

Healthy

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation



Living IPSWICH

Image by Talitha Rice Photography

- Get ready for the 2015 Ipswich Park2Park
- Healthy Food Swaps
- Delicious winter recipe
- One Mile Gift results
- Check your financial fitness

The message in this month's *Healthy Living Ipswich* magazine is – **Just move!**

Just move your way to better health, move your way to Ipswich Park2Park or just change the way you move every day to have a positive impact.

Story page 3.

Just move!





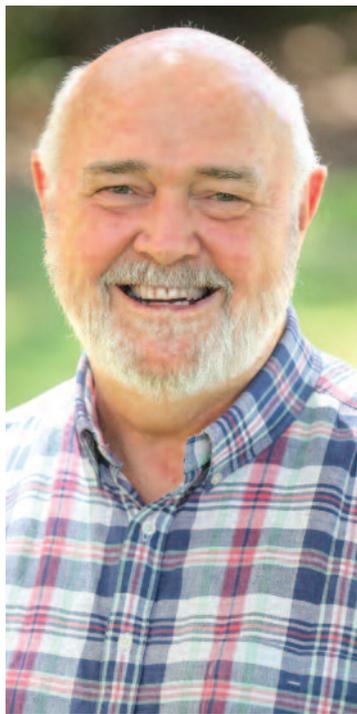
Join the fun of the run

“Run” and “Fun” used together for a lot of people seems to be contradictory. I thought that for most of my life and only started entering fun runs less than 10 years ago.

My first encounter with a fun run was while visiting my family in Tombstone. (Yes, it does exist with weekly re-enactments of the gun fight at O.K. Corral; Boot Hill cemetery; silver mines, and the Longhorn Saloon). Susan, my wife decided to enter the “Town Too Tuff to Die” fun run. It was a great atmosphere and as a finisher’s medal, people were given a small wooden tombstone. I was disappointed that I did not run in the event, (The little tombstones were great). After our visit with family we returned to our posting in Peshawar, Pakistan (where running was not really recommended due to security concerns).

My next encounter with a fun run was to plan and then deliver the Ipswich Park2Park. I really did not know much about fun runs and thought that a run from The Park - Centre for Mental Health Treatment, Research and Education at Wacol to Limestone Park would be the way to go. It was a great idea but the amount of road closures, police needed, and various other logistical concerns made it impractical. Luckily one of the police, who was assisting, thought of doing the current loop. The Park2Park was born. It has truly been rewarding to see the number of community participants growing in the Park2Park.

I don’t think anyone who was there



can forget the first time the Tanzanian athletes completed the half marathon. It was really something of beauty to see truly professional athletes in action. But more impressive is seeing how some people have progressed year after year. Maybe they started walking the 5 km but have now moved to the doing the 10 km, running the whole distance.

I am looking forward to this upcoming running season and have signed up for the new Laidley Hospital 8 km run, Gold Coast Half marathon, the Somerset Rail Trail and the Park2Park 10 km. I do these runs not because I will ever come close to winning but I do them because they are truly FUN.

I urge you to give a Fun Run a chance, even if you have never done one.

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

The Catalyst for life changes

The Ipswich region often features as one of the unhealthiest regions in Australia as we struggle with issues such as obesity, diabetes and smoking.

Catalyst Church Ipswich is looking to buck this trend by presenting a 40 day campaign known as the Daniel Plan.

The Daniel Plan is framed around The Essentials: Faith, Food, Fitness, Focus and Friends – life areas that all work together to restore and sustain your long-term health.

Catalyst Church heartily believes that the Christian faith offers freedom to individuals in

all areas of their life including our physical health. Doing a journey such as this in a community with accountability and encouragement of others only increases your chances of success.

Catalyst Church invites anyone from the community to join

them on Sunday 21 June at either their 8.30am or 10.30am services. Children are also especially catered for and there will be a special children’s fitness focus as well.

For further information visit www.catalystchurch.com.au

THE DANIEL PLAN

40 DAYS to a HEALTHIER LIFE

STARTS SUNDAY 21ST JUNE // 8.30 + 10.30AM

catalystchurch.com.au

Community Health Chat

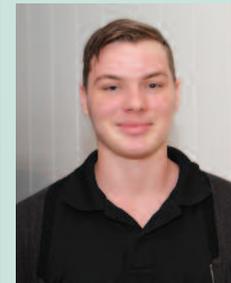
Have you registered for a 2015 Ipswich Park2Park running or walking event?



No, I haven't. I am definitely going to think about it now that you've told me about it. I might encourage my son to do the family challenge with me. **Ashleigh**



I have in the past with school. I am going to think about doing it again this year. **Belinda**



Not yet. I think I'll register for the 5KM run when I do! **Nathan**



Yes, I have. The half marathon is my pet event. **Steve**



Register today at www.park2park.com.au



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Jennifer Howard

MEMBER FOR IPSWICH

Mobile Office - Listening Post

If you have any issues you'd like to discuss with me I invite you to visit my next "listening post" on Saturday 13 June 8:30am – 10:30am at the Booval Coffee Club.

OFFICE: 125 Brisbane Road Booval. TELEPHONE: 3447 2100.

EMAIL: ipswich@parliament.qld.gov.au. SOCIAL: www.facebook.com/jenniferhowardforipswich.





Once you start moving, better health follows



Chelsea Rees
Healthy Living Ipswich Editor

Dr Robert Crowther, Senior Lecturer USQ and Accredited Exercise Physiologist is the perfect person to seek advice from when asking the question "So why should I move my body?"

"There is a few reasons why we should move our bodies and a major reason is to maintain mobility throughout our lives.

"When we are young we have a lot of coordination development to go through and when we hit adulthood fundamentally that coordination is developed.

"People tend to stop building on their strength so once they hit that adulthood stage their risks for cardiovascular issues are increased as well as risk of injury.

"You don't really notice it until you hit middle age when your ability to lift and carry and weight bear is compromised. Maintaining that mobility will reduce your risk of injuries.

"I like to think of exercise as something that is an everyday activity along with fuelling the body with healthy foods. Research does indicate that exercise plays a role in reducing your risk of chronic disease but the reality is you can exercise as much as you like but if you aren't fuelling the body correctly then the benefits are mostly lost.

In terms of which exercise type to choose I am a big fan of strength training purely because it requires the body to adapt and you can see the physical changes sooner. The ability to lift a heavier weight transfers into day to day life with



"The main message for those trying to improve their health is to change your whole environment to really maintain your health change into the future."

Dr Robert Crowther, USQ

being able to lift an item or kids out of the car.

"This supports the idea of functional training - it is a very lose term but that is the idea, if my job involves me doing a lot of lifting and twisting, then I need to do exercises to improve that skill set.

"For a beginner I would suggest the use of strength training and cardio. New research also shows that high intensity interval

training (HIIT) is beneficial for weight loss, cardio vascular improvement and reducing health risk factors.

"The main message for those trying to improve their health is to change your whole environment to really maintain your health change into the future.

"To become more physically active you can't just do a boot camp and expect that will change your habit. It needs to be a whole

of life change that will stick with you for the long term.

"If you are a seasoned exerciser just try and change up the exercises you are doing for example during strength training you should work the same muscle by using a different exercise.

"If you are a walker try and change your path and add inclines and declines and you will be surprised how well your body will adapt.

Get cooking with the best equipment

Revitalise your pantry with delicious delights from our Deli selection



Basil Pesto Genovese
135gm \$5.95



St Andrews Preserved lemons
400gm \$10.50



La Russolini tomato passata
350gm \$2.95

Maggie Beer Verjuice
375ml \$10.50



Escoffier copper roasting pan
~~RRP \$259~~ **SALE PRICE \$179**



Escoffier 32cm copper chefs pan
~~RRP \$246~~ **SALE PRICE \$169**



Porcelain cup with wooden tray \$39.95



Scanpan 5 piece cookware set
~~RRP \$519~~ **SALE PRICE \$259.50**



Scanpan 28cm tagine
~~RRP \$229~~ **SALE PRICE \$119**



Scanpan 20cm chefs knife with sharpener
~~RRP \$99.95~~ **SALE PRICE \$69.95**



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Time to check your financial fitness



Ryan Dobbrick
Financial Advisor

Come June 30, we will be sorting through documents, searching for receipts and wondering if we are ready to see how the financial situation is looking! Don't let another year pass without investigating the things that matter. Give yourself a financial health check and get financially fit today!

1. Track your spending and review your major bills

Keeping track of your money is easier than you thought. Take the time to review your expenses to

see where your money is being spent. Online apps and programs can help you with this and are readily available to download including: 'TrackMySpend', and 'Pocketbook'.

2. Look at your debts and create a budget

Write down a list of your debts, expenses and the minimum repayments. Ensure you are paying off any of your high-interest loans first. By reviewing your debts, you can get a handle on how your money is spent and create a simple 12 month budget plan. Online budgeting tools like *Budget Tracker* or *Budget Simple* are free and a great way to manage your budget online.

3. Saving/Investment Plan

There are differing options to safeguard the extra cash your new budget creates. Even a small regular investment over a long period can make a big difference to your financial future. Depending on where your comfort level sits with



investments and what your financial goals are, will determine what type of investment is best for you.

4. Consolidate your super

If you have had multiple jobs in your lifetime, chances are you have collected a number of super funds along the way. Consolidating super can make a major difference to your future

retirement. Check out the ATO website to locate lost super.

5. Have a Plan B – Personal Insurances and Wills

Even the best laid plans fall apart sometimes through unforeseen circumstances such as unemployment, disablement, and even death. It is important that people dependent on your income such as your children and

spouse are protected in these situations. This is where personal insurances, income protection and life insurances can be beneficial.

Contact Dobbrick Financial Services for an obligation free meeting to check-in and check-up with your financial future. Phone 3281 1300 to arrange an appointment.

dobbrick
FINANCIAL SERVICES
IPSWICH

HEALTH CHECK

HAVE YOU CHECKED IN?
GIVE YOUR FINANCES A

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- PORTFOLIO MANAGEMENT
- SELF MANAGED SUPER FUNDS
- BUSINESS SUCCESSION
- INVESTMENT PLANNING
- PERSONAL LIFE INSURANCE

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Morning Tea supports the IHF Wig Library

Local ladies group The Swichettes showed their passion for Ipswich and raising funds for women and children's health on Sunday 3 May at a Mother's Day High Tea at the Ipswich Club.

President Anne-Maree Savidge said the Mother's Day High Tea was a lovely morning, celebrating all the wonderful women in our lives.

"We had more than 150 attend and it was nice to see so many children come along to enjoy a special morning together also.

"The ladies from Feast & Co, served up a scrumptious 'Mad Hatter' themed morning tea and Swichette Board member Lisa Kelly did an amazing job organising the stylish event. We are grateful for all the community support we have



received, in particular, local business Blue Ribbon Motors who pledged \$2500 annual sponsorship to assist us in raising funds for Women's & Children's Health in Ipswich.

"Brad Kearton Jewellery donated a beautiful custom made ring to be raffled and Nicole Bassingthwaighte from Fudge That gave everyone a tasty fudge treat.

"Talitha Rice Photography captured some great photos which also helped raise money and served as a

memento of the day!

"We were pleased to raise \$3500 in support of the IHF Wig Library."

Ipswich Hospital Foundation executive officer Tom Yates said the Wig Library is an essential service for women in the community.

"To date, over 80 wigs have gone to new homes in our region (and been returned after hair has grown back).

"It is an important service to women in our community!"

Ipswich City Council in partnership with the Ipswich and West Moreton Seniors' Services Network invite you to

WORLD ELDER ABUSE AWARENESS DAY 2015

Please wear something purple to show your support of World Elder Abuse Awareness Day.

FREE

- Entertainment
- Morning Tea
- Information Stalls

Subsidised transport available

Tuesday, 16 June 2015
9.30 am to 12.00 pm

Ipswich Civic Centre
Cnr Limestone and Nicholas Streets
Ipswich

Proudly supported by
Mayor Paul Pisasale
and Councillors
of the City of Ipswich

For further information or to RSVP, please contact:
Ipswich City Council Seniors and Disabilities
Community Development Officer on
(07) 3810 6646 or email kbrowne@ipswich.qld.gov.au



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ipswich battle of the bands

saturday july 4 2015 from 11am



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- Music video shot in recording studio
- Feature article in scenestr magazine

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SECOND & THIRD PRIZES

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Ashton Greaves
IHF Events Coordinator

This year's Park2Park theme is Go Green in 2015! We are encouraging everyone to wear green on the day, decorate their shops, businesses, schools. We've also launched some fabulous new merchandise this year and guess what? It's green!

In our 11th year running we welcome new sponsor the University of Southern Queensland and continuing major sponsors Ipswich City Council, Exact Radiology and Catalyst Church as well as all of our other valued sponsors, supporters, event suppliers and community groups including the wonderful volunteers.

The aim of this year's Ipswich Park2Park is *just move*. Whether you are training hard for the Half Marathon or would like to participate in a causal 5KM Walk with friends – *Just Move!*

IHF offers training sessions in the lead up to the event (walking and running). Early bird and team registrations close at 5pm on Monday 13th so we encourage you to register! **For more information and to register TODAY** www.park2park.com.au

Countdown to Park2Park

Choose your pace, choose your race

The 11th annual Ipswich Park2Park on Sunday 26 July is just two months away and hopefully most of you have registered and kicked off your training regime! Here's all the details you'll need to help you decide which event you wish to enter.

To help you decide which event to take part in at the 11th annual Ipswich Park2Park – Sunday 26 July we have included all you need to know about each distance!

Half Marathon

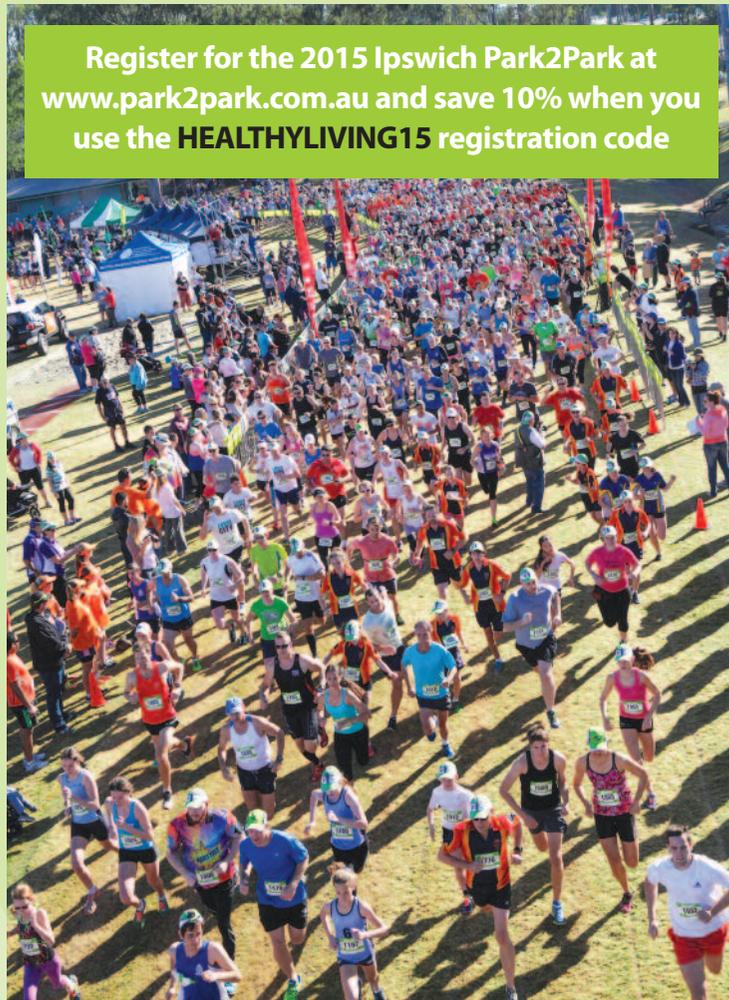
It's no secret that the Ipswich Park2Park half marathon is challenging! The four lap, 5KM looped course is hilly and tough. The Ipswich Park2Park half marathon has been called 'the toughest in Queensland'. You will be relieved to finish but the 5 water stations hosted by local secondary school students will encourage you through your darkest moments.

Exact Radiology 10KM

The Exact Radiology 10KM might be exactly what you need on Sunday, 27 July. This race consists of two laps and might be a little more manageable for those who don't want to run as far as the half marathon, but would like to push themselves above the 5KM. Challenge yourself or your personal best time on this Queensland Athletics certified course.

University of Southern Queensland 5KM Run

This race is one for speed demons right down to those who are just starting out their running paths. The University of Southern Queensland 5KM is a manageable, but still challenging event. We challenge you to arrive at the finish line after 30 minutes – do you think you can do it?!



University of Southern Queensland 5KM Walk

The University of Southern Queensland 5KM Walk might be the event for you if you enjoy exercising socially, or you have an injury that prevents you from running. This is a participation only event. Did you know walking on a grass track burns 350 calories per hour and walking uphill at 3.5 Mph burns 420 calories per hour?! Not bad for a Sunday morning walk!

It's a team event too...

Why not enter a team in the Ipswich Park2Park and experience the training, challenge and health benefits, together! Form a team of more than four people and you can enter in one of the following categories: Social Teams for workplaces, clubs, community organisations, friends and other teams. The Fitness Team Challenge for gyms, personal trainers, fitness groups and Crossfit or your school

can enter as a School Shield Team. Team members can be entered into any event within Ipswich Park2Park and they don't have to be the same event.

Set up your team NOW at park2park.com.au

Catalyst Church 700M Family Run

The Catalyst Church 700M Family Run will have you and your family members vying for the win of a very family-friendly event. The run will encourage children and their families to participate in fun physical activity together at the Ipswich Park2Park. There is no need to pre-register, simply come along on the morning of the Ipswich Park2Park and register at the Family Run marquee for a gold coin donation.

And if all of this isn't enough to get you excited about Ipswich Park2Park, take a look at the prize money up for grabs!

Ipswich Park2Park Prize money

Half Marathon

1st - \$1000; 2nd - \$500; 3rd \$300 + medallion (awarded to male & female)

10KM

1st - \$200; 2nd \$150; 3rd \$125 (awarded to male & female)

5KM

1st \$100; 2nd \$75; 3rd \$65 (awarded to male & female)

Random Prize Draw

All entrants go into the draw to win an Apple Watch!



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

Registrations now open www.park2park.com.au • Early bird registration closes 5.00pm 13 July 2015



Sole searching. Finding the right shoe for you.



Sarah Joyce PhD
Sports Scientist

If you've never bought a pair of running shoes, getting started can be very daunting. There are hundreds available, designed for different surfaces and gaits. Sarah Joyce presents a guide to choosing the right pair of running shoes for you and test runs three popular models.

You walk into a running shop and make your way to the wall of running shoes. Instant sensory overload: there are road shoes, trail shoes, barefoot shoes, spikes, shoes for overpronating, shoes for supinating – all at different price points. Unsurprisingly, most beginners don't know where to start, but fear not, it's easy to buy the right pair!

Foot contact explained

Whatever your running ability, it's essential to get an appropriate level and type of support in your shoes. Purchasing a running shoe that is designed specifically for your foot contact can assist correcting an unbalanced strike pattern, provide support where you need it, and offer the appropriate cushioning. The best way to determine the best shoe type for you is to have your gait professionally analysed.

When your foot contacts the ground there are significant forces generated, up to more than 3-times your body weight, and your body

The Big Questions

There are five things staff in every decent running shop should do when you go to buy running shoes.

- 1. Ask Questions:** They should query you about your running (or what kind of running you plan to do, if you're a beginner).
- 2. Observe:** They should ask you to run – either up and down the pavement outside or on a treadmill.
- 3. Investigate:** A good running shop assistant will ask to look at your feet. The arch of your foot determines what kind of shoe you need.
- 4. Offer variety:** They should present you with lots of shoes to try. Be prepared to spend up to an hour trying them all on, making sure you've got the right pair. You should be able to wiggle your toes and they shouldn't be pressed against the end of the shoe. The upper and the sides should fit snugly around your foot, without being constricting.
- 5. Test run:** They should encourage you to run in the shoes. You should always go for a run outside on the pavement to see if the shoes are comfortable. Running on a firmer surface gives you a better appreciation of the shoes' qualities or faults.

will naturally try and absorb and deal with your impact forces. Depending on your gait pattern, your skeletal system and musculature, the consequences of these forces manifest in different ways. Most runners contact the ground with the outside edge of their shoe and consequently allow their foot to roll inwards (pronation) to help deal with the momentum and mitigate the force of impact. However, many runners find it difficult to control pronation causing their feet to roll inwards excessively, which is known as over-pronation. Without appropriate footwear, over-pronation or over-supination can contribute and lead to injury.

If you're not able to get your gait analysed, a quick test is to look at the wear pattern on the outsole of your current running shoes. If your shoes are worn on the inside (medial) edge in the forefoot area, then you may be over-pronating. A neutral runner will typically toe off between their big and second toe and will show

wear in this region of their shoes.

Also, talk to the staff at a specialist running store, who should be able to advise on the best type of running shoe for you. In addition, be your own judge - try walking and running in the shoes you are interested in purchasing and pay attention to how it fits and feels on your foot, as well as how it allows your foot to interact with the ground when you run.

Shoe categories

Once you know your basic running style, you can narrow your search down by choosing from within running shoe categories.

Below I have reviewed three shoes, from three different shoe categories: Stable Cushioning, Cushioning and Lightweight. These categories best describe the purpose for which the shoe was primarily designed. The female version of each shoe is pictured, however each is also available in a male version.

Stable cushioning

What are they? Shoes designed to prevent mild to strong over-pronation.

How do they work? On the midsole, beneath the inside arch of the foot, is a firmer piece of material known as a 'post'. The post is higher density than the rest of the midsole and doesn't compress as easily, so it provide a physical barrier from rolling in that direction.



Mizuno Wave Rider 18

Best suited to: Neutral to mild over-pronators
The Wave Rider 18 is low-profile shoe that is responsive and well cushioned. The forefoot is quite flexible enabling a smooth transition at toe-off. With a somewhat narrow toe box, the fit is comfortable and snug. The outsole is durable and provides great grip.

RRP: \$199.00
www.mizuno.com.au



Brooks Adrenaline GTS 15

Best suited to: Neutral to mild over-pronators.
This popular shoe from Brooks provides great motion control without being too harsh and restricting. The padded upper and heel bed make them very accommodating for you foot. The forefoot is segmented with flex grooves, which enable the shoe to be quite flexible and deliver a smooth ride. A great all round shoe for mild to moderate over-pronators.

RRP: \$229.95
www.brooksrunning.com.au

Cushioning

What are they? Running shoes for runners with a neutral gait, requiring little or no additional support.

How do they work? Neutral shoes are built without 'posting' because it's not needed. These shoes can be quite flexible and typically have a bigger emphasis shock-absorption, rather than motion control.



Saucony Kinvara 6

Best suited to: Neutral to mild over-pronators.
The Kinvara 6 is a super-lightweight training shoe featuring plenty of cushioning in the right places. The lightweight FlexFilm™ overlay allows breathability and the foam in the midsole provides ideal cushioning and an extremely smooth ride. The Kinvara 6 is a great everyday training shoe for neutral runners.

RRP: \$179.95
www.saucony.com.au



See page 10 of this edition for nutrition tips from Apple to Zucchini to assist in your preparation for the 2015 Park2Park.

SAVE 10% when you register for the 2015 Ipswich Park2Park!

Enter the code **HEALTHYLIVING15** when you register online at www.park2park.com.au and receive 10% discount off registration into any 2015 Ipswich Park2Park event.



*Discount only applies when the code is used correctly upon entry into any 2015 Ipswich Park2Park event. Insert the promotional code into the promotional code box on the payment screen and click the green plus symbol.



Swap unhealthy snacks for healthier alternatives



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 healthier 'food swap' tips in coming months.

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



Swap Sushi for nutritious Rice Paper Rolls

- Rice Paper Rolls
- Cooked Chicken Breast
- Slithered carrot, cucumber, capsicum, avocado

Although sushi is definitely a healthier alternative to other take away options, the white rice used and the amount of salt that is often used when it is cooked makes it quite a heavy meal. If you are looking for a lighter option with the

same feel and delicious taste, rice paper rolls are for you. Not only are they just as tasty but they are a lot easier to make than if you attempted home made sushi. You can buy rice paper rolls at your local grocery store in amongst other Chinese cooking supplies. You simply need to soak them in hot water for a couple seconds and then they are ready to be filled full of goodness with the ingredients listed above.



Swap Burritos for delicious Rye Wraps

- Rye Wraps
- Turkey Mince
- Herbs – to taste
- Shredded lettuce, carrot
- Diced capsicum, tomato

Burritos can often be oily and greasy even without the added melted cheese! You can make a healthy alternative at home by simply swapping a few ingredients around. Instead of store bought hard shell



burritos simply use rye wraps, they will still provide a great taste but they also help keep you full for longer and provide an excellent source of fibre. Once you have your rye wrap base you simply need to fill your burrito. The usual lettuce, carrot, capsicum and tomato are more than welcome but try opting for turkey mince as an alternative to heavier beef options. Turkey mince is a rich source of protein but lower in calories than red meat while still remaining an excellent source of



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www.exactradiology.com.au

Official 2015 Ipswich Park2Park merchandise now available!



Purchase online at www.park2park.com.au or on the day in the Park2Park Mall




All purchases support the work of the Ipswich Hospital Foundation and assist us in *Becoming the Healthiest Community!*



iron, zinc, potassium and vitamin B. Rye wraps toast extremely well so pop your healthy burrito into a sandwich press for 30 seconds or so to get that added burrito crunch.

Swap Works Burger for a filling Turkey Burger

- Seeded whole meal bread roll
- Turkey mince
- Herbs - to taste
- Egg to help mould the mince into patties
- Lettuce, carrot, beetroot, pineapple, cheese

Keeping along the turkey mince lines you can also make delicious hamburger patties by simply adding some herbs and moulding the mince into patties with the help of an egg. Shred up some lettuce, carrot and get out the beetroot and pineapple to sculpt your burger into a masterpiece with a seeded whole meal bread roll as the base. While still maintaining its place as an essential Australian meal by making small changers to the beloved burger will ensure that you are not only well fed but that your body receives all the nutrients it needs to function at its fullest.



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 Rhiannon. Send to chelsea@ihfoundation.org.au



facebook.com/rhiannonmacknutrition

Delicious Satay chicken, broccoli and brown rice salad

Serves 4

- 500g chicken breast
- 2 large heads of broccoli
- 3 cups cooked brown rice*
- Fresh coriander, to serve

Sauce:

- 2 Tbs 100% peanut butter
- 1 Tbs tamari or salt-reduced soy sauce
- 1 cup coconut milk
- ½ long red chill, finely chopped (or to preference)
- 1 clove of garlic, finely minced
- 1 Tbs honey
- 1 lime, juiced

Method

Slice each chicken breast in half, and slowly cook on a grill plate or pan until cooked through.

Then, thinly slice.

In a separate pan on medium heat, add all of the sauce ingredients except the lime juice.

Stir well to incorporate.

Slowly simmer the sauce over the



heat, stirring regularly.

Once thickened, remove it from the heat, and stir in the lime juice. To prepare the broccoli, chop it into florets and steam it over boiling water until tender.

In a large bowl, mix together the warmed rice, steamed broccoli, chicken strips and satay sauce.

Serve it topped with fresh coriander.

Rhi's Notes

This sauce goes great with stir-fry as well. Feel free to add more of a variety of vegetables if you so wish.

*The rice can be substituted with quinoa.

Breakfast for Blokes

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

Tickets - \$20 Available
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!



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The Apple to Zucchini of Sports Nutrition



Steph Cronin

Associate Sports Dietitian
& Accredited Practising Dietitian

The phrase “failing to prepare is preparing to fail” applies not only to training but to the nutrition that supports your hard work. Whether you are competing in the half marathon or aiming to finish the 5km walk, quality nutrition can help you achieve your goal!

My golden rule for optimal nutrition is to keep it fresh and keep it simple! Life is busy enough, so aiming to follow fancy or complicated diets is not realistic. A good rule of thumb is to stick to the outside aisles of the

supermarket where all the fresh produce is, and you can't go wrong!

Fuelling your body with the right foods will help to boost energy levels during training and fast track your recovery. For optimal training nutrition, the science overwhelmingly supports that we include a variety of vegetables, whole grains, fruit, lean proteins, & dairy foods. Everyone should enjoy treat foods too – but keep them at a 'treat' frequency.

Including a combo of carbs and protein in your post work-out recovery snack or meal will help to restock muscle fuel stores and kick-off muscle repair. Yoghurt and a piece of fruit or eggs on toast are some easy examples.

Hydration is another essential element to achieve your best results. Dehydration can cause a 20% poorer performance during training and racing. The best way to ensure absorption of fluid for hydration is to drink water with your meals and snacks.

Additionally, ensure you are adequately hydrating within two

A good rule of thumb is to stick to the outside aisles of the supermarket where all the fresh produce is, and you can't go wrong!

hours after a training session.

Everyone is different and depending on your training, body composition goals and energy requirements the quantity of food and nutrients throughout the day will vary. For individualised training and race nutrition plans, come and see myself or one of the other experienced sports dietitians from Apple to Zucchini Sports Nutrition!

For further information visit www.appletozucchini.com.au



get the edge from your diet

Next months article: Nutrition goals for the week leading up to race day and race-day nutrition!



Runners put best feet forward for One Mile Gift

Ipswich Hospital Foundation Race Day held on Saturday, 2nd May certainly offered a different experience for race-goers this year with the horse racing being cancelled due to weather.

As they say, the show must go on and as the sun came out for a beautiful day at Ipswich Turf Club the Ipswich Hospital Foundation One Mile Gift races were contested at the Bundamba Race Track.

The One Mile Gift celebrated its 10th running this year thanks to a strong partnership between Queensland Athletics League, Ipswich Hospital Foundation and Ipswich Athletics.

The \$5000 prize pool, sponsored by the Ipswich Hospital Foundation and Queensland Athletics League (QAL), was shared between (1st-3rd

only listed):

300m – Andrew McCabe, Lyndsey Shard and Koffi Agabaleti.

One Mile Gift – Daniel Parnell, Jack Warner and Patrick Hagen.

Ipswich Hospital Foundation events coordinator Ashton said the One Mile Gift races were very hotly contested!

“I really enjoy this race because it is handicapped and each and every runner is an strong athlete in their own right,” she said. “The field is very competitive and the spectators really enjoy watching the athletes compete on a track where horses usually run.”

The One Mile Gift competitors were cheered on by Ipswich Hospital Foundation Race Day attendees who enjoyed a buffet lunch in the trackside lounge.



A field of competitive runners lined up for the annual One Mile Gift at Ipswich Turf Club.



Ipswich & District Athletics Club members Vic Pascoe, John Musters, Darrin Norwood and Brad Robinson.



Dr Lisa Moreton and Dr Scott Kirton enjoy a day out in support of the Ipswich Hospital Foundation.



Charisse Farr and Kel Sutton dress to impress for a day at the races in support of Ipswich Hospital Foundation.



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

Boxercise and Circuit Training are now at being held at the Churchill State School Hall (Subject to change. Please call to confirm)

FIT4LIFE Low Cost Fitness Activities

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

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

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