.30am	\$5 Running 5.30pm	\$5 Running 5.30am	FREE Park Run 7.00am
Robelle Domain Stage Springfield Lakes				\$5	Mums & Bubs 9.00am	
Amberley District State School	\$5 Energiser 5.30pm					
Riverlink Shopping Centre		\$2 Walking 7.00am		\$2 Walking 7.00am		
Redbank Plaza Shopping Centre	\$2 Walking 7.00am				\$2 Walking 7.00am	

### 60 AND BETTER: YOU CAN'T TURN BACK THE CLOCK. BUT YOU CAN WIND IT UP AGAIN!

<b>Square Dancing</b> Annex, Humanities Building	12.00-1.00pm 1.00-3.00pm	\$3/\$6 call cost			
<b>Boccia</b> Annex, Humanities Building		\$2	9.00am-12.00pm		
<b>Table Tennis</b> Annex, Humanities Building		\$2	1.00-4.30pm	\$2	1.00-4.30pm
<b>Tai Chi for Diabetes</b> Cafeteria, Humanities Building			\$5	2.00-3.00pm	



60 and Better promotes healthy activities for older people 55 years and over and encourages positive community attitudes to aging.  
Phone 3282 8644 or visit [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)





# Saturday 2 September

10am - 2pm

University of Southern Queensland, 11 Salisbury Road, Ipswich



A HEALTH, WELLBEING & CAREERS EXPO

## ALLTHINGSHEALTHY

*Be inspired! Be informed! Be healthy!*

Stallholder opportunities are available.

Please contact Chelsea Rees at [allthingshealth@ihfoundation.org.au](mailto:allthingshealth@ihfoundation.org.au)

Guest speaker  
**Kurt Fernley**



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Tickets & info - [www.ihfoundation.org.au](http://www.ihfoundation.org.au)



1997 - 2017