

Healthy



Living IPSWICH

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation

- 2015 Ipswich Park2Park Official Race Day Program
- Fueling your body for fitness
- Warming up for race day



Image by Talitha Rice Photography

2015 Ipswich Park2Park **Ready to run**

This Ipswich family has three keen generations getting involved in the various fitness activities available around town. Ahead of Ipswich Park2Park the family are attending parkrun Ipswich every Saturday to get used to the park atmosphere in winter! Read their story page 2. Pictured are Rhani, Rory, Zara (front row) with Janelle, Debbie and Bobby (back row).





Taking account

The Australian Bureau of Statistics recently issued a press release announcing how Ipswich had a lower death rate (average higher age when people died) than many other communities in Queensland over the past decade. This is probably the case as many members of the community have really been striving to be healthier. We must remember though that there has been a large population increase of younger people in the new suburbs of Ipswich.

Articles like this urge us to take account of where we are as a community and as individuals. Over the next several months the Ipswich Hospital Foundation with health partners in the community will try to ascertain where we are as a community do stand at the moment, regarding us "Becoming the Healthiest Community in Australia".

It is also time to take an account of where we are and how we are doing as individuals. There are some fairly simple ways of doing this

- Be current with your visits to our General Practitioner, Dentist and other health professionals;
- Weigh yourself now and repeat after a set number of weeks;
- Measure your waist and repeat after a set number of weeks;
- Establish a baseline for yourself by doing a few exercises, targeting different parts of your body and then repeat after a month or 6 weeks, for



example:

- Cardio – run a distance or run for a particular length of time and measure how far you run;
- Core- do stomach crunches for a particular length of time, or do a plank until you are able not to do more;
- Strength- do push-ups for a minute.
- Come to one of the Fit4Life sessions and ask the trainer for his or her advice;
- Enter the Park2Park- get a time for completing a distance and try to beat that time in practice and in coming years.

Let us all take account of where we are now and I know we can all continue to improve in our health and fitness in the months ahead. I look forward to seeing you all at the 11th annual Ipswich Park2Park on Sunday 26 July.

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

Fitness runs in the family..

Janelle Hagan says her Mum Debbie Dewhurst-Keylar has played a big part in the active nature of her family.

"When I was young Mum demonstrated a how to live a healthy lifestyle and would often be doing physical activity of some kind."

"My family has really taken that on and once Mum started coming to parkrun Ipswich I would bring my kids along and our love for running and athletics has spurred from there."

"We have entered the Ipswich Park2Park in the parkrun team and we cannot wait!" she said. Janelle's Mum Debbie says she really enjoys the social aspect of physical activity and being able to keep fitness levels up as the years go on.



The Hagan and Dewhurst-Keylar's are one big fit family who are looking forward to participating in the 2015 Ipswich Park2Park.

"I am usually here at parkrun every week with my daughter and grandchildren – sometimes I walk with the girls and sometimes we run."

"Janelle and I are registered for the Gold Coast half marathon in July so we have been training for that together."

"Janelle goes to a few Ipswich Hospital Foundation running sessions and I enjoy IHF's Energiser with Tess on a Monday night."

To register for Ipswich Park2Park visit www.park2park.com.au

Community Health Chat

Why do you love parkrun?



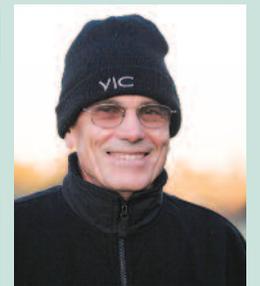
I love running it's my new favourite sport!
Aaron



It's a social atmosphere, you make great friends. Runners are great people!
Julie



It's fun and it's good for maintaining fitness.
Rose



Seeing people get together, the comradery. Most people are here still chatting 10-15 minutes after. They become friends and a family.
Vic

parkrun happens every Saturday morning at 7am (near) Bill Paterson Oval, Limestone Park. For more information visit www.parkrun.com.au



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Jennifer Howard

MEMBER FOR IPSWICH

I'd love to hear from you at my next Listening Post

If you have any issues you'd like to discuss with me I invite you to visit my next Listening Post at the Sunday markets at Ipswich Showground on 19 July 6am to 12 noon

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

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





Life's a PEACH for Ipswich families - join them!



Chelsea Rees
Healthy Living Ipswich Editor

Ipswich will see its second installment of PEACH (Parenting, Eating and Activity for Child Health) commencing after the school holidays finish in mid-July.

Ipswich Hospital Foundation Nutritionist Rhiannon Mack said she is privileged to be involved in rolling out the ground-breaking program.

"I am so pleased we are doing a second round - this is such a great program which I think really makes a difference to the families."

Program director and head of QUT's Exercise and Nutrition Sciences School, Professor Lynne Daniels, said families with a child between 5-11 years whose weight is above a healthy range for their age and gender are eligible for the program.

"PEACH was launched in September 2013 and more than 500 Queensland families have taken part so far. The response we have had so far has been very encouraging and reinforces the need for the program.

"We hear parents say they are so relieved to be able to access this professional help because often they don't know where to begin.

"Parents should not feel guilty if they think their child is overweight, but they do need to make change in their family's lifestyle which is where the PEACH Program can help.

The program runs for six months and consists of 10 group sessions that run for 90 minutes each. The



AMA Queensland President Dr Shaun Rudd and QUT's Professor Lynne Daniels

first nine sessions are held weekly within the school term. Ongoing individualised family support is offered through the second half of the program ending with one final group session.

Topics covered include nutrition skills, relationships with food

and eating, changing family lifestyle behaviours and making healthy eating affordable. While the parent sessions are taking place, children enjoy active play with a trained child physical

activity facilitator.

Families can contact the PEACH program on free call 1800 263 519 or register directly at www.peachqld.com.au

Disney Zone

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V8 SUPERCARS CHAMPIONSHIP

coateshire III Super Sprint

31 JULY - 2 AUG

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V8 SUPERCARS CHAMPIONSHIP

coateshire III Super Sprint

31 JULY - 2 AUG

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Redeem at the information booth from 9am Saturday and Sunday.

Offer only available for the first 200. Strictly one original coupon per person. Disney Zone is open on Saturday and Sunday only.

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Disney/Pixar



Family bicycling safety is a community priority



Troy Dobinson

24/7 Cycling Safety Fund Director and Yellow Jersey Bike Shop owner

The annual 24/7 CSF Bike Ride is being held on Sunday 30 August this year to celebrate the warmer weather and healthy, safe bicycle riding.

The bike ride is being presented by 24/7 Cycling Safety Fund and Ipswich Hospital Foundation.

Ipswich Hospital Foundation events coordinator Ashton Greaves said she believes the

collaboration between IHF and 24/7 CSF on this year's ride will strengthen the ride that has 24/7 CSF already established.

"We (IHF) just want to see as many bums on seats as possible, enjoying a safe Sunday morning ride. Cycling is a low impact and enjoyable way for families to participate in exercise together.

"Both organisations share similar goals and this partnership makes perfect sense in getting Ipswich one step - or one pedal - closer to our goal of *Becoming the Healthiest Community in Australia*," she said.

24/7 CSF Director and Yellow Jersey Bike Shop owner Troy Dobinson said he hopes to see a sea of yellow jerseys at the community bike ride to help raise awareness of safe cycling.

"Safe cycling is a topic very close to my heart and 24/7's goal is to establish a safe cycling centre in Ipswich and to raise awareness of safe cycling generally."



"Each ride registration includes one free breakfast burger and coffee following the ride, with refreshments on route and we hope that after you complete the ride you will spend some time with friends and family enjoying

the festive atmosphere," he said. All levels of fitness can participate in the annual ride.

For further information visit www.247csf.com.au or www.ihfoundation.org.au

Registration information

- 100km ride - \$60
- 50km - \$40
- 25km ride - \$20
- Children under 16 years of age - \$20 for either 25km or 50km rides
- Children's ride - \$5

COMLINK



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Our friendly drivers provide a door-to-door service for clients requiring transport in the Ipswich and surrounding regions and to appointments in Brisbane.

Services are available to eligible clients aged 65 years or older.

Call our Ipswich office on **3280 7600**

www.comlink.org.au

We are also seeking volunteers.



COMLINK Not for Profit. All for service.



Promoting Healthy Weight in Children

Want to get your kids active and eating well?

The FREE PEACH™ program can help.

- PEACH™ stands for 'Parenting Eating and Activity for Child Health'.
- It is a **FREE** nutrition and activity program available to Queensland families.
- It is a family-focused program that helps parents make healthy lifestyle choices.

Contact us if you:

- have a child aged 5 to 11 years.
- are concerned they are above the healthy weight range.

Healthier. Happier. Queensland Government | Parenting, Eating & Activity for Child Health | a university for the real world™ QUT | *Funded by the Queensland Government.

Free call **1800 263 519** or visit www.peachqld.com.au

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Laidley Hospital celebrates centenary

Laidley Hospital celebrated its centenary and their goal of lifelong health with a fun run on Sunday 21 June.

The healthy community day involved a fun run, health expo and inaugural bedpan toss for bowel cancer awareness.

Ipswich Hospital Foundation CEO Tom Yates said it was great to get out to Laidley to celebrate the centenary.

"Hearing of Laidley Hospital's history of healthcare over the last 100 years and the visit from Barbara Keller the oldest living baby born at Laidley Hospital were my highlights for the day!

"It was also good to be able to bring the IHF team out to Laidley to enjoy the fun run ahead of the Ipswich Park2 Park fun run on July 26th.

"Another important aspect of



the Laidley celebrations was the focus on Bowel Cancer awareness – the bed pan toss was designed to raise awareness of bowel cancer."

"The bed pan toss was a jovial way of reminding everyone that leading a healthy lifestyle can help prevent cancers like Bowel Cancer," he said.

Bowel Cancer Australia's Claire Anear said it was great to see bowel cancer awareness having such a prominent role in Laidley Hospital's centenary celebrations.

Visit the website bowelcanceraustralia.org for further information

Fitness key to V8 victory

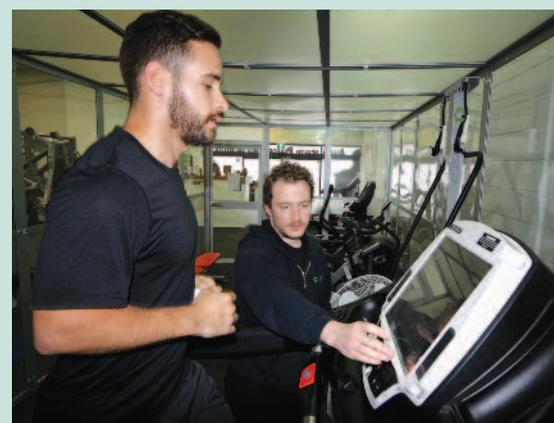
While a fast car is essential for victory in V8 Supercars, the drivers' physical and mental fitness also plays a huge part in their race to the podium.

Leading a healthy lifestyle is paramount to Erebus Motorsport V8 driver and Ipswich local, Ash Walsh (pictured), to ensure he is in peak condition to compete in the V8 Supercars Championship.

Walsh abides by a nutritious diet and strict training regime, embodying his hometown's mission to *become the healthiest community in Australia*.

"It's a great initiative," Walsh said of the Ipswich Hospital Foundation's vision for a healthy Ipswich.

"If the Foundation can educate people on the importance of healthy living



and change a few minds about healthy lifestyles, everyone will be better for it.

"For us as professional athletes, leading a healthy lifestyle is a must – unlike other sports, like football for example where you can practice kicking, we don't get the opportunity to jump in our cars whenever we want, so we spend the majority of our weeks outside of the car training, being physically active and focussing on our health."

Not only does it require huge muscular effort to steer his V8 Supercar, but Walsh faces temperatures upwards of 45 degrees in the seat, and is exposed to extreme g-force as he reaches speeds near 300km/hr.

Ash Walsh returns home next month for the Coates Hire Ipswich SuperSprint, July 31 – August 2.

Book now at Ticketek or visit v8supercars.com.au for further information.

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Escoffier 28cm copper frypan
RRP \$189 **SALE PRICE \$109**

Ipswich has a new gourmet deli, right inside Gemütlich. Stocking a great selection of fresh local produce and quality imported ingredients. From fine Italian olive oil to the best chocolates - Ipswich Deli has just what you need to prepare a fabulous meal.



Olivero Chocolate and Hazelnut truffles \$11



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La Russolini tomato passata 350gm \$2.95



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Race director's advice: how to warm up for the race



Chris Gale

*Ipswich Park2Park Race Director
Gale Force Running Squad Head Coach*

Ipswich Park2Park Race Director and Galeforce Running Squad owner and head coach Chris Gale provides technical insights into a warm up everyone should do before running a distance. His simple tip for good running is to be efficient, don't waste energy and keep your centre of gravity to reduce risk of back issues.

High knee lifts

Lift knee high so it is parallel to your hip, return to the ground and repeat on opposite leg. This exercise helps drive your knee forward and upward to assist with running style.

The high knee drill works the loading phase of the run. The key to performing the drill correctly is to focus on driving the foot down and letting it spring back up off the ground (rather than lifting the knees). Use the same arm motion during this drill as you use while running.

Butt kicks

The butt kick drill further conditions and coordinates the glutes and hamstrings for a strong running stride. The butt kick drill should almost feel like a variation of running with high knees (rather than simply kicking backwards). Pull your heels up directly beneath you, keeping the knee, heel and toe up throughout the drill. Use the same arm motion during this drill as you use while running.

Kangaroo bounds

Driving leg forward, getting high knee lift and keep your body in a straight line. This move works as a crucial element in the



Ipswich Park2Park Race Director Chris Gale displays his recommended warm up exercises in preparation for the 2015 Ipswich Park2Park - High knee kicks.

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!*



Butt kicks



Kangaroo bounds

development of sprinters and is also very effective at improving "ease of speed" and finishing burst speed for distance runners.

**If you are unsure of your fitness ability check with a doctor before performing this work out.*

Chris Gale is the Ipswich Park2Park Race Director and Head Coach at Gale Force Running Squad. Visit www.galeforcerunning.com for further information.

IPSWICH *park* → *park*



Race Day Guide

**11th Annual Ipswich Park2Park
Sunday 26 July
Limestone Park Ipswich**



Half Marathon; 10KM Run; 5KM Run; 5KM Walk; Family Challenge & Mascot Marathon

The Ipswich Park2Park supports the work of the Ipswich Hospital Foundation. Your participation and support of this event assists us in raising money, awareness and supporting the health of the Ipswich community through our range of health initiatives. We thank you for joining with us on our mission to *"become the healthiest community"*.

Welcome to the 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.

As Mayor of Ipswich and on behalf of all councillors, I am proud to be associated with the Ipswich Hospital Foundation and the great work they do for the community. This fun run has steadily grown in stature and 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.

This day has something to challenge everyone, no matter what their current level of fitness and ability with the family challenge, 5KM, 10KM and Half Marathon events. Not to forget the always amusing Mascot Marathon.

The event has not only become a worthwhile event for those very serious about their fitness, but also caters for all members of the family no matter the age or ability.

All participants and sponsors agree this is a worthwhile collaboration for the Ipswich Hospital Foundation.

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

Mayor Paul Pisasale, City of Ipswich

Thank you for your support

I am very excited to be coming back for the 2015 Ipswich Park2Park. It is one of my favourite running events because of the good selection of courses on offer, the unbelievably friendly volunteers and the enthusiasm of the organisers. Whenever I return to Ipswich I am pleasantly surprised to notice how healthy the community is and it is great to have this reflected in local involvement on event day. Join me, and over two thousand others, who are taking on the challenge to 'go green in 2015. See you on the start line.

Steve Moneghetti, Event Ambassador

When the days are getting shorter and the mornings are cold, you know it's time for Park2Park. Welcome back to everyone and it is great to see so many new people registered.

All of us at the Ipswich Hospital Foundation would like to thank our sponsors and our volunteers. We could not achieve the success we have had for this event, without your support.

For those participants who make their way into the 10 Year Club this year, congratulations and thank you for your support year after year.

***This year's theme is go green in 2015!
So get involved with your bright green clothing and accessories. Let's see 2500 people running around in green this year!***

I wish everyone good luck and I hope that you succeed in reaching your goals for the 2015 Park2Park.

Neil Harding, Chairman, IHF



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www.exactradiology.com.au

Race Day Information

This Race Day Guide for the 2015 Ipswich Park2Park is designed to provide you with all the information you'll need on race day. Please take the time to familiarise yourself with locations, times, runner's etiquette and first aid.

Race Kit Collection

Saturday 25 July, 1:00pm-3:00pm

Bill Paterson Oval, Limestone Park Ipswich

Sunday 26 July, From 6:00am

until 30 minutes prior to your event

Bill Paterson Oval, Limestone Park Ipswich

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.

CHRONOTRACK Timing Device

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



Your Timing Device for this event is the CHRONOTRACK B-Tag, a single use bib tag. In order to receive an accurate time, please confirm your bib is

- Clearly visible on the front of the torso
- Unaltered and unmodified (Do not fold or wrinkle)
- Pinned in all four corners
- Not covered (jackets, runner belts, water bottles, etc.)

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 which is located in the Athletics Building at the car park end of the Bill Paterson Oval. To drop off your baggage remove the perforated section on the bottom of your race bib and have it ready for the baggage volunteer. On collection of your baggage you will need to supply the attendant with your bib number.



Park2Park Information Booth

An information booth is located on the Bill Paterson Oval. General questions and information can be asked here.

Race Day Program

Event	Start	Bib Colour
City of Ipswich Half Marathon	6:30am	Black
Exact Radiology 10KM	8:00am	Blue
University of Southern Queensland 5KM Run	8:45am	Green
University of Southern Queensland 5KM Walk	9:00am	Red
Catalyst Church 700M Family Challenge	10:00am	Aqua
Jetts Fitness Mascot Marathon	10:15am	N/A
Presentations	10:30am	N/A

Event Precinct - Bill Paterson Oval, Limestone Park Ipswich



*Locations subject to change on the day

Key

1. Registration

Information

START

FINISH Zone

Medical

Toilets

Child Feed & Change Room

Baggage

3. Stage

4. Food & Beverage

5. Team Village

6. School Hill

7. Finisher Photo Frame

8. Park2Park Mall

Join the 2015 Ipswich Park2Park Family Challenge

Family Challenge

The aim of the Catalyst Church Family Challenge is to get children and their families participating 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 Challenge marquee.

When: 10am – 26 July 2015
(Registration 7:45am – 9:45am)

Where: Bill Paterson Oval

Distance: 700M

Cost: Gold coin donation

Each child receives a Family Challenge medallion on completion of their 700M.

Ipswich City Council supports healthy lifestyles through events such as Park 2 Park and Sport Ipswich will assist clubs in continuing to provide healthy activities for the community.

www.ipswich.qld.gov.au





Race Day Information

We've done our best to ensure that the 2015 Ipswich Park2Park is an enjoyable event for all concerned. Here's some advice and a selection of services available to participants on the day.

Medical & First Aid

 1300Medics are providing first aid support with two cyclists roaming on the course and a first aid tent behind the finish area on the Bill Paterson Oval.

If you require first aid attention on the course, please report to your closest course marshal, SES volunteer or water station.

Finish Zone

 On completion of your event, you will be directed through to the Finish Zone. Here you will find fruit, water and collect some great offers available. A photo finish opportunity is available right outside the Finish Zone to take your photo in front of the finishers sign! Be sure to get your friends to capture a snap to cherish forever.

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

Random Prize Draws

The Ipswich Park2Park has some fantastic prize draws to give away!

- 1 x Apple Sports Watch donated by QOPN
- 3 x Brooks Shoe Vouchers
- 1 x Aussie Farmers Direct Fruit and Vegetable Box

**Must be present at Presentation ceremony to win*

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 www.postrace.com.au/gallery/ipswich-park2park-2015.

All participants will be able to download a personalised finisher's certificate as a memory of the day. Follow post race on Facebook (www.facebook.com/postrace) for further updates on event photography.



Choose a university *that cares about YOU*

If you've ever wondered where a degree could take you, talk to us at Open Day.

USQ Open Day

USQ Ipswich
9 August

USQ Springfield
23 August

 usq.edu.au/openday



Park2Park Mall



The 2015 Park2Park Mall has a terrific line-up of exhibitors for you to visit throughout the day. Businesses you can expect to see include health and fitness specialists, community groups and food and beverage suppliers.

Official Ipswich Park2Park Merchandise

Run or walk in style with Ipswich Park2Park merchandise. These flattering fit garments suit any body shape. All shirts and singlets are a light weight, moisture wicking fabric. Purchase on the day!

University of Southern Queensland

With two campuses in Ipswich, the University of Southern Queensland can help you find your future, your way. No 1 in Queensland for graduates in full-time work. Discuss your future with us!

Jetts Booval

Jetts Booval is now bigger and better than ever with the addition of our new extension! Join the leaders in health and fitness, and workout on your terms. Come and chat to us about membership.

Aussie Farmers Direct

We've brought back the much loved Milko - delivering fresh, healthy and tasty products which are 100% Australian made, grown and produced, guaranteed. Talk to us about your fresh produce needs!

Catalyst Church

A unique Church interested in your health, body, soul, spirit and the community. Visit us on the day to find out more about our unique church plus free face painting and colouring in for children.

Child Feed and Change Area



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

Jamie's Ministry of Food

Jamie's Ministry of Food Ipswich teaches cooking and nutrition. These subsidised courses are low cost, fun and tasty. Learn more at our stall or visit www.jamiesministryoffood.com.

TH Massage

Ipswich's number 1 massage clinic for pain

relief. Find us opposite Bunnings West Ipswich. Participants can enjoy a free recovery massage on the day!

Ipswich Foot and Ankle Clinic

On hand for pre and post-race strapping, massage, acute injury management including ice, footwear advice, etc. We look forward to getting you to the starting line and giving you the best run to the finish.

Brooks

Brooks Running is your go-to company for anything and everything related to the run. Visit the Brooks Marquee to enter the competition to win a pair of shoes!

Yellow Jersey

Visit our pop up community based hub for everything cycling at the Ipswich Park2Park.

Smart Movement

Exercise physiology clinic specialising in musculoskeletal rehab. Park2Park offers on the day: 20% off initial consults; 20% off our 'run right' running program; Free warm up and cool down sessions.

Food and Beverage

The Coffee Club

Two Coffee Club coffee stations for you to get your coffee fix.

Jacaranda Clubhouse

Selling their famous apple slinkies, biscuits and bliss balls to raise money for their daily living skills program for people living with Mental Health.

Steggles

An iconic Australia brand renowned for quality. We value our involvement with the community and will be promoting and selling our quality poultry products.

Ipswich & District Athletics Club

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

Ipswich North Rotary Club

BBQ for participants and supporters. Sausage Burgers, Deluxe Burger with Onion & Bacon. All proceeds to IHF.

www.park2park.com.au



Free water stations



There are 5 water stations sponsored by Dewdrop Springs Springwater located each 1KM around the course, hosted by local secondary schools.

Chanting and cheering, these enthusiastic students hydrate and encourage participants. Schools are supplied with funds to decorate their water station and each school will receive a prize.

Water Station 1:

Ipswich City Council Youth Advisory Council

Water Station 2:

Ipswich Girls' Grammar School

Water Station 3:

St Mary's College

Water Station 4:

Rosewood State High School

Water Station 5:

Bremer State High School

Mascot Marathon

The Ipswich Park2Park Jetts Fitness Mascot Marathon is a novelty run for your business, organisation or team mascot! The run (shuffle in most cases) is no longer than 100M and finishers even pass through the finish archway like a true participant. The Mascot Marathon is free to enter and is oh so much fun! The 2014 competition features Sneakie (Park2Park/IHF), Mootilda (Aussie Farmers Direct), Tom the Tradie (Apprenticeships Queensland) and more!

Team Village

The first 25 Ipswich Park2Park teams with 15 or more people receive a spot in the Coffee Club Team Village. This serves as a great place to meet before and after the events and enjoy some refreshments thanks to the Coffee Club.



Join the Park2Park 10 Year Club

In celebration of the 10th Ipswich Park2Park in 2014 a 10 Year Club was formed. In recognition of having completed 10 of any of the events at the 2015 Ipswich Park2Park you are eligible to be inducted into the 10 year club.

After completion of the 2015 Ipswich Park2Park - Sunday 26th July, you will be awarded a certificate of recognition, a commemorative polo shirt at the presentations on the day and your name will appear on our 2015 honour board.

If you believe this is your 10th Ipswich Park2Park please email us at park2park@ihf.org.au. If possible please include your finish times from each of your 9 years of participation.

You must register and contact us by 5pm Monday 13th July 2015 in order to receive your award and be recognised at the Ipswich Park2Park 2015 presentations.

Ipswich Park2Park 2014 10 Year Club Honour Board

Name	Park2Park Event/s
Bob Large	10KM
Rob Richards	Half Marathon
Bill Leather	Half Marathon
Graham Phillips	Half Marathon/10KM
Alan Phillips	10KM
Dennis Keller	Half Marathon
Keith Slater	Half Marathon
Cassandra Costello	Half Marathon



The 11th Annual Ipswich Park2Park gratefully acknowledge the support of our sponsors

Beneficiary & Organiser



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Trivia fans support the Ipswich Hospital Foundation

Close to 100 locals attended the Ipswich Hospital Foundation's recent Trivia Night at the North Ipswich Reserve for a fun night of testing their general knowledge in support of the IHF's work.

It was a terrific night, full of laughs and we're already planning another for later in the year. Follow us on Facebook to stay up to date with the latest news. www.facebook.com/healthylivingipswich



Rose Rice and Kylie Gibson



Emily Green and Mitch Rule



Steve and Detta McCartan



Madeline Cole, Sabra Manttan and April Russell.



Sam Russell, Lincoln Rule and Ronan Geoghegan



Tim Rees and Jess Winstone

Fuel your body in preparation for the Park2Park



Steph Cronin

Associate Sports Dietitian
& Accredited Practising Dietitian
Apple to Zucchini Sports Nutrition

Race day is almost here - you've done all the hard work to put your foot on the start line so make sure you have the right fuel to race at your best!

Regardless of your race distance, it is important to front up to the start line well hydrated. Your body can weather some dehydration in the race, so long as you START hydrated. Aim to have 1-2 glasses of water with each meal and snack to maximise absorption. As for nutrition, eating your normal healthy diet and staying clear of takeaway and processed foods as much as possible is essential for race preparation.

For those of you competing in the half-marathon, you will need a little extra fuel in the form of carbohydrate in the days leading up to race day. Keep your food intake the same as normal but aim to consume one extra carbohydrate dense snack per day for the 2 days prior to your race. Good options include a fruit scone, piece of banana bread or a savoury pull-apart.

On the night before race day it is important to have a carbohydrate-based dinner to provide your muscles with the energy they need to run fast. A pasta dish with a little protein such as chicken and some vegetables is an easy example. Your race day breakfast should also be quite carbohydrate dense but aim to eat 2 hours before your race. Toast, muesli and fruit are some common pre-race breakfasts.

During the race, drink water or sports drink if you are thirsty and if you are competing in the half marathon you may want to have a sports gel or a handful of lollies to keep your energy levels up.

My number one tip is don't try anything new on race day! Just like your training you should practice your race nutrition plan before the big day to ensure it is best for you and there are no unexpected surprises.

Once you have completed your run (in a record time of course) aim to have a



A race day breakfast of toast, museli and fruit will help your body perform at its best.

nutritious meal within an hour of finishing to speed up the recovery process. My favourite recovery meal is eggs and avocado on toast and a banana smoothie.

Best of luck to everyone racing and I hope you all enjoy the experience!

For individualised training and race nutrition plans, come and see myself or one of our other experienced sports dietitians from Apple to Zucchini Sports Nutrition.

www.appletozucchini.com.au





Delicious healthy meals to warm you up this winter



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)



Berry Cinnamon Porridge

Ingredients:

- ½ cup of rolled oats
- ¾ cup of milk
- Handful of blueberries
- Tea spoon of cinnamon

Method:

Simply combine the oats and milk in a bowl and place into the microwave for 2 minutes. Then stir in the cinnamon and add the blueberries and voilà a super quick and even easier breakfast to help warm up your winter morning.



Hearty Vegetable Soup

Ingredients:

- 4 carrots
- 4 celery sticks
- 2 potatoes
- 1 sweet potato
- 3 cups Vegetable stock
- 1 ½ cups water
- 1 table spoon turmeric
- 1 table spoon rosemary leaves
- 1 table spoon coriander

Method:

Grate and chop the vegetables into small (50c size) pieces. Combine

with the vegetable stock and water in a saucepan. Stir in the herbs listed above. Place on medium heat and allow to cook for 45min to an hour – until you can easily pierce the vegetables with a fork. Allow to cool slightly before blending and serving with a side of wholemeal tiger bread. A delicious way to ensure your recommended vegetable intake for the day leaving plenty for lunch tomorrow for you and the whole family.



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

Chocolate & peanut butter fudge bites

Makes 12 serves

- 10 medjool dates
- ¼ cup boiling water
- 3 large Tbs natural peanut butter*
- 1 ½ cups almond meal
- ½ cup cocoa or cacao powder

Coating

- 3 heaped Tbs coconut oil
- 2 tsp honey
- 1 Tbs cocoa or cacao powder
- 1 Tbs natural peanut butter

In a food processor, add all of the pitted medjool dates and blend. Slowly add the boiling water while continuing to blend. Then add the peanut butter. It should form a thick paste when well combined.

Add the almond meal and cocoa powder and blend well on a low speed.

When well combined, you should be able to roll the mixture into small balls. If it is too crumbly, add some more boiling water (1/2 Tbs at a time). If it is too sticky, add more almond meal.

Roll the mixture into



approximately 20 small balls and place onto a lined baking tray. Put them into the freezer for 15minutes.

Meanwhile, melt all of the coconut oil, and split it equally into two separate bowls.

Add 1 tsp of honey to each bowl, and then add peanut butter to one and cocoa to the other.

Stir each until well combined. You will now have a chocolate sauce and a peanut butter sauce.

Remove the balls from the freezer and place into a large bowl. Pour the chocolate sauce into the bowl with the balls and quickly stir around. The chocolate sauce will freeze onto the balls.

Return the balls to the tray and drizzle the peanut butter sauce over the top.

Store them in an airtight container in the freezer until just before consuming.

*Natural peanut butter contains no other ingredients aside from peanuts. If you check the ingredients list it should read 100% peanut butter, and not include any other vegetable oils or sweeteners.

Rhi's Notes

These are great post-workout treats, providing a quick, nourishing hit of carbohydrates, proteins, and high quality fats. Perfect for after Park2Park!



Trauma cover is miracle cover in time of need



Ryan Dobbrick
Financial Advisor

What Is Trauma Cover?

I believe that Trauma Cover is miracle cover – it pays out a lump sum of your choosing in the event of a specified medical condition.

It was originally developed in the 1980s when advances in medicine meant that people having a major medical trauma would recover, but would not receive a payout under their Total & Permanent Disablement Insurance, as they would return to work after a number of months of treatment and were not permanently disabled. Most Insurers cover

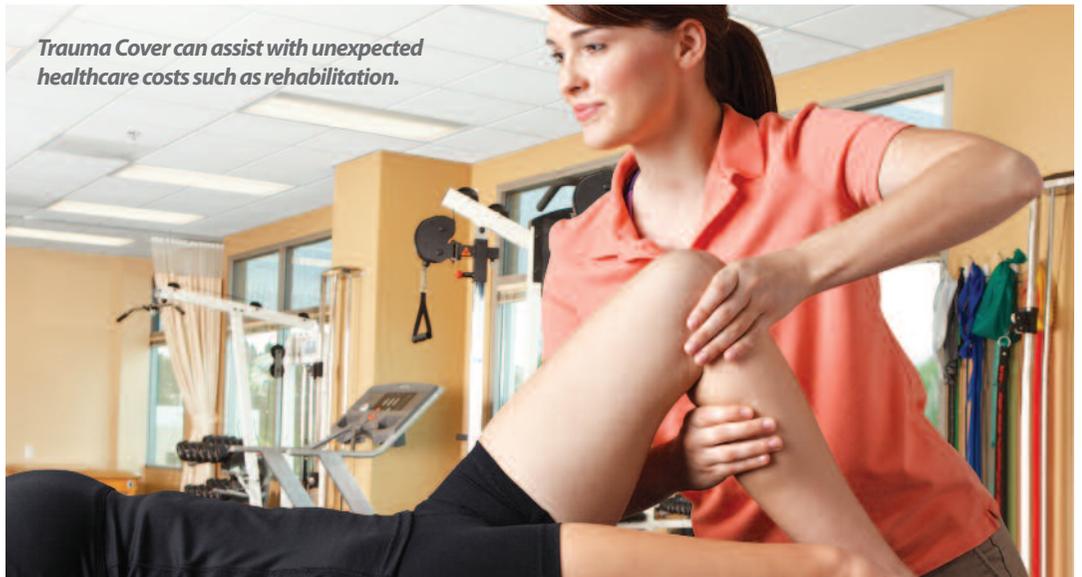
around 30 different medical conditions; heart attacks, strokes, cancer and bypass surgery make up approximately 95% of all Trauma Claims¹.

Trauma Cover payouts can be used in a number of ways, such as pay down of some debts, pay for a spouse to take time off work to care for you, pay for any private medical costs above health insurance, pay for adjustments to your home or even to chase alternative overseas medical treatments or to just take a holiday.

A great example is of my father who had a heart attack some years ago and although he had full Private Health Insurance, the bills for ongoing rehabilitation were well into the thousands. My mother had to take time off work to care for him, which was not covered by any type of insurance.

The last thing anyone needs when having health stresses is to have financial stresses also.

The unfortunate statistic is that



Trauma Cover can assist with unexpected healthcare costs such as rehabilitation.

the chance of suffering a trauma insurance insured event prior to age 65yrs is - 1 in 2 for a male and 1 in 3 for a female², which makes the likelihood of us claiming on these policies quite high.

One strategy to consider for people aged 45yrs or below, is to structure your Trauma Insurance

with a Level Premium rather than a Stepped Premium. Reason being, is that although the Level Premiums are higher in the earlier years, in the later years when the likelihood of a medical condition is higher (ages 55 – 65yrs) you will be paying a much lower premium if a Level Premium is selected.

For more information on Trauma Insurance or any other Insurance please contact Ryan Dobbrick of Dobbrick Financial Services on 3281 1300.



The information provided is general in nature and does not take into account your particular investment objectives, financial situation or insurance needs; we therefore recommend you seek advice tailored to your individual circumstances before making any specific decisions. DFS (Ipswich) Pty Ltd and its advisers are Authorised Representatives of

Fortnum Private Wealth Pty Ltd ABN 54 139 889 535 AFSL 357306 T/A as Fortnum Financial Advisers. ¹ Data provided by AVIVA which shows their claims paid for Trauma Insurance between 2004 and 2008. ² Source: Pricing Dread Disease Insurance – Institute of Actuaries of Australia March 2002.



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Generous donations support Foundation's work

The Ipswich Hospital Sunshine Children's Ward treats more than 2000 patients each year with an average stay of 1.5 days. That means that 2000 children will need distraction, comfort and items to make hospital feel like a home away from home annually. A number of charities, businesses and community groups have already made generous donations to the children's ward this year.

Ipswich Rotary Club held a Seafood Festival earlier this year which tantalised the tastebuds of guests, enabling the club to donate a massive \$2000 to the Sunshine Circle fund.

Kaleidoscope Kids Early Learning Centre at Goodna have looked outside their centre this month to lend children in hospital a helping hand.

The group, who are owned and managed by Manos Projects, will fund two brand new pieces of measuring equipment and learning resources for our younger patients with their generous \$2000 donation.

Kaleidoscope Kids Goodna Director Kathy Shannon said at Kaleidoscope Kids they strive to have the learning centre feel as close to home as possible for the children. "We hope that through this donation the children spending time in hospital will also



Kathy Shannon and Natalie Baker from Kaleidoscope Kids share a laugh with Registered Nurse Jacinta and patient Sarah.



Graham and Samantha Nilsen were so impressed with the care provided at Ipswich Hospital that they donated a BBQ for staff of the Intensive Care Unit (ICU).

feel a bit more like they at home."

The Happy Wanderers group set off on 13 May on a bus trip to be fed, watered and discover amazing sights around beautiful Queensland.

For the past 15 years Bob Green has helped coordinate the Happy Wanderers charity trip to raise funds for the Sunshine Children's Ward.

The trip runs over three weeks and is an outback to coast adventure specially designed for seniors who enjoy good company. The 2015 trip raised \$4280 for the Ipswich Hospital's children's ward and new

paediatric emergency department space which will purchase two sleep apnoea monitors for children as well as toys, portable DVD players and medical grade distraction tools for children.

Graham and Samantha Nilsen were so impressed and thankful for the care provided to their wife and mother that they presented the Intensive Care Unit (ICU) staff with a BBQ.

While the staff maintain that they were just doing their job, they are very much looking forward to inviting the Nilsen family back soon to turn the first sausage on the BBQ. The Nilsen's were very much looking forward to taking their loved one home and insist she would not be with them without the wonderful ICU staff.

Lions Club of Ipswich have raised \$200 following a barbeque. The Lions are regular contributors and supporters of the Ipswich Hospital Foundation and local health services. This donation will be contributed to Ward 7C for the purchase of art supplies and materials to encourage patient therapy and recovery.

On Saturday 19th June the IHF team took a ride out to the country side to be treated to lovely hospitality and entertainment at the **Marburg Trots Race Day**.

Ipswich Hospital Foundation was named the official charity for the harness racing day and the Ipswich City Council has generously contributed \$1000 to IHF.

The IHF team thoroughly enjoyed a relaxed afternoon in Marburg with IHF fitness trainers keeping the children occupied and bookies allowing a bit of friendly completion – we cannot wait for next year!

Riverlink Shopping Centre continues to support IHF through their Community Notice Board program. \$110 has been donated this time around. Thank you Riverlink and community notice board contributors.

Bundamba Swim Centre contributed \$200 to IHF following their Trivia Night. Bundamba Swim Centre hosts IHF's Fit4Life Aqua Fitness in the warmer months. Thanks guys!



Cr David Pahlke and Mayor Paul Pisasale attended the Ipswich Councillors Charity Day Stakes at Marburg Trots Race Day in aid of IHF.



Riverlink Shopping Centre recently raised \$700 for IHF via their Siamese Fighting Fish show.



Ipswich Rotary Club and the Lions Club of Ipswich are long time supporters of the IHF and their regular donations are gratefully received.

Recently, Riverlink Shopping Centre hosted the 'Little Champions' Siamese Fighting Fish show in their East Mall. A huge \$700 was raised and pledged to the Ipswich Hospital Foundation – thanks to Jodi from the **Fishchick Aquatics**.

Over 300 entries from Queensland, New South Wales and Victoria, Thailand, Singapore, Philippines and Indonesia helped make the show a success

Visit www.ihfoundation.org.au for more information if you'd like to donate to the Ipswich Hospital Foundation.



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Futher info: 1300 736 428 | info@ihfoundation.org.au



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



60 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 morning 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

Healthy Living Health & Fitness Directory

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



Orion

Springfield Central

Walking Group

7am every Wednesday



Now at two locations in Ipswich!

Limestone Park, Ipswich and Catherine Morgan Park, Augustine Heights.

7am every Saturday, 5KM, Timed, FREE!

For more information and to register visit parkrun.com.au



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