

HEALTHY LIVING IPSWWICH



www.ihfoundation.org.au



29 July 2018
www.park2park.com.au



park → park



Presented by



EDITOR'S NOTE

The chilly weather has the Healthy Living Ipswich office thinking about rugging up and not emerging until Spring! Luckily our resident nutritionists are prepared for the cooler months and have plenty of advice for keeping healthy during winter plus a tasty recipe to add to your to-cook list.

Another great way to keep healthy this winter is to move your body! The Ipswich Hospital Fit4Life fitness activity locations have been moved indoors to accommodate the stationary classes for the winter period.

Also in this edition we take a look at the new features to hit the 2018 Ipswich Hospital Foundation Park2Park fun run. We hope you will say I Run Ipswich on Sunday 29th July! Why not set yourself a goal to run the entire 5km course,

submit a large team or simply to come along and bring a friend! Visit park2park.com.au to get started. There is no better way to keep warm than to keep moving...

Chelsea Rees

ABOUT US

HEALTHY LIVING IPSWICH TEAM
Editor: Chelsea Rees
Photographer: Talitha Rice

CONTACT US

Phone: 07 3466 5002
Email: healthyliving@ihfoundation.org.au
Web: www.ihfoundation.org.au
Postal: PO Box 878, Ipswich 4305
Like us on Facebook: [facebook.com/ipswichhospitalfoundation](https://www.facebook.com/ipswichhospitalfoundation)
Instagram: @ipswichhospitalfoundation
Twitter: @_ihf



IHF's volunteers give a-lot!

From 21 to 27 May the nation celebrated National Volunteer Week, and this year's theme 'Give a little. Change a lot' really resonates with Ipswich Hospital Foundation's Volunteers.

Want to be a part of something great? By simply volunteering a few hours of your time per week you can make a big impact in your community.

Ipswich Hospital Foundation's volunteer opportunities include caravan park check-in service, healthy event assistance and regular hospital volunteering.

IHF Community Volunteer Coordinator Natalie Mallory said community positions are a flexible option for potential volunteers.

"Volunteers are a highly valuable and celebrated resource for our

organisation and we are always keen to welcome more members." "This is a fantastic opportunity for job seekers to increase their skills and retirees who are keen to give back to the community.

"Recently our volunteers contributed to the fun of the Ipswich Show thanks to a proud partnership with Ipswich Show Society.

"Exciting community volunteer positions like this pop up all the time and volunteers report thoroughly enjoying themselves and even making friends in the process!

For further information on Community Volunteering, visit www.ihfoundation.org.au or contact Natalie 1300 736 428, email: volunteers@ihfoundation.org.au.

TAX TIME

...or time to donate?

Did you know Ipswich Hospital Foundation has a regular giving donation system? It is easy to use and will take less than 5 minutes to set up a donation schedule to suit you!

Regular giving can be as affordable as you'd like it and you can sit back, relax and know you're contributing to something great!

The facts

Ipswich Hospital Foundation exists to support the health of the West Moreton community and West Moreton Health. Support for West Moreton

Health is directed to patient and comfort items, medical equipment and research.

Your contributions per week mount up over time, as below.

To get started visit ihfoundation.org.au and click DONATE

\$ per week	\$ per year
\$1	\$52
\$2	\$102
\$5	\$260
\$8	\$416
\$10	\$520



window furnishings
now available at:

Choices
Flooring
by Mallets

MOO
COLLECTION by CHOICES FLOORING

156 Brisbane Street Ipswich | p: 07 3282 9555

Entertainment books now on sale at IHF

The Ipswich Hospital Foundation has a great offer for you. By purchasing an Entertainment Book for only \$70 you will secure yourself hundreds of dollars' worth of value in Ipswich, Brisbane and Sunshine Coast areas. The value exists for fine dining venues, accommodation and car hire, weekend activities, takeaway restaurants and much, much more.

The purchase will be a feel good one as the monies raised will go toward Ipswich Hospital Foundations commitment to West Moreton Health, our regions health service, in improving patient comfort amenities and advancing medical research.

Funding is also committed to ensuring an improvement in children's health and nutrition education, support the patients of West Moreton Health through the purchase of medical equipment and

patient entertainment items, as well as staff development funding and medical research support.

Friend of Ipswich Hospital Foundation Katrina Lambert has already purchased her book and she tells us why...

"A day in the life of an Entertainment Book member: shopping with discounted gift cards, treat the kids with buy one get one free offers, fine dining with friends at café dining prices, discovering and enjoying new places. A small investment of \$70 reaps returns and rewards of thousands of dollars."

You heard it here first! Help us achieve our goal by purchasing a book online at www.entbook.com.au/224q233 or from our office at 1 Bell Street, Ipswich. Please share this opportunity with your family and friends!

We are Fundraising with *entertainment*®



Purchase your 2018/2019 Entertainment Book online or from our office!

www.entbook.com.au/224q233

Shop 3, 1 Bell Street, Ipswich

Just \$70 giving you over \$20,000 of value!

Nourish your immune system this Winter

❖ with Dee Taylor, Nutritionist

No one wants to succumb to runny noses, coughing, sneezing and aching bones. Looking after our immune system by maintaining a balanced healthy diet needs to be a priority! Our bodies are susceptible to colds and flu all year round but with the cooler months now here there are a few vitamins we should be ensuring are not neglected in our daily diet.

Many people are aware of the protective qualities that Vitamin C provides to the body, but this common anti-oxidant and cold fighting warrior is commonly associated with fruits such as oranges and strawberries. Interestingly, it can easily be consumed in a winter warming plate of veggies as well. Broccoli, capsicum, cabbage, cauliflower and snow peas are a few examples of non-citrus food sources that can provide this water-soluble vitamin to our diet. You can still enjoy your daily fruits that contain Vitamin C but it is a great opportunity to get an extra helping in your main meals.

Vitamin A is commonly associated with eye health however it also supports a healthy immune system. Again vegetables are our go to for this vitamin, with carrots, sweet potato and kale not to be missed on the shopping list. If you are a little more adventurous, and fancy some beef liver, it too is an excellent food source of Vitamin A. Liver can be blended with other meats and made in to meals such as spaghetti bolognese and into home made meat patties.

Another vitamin with anti-oxidant properties is the fat-soluble Vitamin E. Commonly sourced in sunflower seeds, plant oils, almonds and margarine, it's quite often overlooked when being considered on the shopping list. It is a more fragile vitamin that can easily be destroyed during food processing therefore the use of it in oils needs to come from more pure forms rather than those used in deep-frying. Peanut butter is not to be passed over as a palatable food source of Vitamin E and can be easily added to a slice of toast on a cool winter morning to start the day.

Vitamins and minerals protective and beneficial to our body's immune system are not limited to only Vitamins A, C and E. They are varied and can be found in an abundance of fresh fruits, vegetables, lean meats, nuts, seeds and dairy products. It is therefore important that a balanced diet be the focus to healthy nutritious living to maximize the benefits these nourishing foods offer the body.





Park2Park

Bling, stadium finish and good eats at Park2Park 2018

Sunday 29 July

Registrations are now open for the Ipswich Hospital Foundation Park2Park presented by University of Southern Queensland and the 29th July event is one you won't want to miss!

The 2018 event will offer participants a range of exciting new features following feedback in 2017. You asked and we listened!

Ipswich Hospital Foundation CEO Phillip Bell said Ipswich Hospital Foundation Park2Park understands the ever changing needs of its participants.

"We have decided to position ourselves in the company of the most professional fun runs in Australia and to do this a few new inclusions are being welcomed in 2018.

"The IHF Park2Park is now proud to be awarding all finishers with a medallion at the completion of our event. It is only fitting after competitors have slogged up and down the hills of Limestone and Queens Parks.

"Upon finishing, participants will be greeted by a stadium-style finish including a trackside podium and stadium seating fit for family, friends and colleagues to cheer you home."

"The new features will also include a technology upgrade – a roaming tracker attached to participants who nominate, will be satellite connected using the latest technology so that even mildly ambitious runners can aspire to greatness in real time!

"At the end of the run/walk, participants will be able to relax in the entertainment zone and enjoy a healthy variety of hospitality.

"I encourage you to register now and enjoy the early bird pricing as well as nine weeks of training time!

To register visit www.park2park.com.au



Chris Gale, the brains behind Park2Park

When you register for the IHF Park2Park you can be sure of a few things: the course will challenge you, you'll feel the community spirit, and you'll contribute to raising vital funds for local health service West Moreton Health.

Another thing you can be sure of, is that the race has been meticulously directed to ensure safety and adherence to Athletics Australia certification so that if you are after a road race record your time will be admissible.

Race Director Chris Gale is the glue that brings the race element of IHF Park2Park together. There are 160 reasons why Chris Gale is the best man for the job!

"I started running at 12 when I couldn't play rugby league anymore due to my size. I loved running from the start and just trying to beat my times each race," Chris said.

"Since then I've run over 160 half marathons – safe to say it is my favourite distance!

As well as competing at the runs Chris attends runs most weekends of the year with his squad and students so he really has seen it all.

"I've run marathons in Boston, Wellington, Hobart, Melbourne & Brisbane with Boston in 2014 being the highlight."

Chris has directed races for the Rockhampton Road Runners, Brisbane Marathon and a number of other events as well as operating Galeforce Running Squad which celebrated its 10 year anniversary last year.



Presented by

UNIVERSITY
OF SOUTHERN
QUEENSLAND



The Cap

And the cap you've all been waiting for, the iconic IHF Park2Park hat, is sporting a new look this year but with the same run-friendly design.



COTOLYST
CHURCH



Need motivation to get moving?

Why not join the IHF membership club? For only \$15 a fortnight you will unlock these great offers:

- attend unlimited classes on the IHF Fit4Life timetable
- be the first to find out about active offers with Ipswich Hospital Foundation
- receive 10 per cent off healthy events in the IHF calendar - Health Race Day and Park2Park.



FIT4LIFE Fitness Activities

Fit4Life is an Ipswich Hospital Foundation initiative providing low cost fitness sessions to the community. All classes are run by a qualified personal trainer and have a maximum cost of \$5. Every session is suited for all ages and fitness levels, all you need to bring is a towel and water bottle. For more information visit www.ihfoundation.org.au.

Winter Schedule	MON	TUES	WED	THURS	FRI	SAT
Queens Park, Nature Centre Ipswich				\$5 Mums & Bubs 8.30am		
Leichhardt Community Centre	\$5 Circuit 5.30pm		\$5 Boxcercise 5.30pm			
Leichhardt Swim Centre					\$5 Aqua Fitness 9.00am	
Bundamba State Primary School		\$5 Zumba 5.30pm		\$5 Full Body Fitness 5.30pm		
Ecco Ripley Brooking Parklands, Ripley	\$5 Low Impact 5.30pm					\$5 Circuit 7.00am
Bill Paterson Oval Limestone Park	\$5 Running 5.30pm		\$5 Running 5.30am	\$5 Running 5.30pm	\$5 Running 5.30am	\$5 Park Run 7.00am
Robelle Domain stage Springfield Lakes					\$5 Mums & Bubs 9.00am	
Amberley District State School	\$5 Energiser 5.30pm			\$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	
Glebe Road Uniting Church		\$5 Pilates 6.00pm	\$5 metafit™ 6.00pm			



Recipes for good health



Roast Veg and Feta Salad

❖ with Nutritionist, Sabra Manttan

Ingredients

- 1/4 sweet potato
- 1 carrot
- 1 potato
- 1 tablespoon olive oil
- 2 tablespoons Italian herbs
- 1 tablespoon feta
- 1 tablespoon pine nuts
- 1 cup spinach

Method

1. Preheat oven to 200 degrees
2. Line a baking tray with baking paper
3. Cut up vegetables into bite size pieces.
4. Place vegetables into a Tupperware container, drizzle with olive oil and cover with Italian herbs. Place the lid on the container and shake vigorously to ensure all the vegetables are coated in herbs.
5. Space the vegetables out



6. evenly on the baking tray and bake for 45 minutes
7. Remove from the oven and allow to cool
8. Serve on a bed of spinach and top with feta (crumble with your fingers) and pine nuts.



SUM Health

SUN SAFE MOLE SCAN SKIN & AESTHETIC LASER CLINIC

Healthier skin for you.

Doctors:

Dr. Umesh Sharma
Skin, Skin Cancer & Aesthetic Practitioner

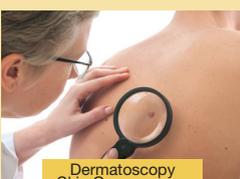
Dr. Asad Malik
Skin Cancer Practitioner

Services:

- Treatment of common Skin Conditions
- Diagnosis and Treatment of Skin Cancers
- Non Surgical Laser treatment of Snoring
- Aesthetic and Laser skin treatments



Common Skin Conditions



Dermatotomy Skin Cancer exam



Laser treatment for Snoring



Aesthetic Skin treatments

To Book an Appointment Call us on 07 3177 1020 or visit us at www.sumhealth.com.au for Online Bookings.
Shop 50, Town Square Shopping Centre, near PIG 'N' WHISTLE, Redbank Plains