

# Healthy Living

Becoming the Healthiest Community  
An initiative of the Ipswich Hospital Foundation



## IPSWICH

Image by Talitha Rice Photography



facebook.com/healthylivingipswich

- 2015 Ipswich Park2Park results and pictures
- Spring FIT4LIFE programs
- Planning for retirement
- IHF volunteers required
- Delicious, healthy recipes

# Focus

Member for Ipswich Jennifer Howard MP is an avid yoga practitioner; crediting her Ipswich-based yoga teacher in her maiden speech to State Parliament. In this edition of *Healthy Living Ipswich*, Jennifer shares her passion for yoga and how it assists her in focusing both her mind and body. *Story page 2.*



# Get set for Spring!



**Congratulations everyone for getting through another winter. I must admit I missed a few days of exercise in the early mornings. The doona just would not let me out of bed.**

Seriously, it seems harder in some ways to exercise in the winter as in the mornings and evenings it is dark and cold. Despite this the numbers of people committing themselves to a workout or training for the Park2Park is commendable. It was really great to see the 1762 people get up and run in the Park2Park. Thanks to all who participated and the 100 volunteers who made the day such a success.

**Now that Spring is here – NO EXCUSES.**

There is a full schedule of activities on the Fit4Life schedule, including some new activities done in conjunction with 60's and Better, and at the end of September Aqua aerobics is recommencing. Also the new School

Walking program has begun. I think this program can really help the younger members of our community. Contact the Foundation for more details or check out the new look website [www.ihfoundation.org.au](http://www.ihfoundation.org.au).

All of us can start eating healthier as the excuse for eating hearty 'comfort' food is disappearing. Check out the recipes and healthy eating tips in *Healthy Living Ipswich*.

Spring is also a good time to start afresh and make those commitments and appointments you have been postponing. Prevention is the best cure. Make that appointment now with a GP and dentist. This goes especially for all the dads in the community (why do we believe we do not need to see health professionals?). . Father's Day is around the corner and your family needs you to be healthy for them.

*Spring is here so don't forget to stop and smell the flowers.*

Tom Yates , Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428  
E: [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au) | W: [ihfoundation.org.au](http://ihfoundation.org.au)

# Ipswich MP committed 'yogi'

**Jennifer Howard knows very well the benefits of using exercise to keep yourself level headed.**

She, like many other committed 'yogis' likes to commit to at least one session of yoga practice per week at the Sacred Cow Yoga Studio in Ipswich.

The Ipswich MP told *Healthy Living Ipswich* that she uses yoga to add balance to her life. "The practice of yoga gives me the chance to take time out to gather my thoughts and regain focus on my other passions, which are my family and the people and city of Ipswich.

"I started practicing yoga regularly 8 years ago with Sacred Cow Yoga Studio principal, Bonnie Preston. Right from the start, I could see that yoga was so much more than



Jennifer Howard MP

gaining flexibility and physical strength. No matter our age, gender or background, we all face the same challenges when we begin to practice yoga and that is what our mind tells us about ourselves while we're learning to master the postures. We all have so much

pride when we begin to practice yoga. This pride translates into fear and it's this that often stops people going back to yoga classes.

"Learning to overcome these thoughts and emotions while on the mat transfers into our daily lives and frees us up to make good decisions based on fact and on our true selves rather than on external pressures or emotions.

"When I think back to the first few months of my yoga practice, I recall having to force myself to go to class. Now, despite a demanding schedule, yoga practice is a part of my daily life and I try to get to at least one class each week.

"I would say to anyone who wants to live the best life they can to get yourself onto a yoga mat."

## Community Health Chat

### Do you practice yoga?



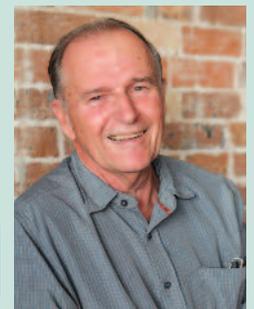
No. But I have always wanted to.  
**Chelle**



No. But I am definitely not against it and if I had time I would like to try it.  
**Deanne**



Yes. I practice at home once a week.  
**Deb**



No I haven't. I am thinking about it after a recommendation from a friend.  
**Kerry**



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## The Palaszczuk Government will implement all 140 recommendations in the *Not Now, Not Ever* Report into Domestic and Family Violence

This includes: Changes to criminal law; Educational programs; Recognising the Government's role as a model employer; \$3 million towards a national awareness campaign; Legal support

Read more at [www.qwld.gov.au/EndDomesticAndFamilyViolence](http://www.qwld.gov.au/EndDomesticAndFamilyViolence)

## Jennifer Howard

MEMBER FOR IPSWICH

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SOCIAL: [www.facebook.com/jenniferhowardforipswich](https://www.facebook.com/jenniferhowardforipswich).





## Want to try yoga? Here's where to go!



**Ipswich Hospital Foundation Fit4Life Activities offers a yoga inspired Energiser every Monday afternoon at 5.30pm at Amberley District State School for just \$5 a session.**

The fusion of Tai Chi, Yoga and Pilates will be sure to give you the stretch you need after an active weekend.

Ipswich is home to some great Yoga studios, including:

- Sacred Cow Yoga Studio [sacredcowyoga.com](http://sacredcowyoga.com)
- Kaizen Yoga [kaizenyoga.com.au](http://kaizenyoga.com.au)
- Shakti Yoga Shala [shaktiyogashala-aust.com](http://shaktiyogashala-aust.com)
- Hatha Yoga [hathayogaipswich.com.au](http://hathayogaipswich.com.au)

# National Stroke Week

**National Stroke Week is coming up from 14 to 20 September.**

Ipswich Hospital's Stroke Ward is supporting this year's campaign which is encouraging all Australians to:

- Be aware of what stroke is
- How to recognise a stroke
- What to do
- Live healthy to reduce the risk of stroke
- Get a regular health check

The Ipswich Hospital Stroke Team and patients are marking the week with celebrations and an awareness campaign.

Stroke Clinical Nurse Consultant Linda Edwards said a 'Know Your Number's' roving information trolley would be present at the hospital during Stroke Week.

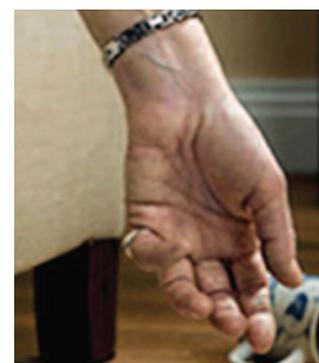
The Know Your Number's Trolley will be performing blood pressure and diabetes screening tests.

Know Your Numbers will also be popping up at parkrun Ipswich on Saturday 5th September!

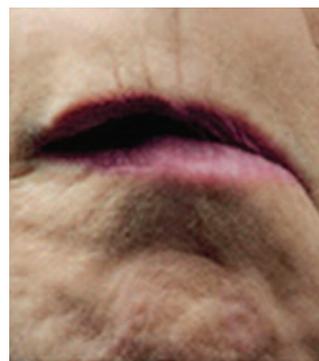
To find out what to look for in a Stroke victim visit [strokefoundation.com.au](http://strokefoundation.com.au).



**F**ACE  
*Check their FACE. Has their mouth dropped?*



**A** RMS  
*Can they lift both ARMS?*



**S**PEECH  
*Is their SPEECH slurred? Do they understand you?*



**T**IME  
*TIME is critical. If you see any of these signs call 000!*

# Want to make a difference in your community?



## VOLUNTEERS NEEDED for the Ipswich Hospital Foundation

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

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

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

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

**Phone 1300 736 428 or visit [ihfoundation.org.au](http://ihfoundation.org.au) to learn how you can help!**



# V8 donation benefits Ipswich mums



2015 Ipswich Park2 Park Race Ambassador Steve Moneghetti with Ash Walsh – V8 Supercar Driver from Ipswich

The Ipswich community has again benefitted greatly from a charity partnership between Ipswich Hospital Foundation and V8 Supercars. V8 Supercars contributed a cheque to the value of \$5,000 leading into the July 31- 2 August race meet.

V8 Supercars' Coates Hire Ipswich SuperSprint Event Manager, Phil Shaw, said the company is proud to have been able to make a contribution to an important local organisation.

"We have partnered with the Ipswich Hospital Foundation for the last four years, and it is an organisation that is working extremely hard to better the local Ipswich community," he said.

The funds will be used to support Fit for Baby an Ipswich Hospital driven program which will help pregnant women maintain a healthy body weight throughout pregnancy.

Chair of Queensland's maternity and neonatal clinic network Professor Kimble said obese women were at increased risk of pregnancy-related complications that could be life threatening, such as high blood pressure and blood clots, linked to strokes.



**Queens Park**  
Milford Street, Ipswich  
(Animal Centre entrance)  
8.30am Thursdays  
\$5 donation

Get outside & active with other mums and involve your bub!

**Springfield Lakes**  
Robelle Domain  
(meet at the stage)  
8.30am Fridays  
\$5 donation





# Retirement saving opportunities for the over 55's



**Ryan Dobbrick**  
Financial Advisor

leading up to retirement. It is startling to think that many people will go all the way to retirement blissfully unaware of the thousands of dollars in potential savings that they are passing up.

Accumulated superannuation monies can be converted to a 'Transition to retirement account based pension' up to ten years prior to retirement (depending on date of birth). This then pays a set regular income stream to supplement earned income.

**Some people may prefer to ease into retirement gradually by cutting back working hours and drawing some income from their super before they fully retire. They can do this by utilising the 'transition to retirement' strategy.**

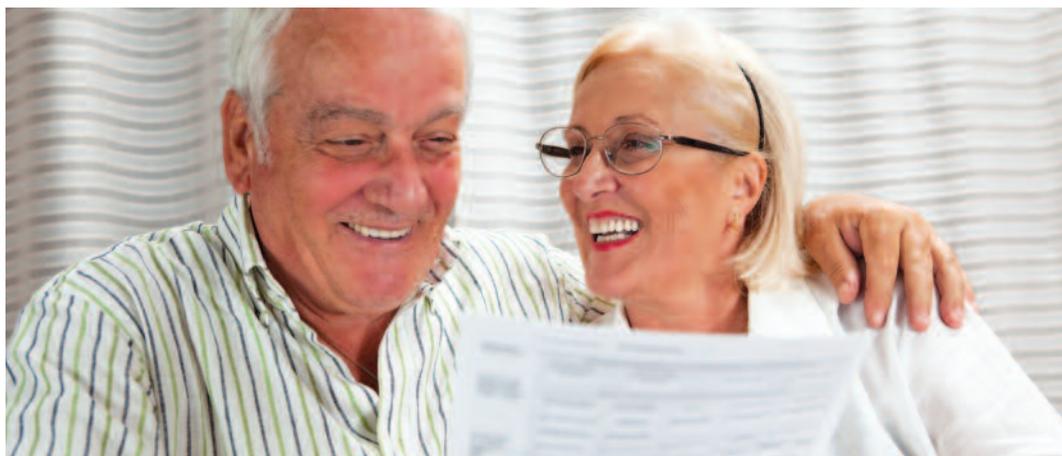
### Extra savings there for the taking

I have helped a number of pre-retirees take advantage of this strategy and most are pleasantly surprised when they discover the additional savings that can be achieved in the 10 year period

### Avoid tax on earnings within super

One of the attractions of utilising a transition to retirement pension is the tax break on earnings. Once in an account based pension, all investment earnings are tax free. This can make a massive difference to building super balances in the years leading up to retirement.

The income stream itself also has tax concessions. For those under age 60, you can offset your income tax by an amount equal to 15% of the pension income amount, so someone who is drawing an



income stream of, say, \$10,000 a year will be able to take \$1,500 off their income tax bill. For those over age 60, the pension income is entirely tax-free.

### Different strategies meet different needs

Another strategy for those intending to work full time up to retirement is to restructure income by salary sacrificing earned income into super and replacing this income with an account based pension.

The pension income balances out the salary sacrifice contributions, so net take home income remains unchanged. For those over age 60, this strategy reduces taxable income. Combined with tax free investment earnings and the potential 15% tax offset, the bottom line is that super accumulation is accelerated with no net change in cash flow.

Account based pensions can also be used as a means of going into

semi-retirement without any drop in income. This can assist in paying off mortgages sooner, rather than after complete retirement. This can save thousands in interest, leaving people in a much better net position when they retire.

**If you are interested in seeing how a 'transition to retirement strategy' can work for you, contact Ryan Dobbrick of Dobbrick Financial Services on 3281 1300 for information.**

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.

## Low Impact Fitness

**Fit4 Life Low Impact is a low to moderate exercise class suitable for participants with limited mobility, recovering from injury or anyone looking for a low impact fitness session in a fun and friendly environment.**

**10.00am Mondays**

**Blackstone Hall (9 Mary Street)**

**Gold coin donation**

**IHF**  
IPSWICH HOSPITAL FOUNDATION

1300 736 428 | [www.ihfoundation.org.au](http://www.ihfoundation.org.au)

**dobbrick**  
FINANCIAL SERVICES  
IPSWICH

Are you 55+ years of age, continuing to work, have superannuation savings and would like to draw on your super for income? Ease on in to retirement with...

*Transition to Retirement Strategies*

Don't wait until the day you retire, discover the strategies and savings that will make a difference to your future today. What are you waiting for...

**BOOK YOUR OBLIGATION  
FREE MEETING  
PH: 07 3281 1300**

DAVID DOBBRICK

RYAN DOBBRICK

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*Proudly servicing the Ipswich region for over 36 years*

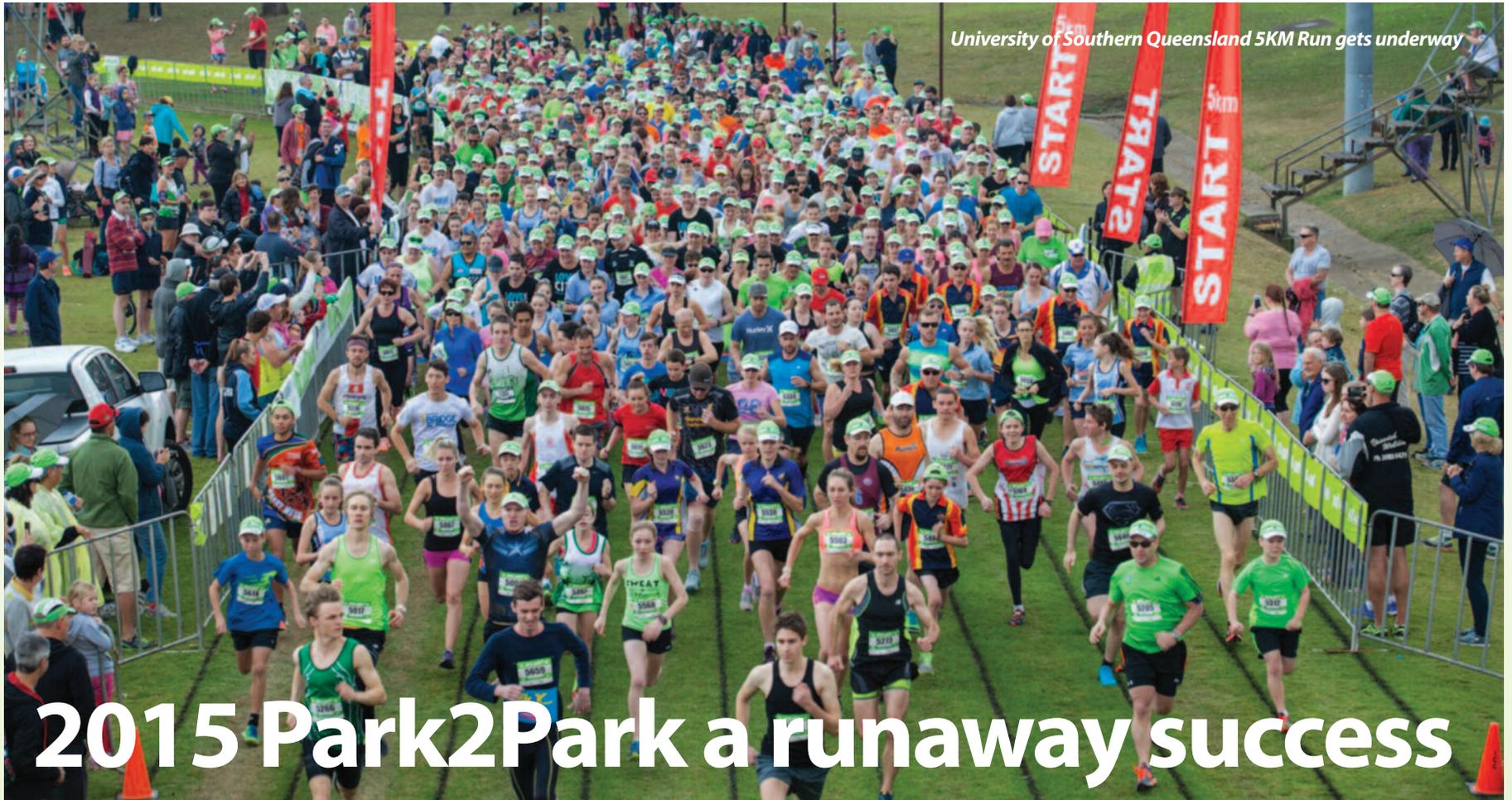
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# IPSWICH *park* → *park*



University of Southern Queensland 5KM Run gets underway

## 2015 Park2Park a runaway success



**Ashton Greaves**  
IHF Events Coordinator

This year I had the privilege of running the 5KM event (in Steve Moneghetti's shoes via the go pro strapped to his chest). It was such a great experience to be able to see the event from a completely different perspective. One aspect that never gets old for me after 8 years of being involved in the Ipswich Park2Park is seeing the personal achievements on the day. It is so inspiring to see people achieve their goals or challenge themselves and to see the sense of achievement (and often relief) that is written all over their face crossing the finish line!

I would like to congratulate each and every one for their participation and involvement in the 2015 Ipswich Park2Park. I can't wait to do it all over again next year!

It is hard to give a succinct recount of the Ipswich Park2Park as the event space is buzzing from start to finish. However, there were a few things that stood out to me this year.

Large teams were a trend this year and thus a strong sense of comradery could be felt throughout the team village and all over the course and finishing area.

Catalyst Church registered a record number of competitors with 102, new team Springfield Runners had 81, Ipswich Girls' Grammar School showed their school spirit with 59 runners and Swich Sweats came in at 47.

Dedicated and varied groups of volunteers were another highlight for me at Ipswich Park2Park 2015. Volunteers play a vital role in the production of Park2Park with jobs such as packing safety

pins into bags for runner's bibs, mapping out the course, set up and pack down and marshalling.

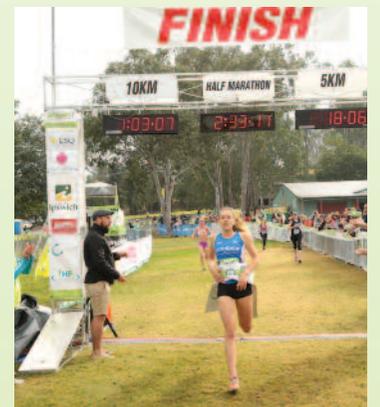
Community groups had a big presence in the Ipswich Park2Park 2015 volunteer base – State Emergency Service, Ipswich North and Ipswich City Rotary Clubs, Ipswich Men's Shed, Galeforce Running Squad and Catalyst the major players. Countless individuals also volunteered their time and could be seen in the merchandise tents, information and registration.

This year there were quite a few participants who commented that it had been their first time attending or first time running a 5km or a half marathon. I am always humbled to hear about first times, personal bests and achievements no matter how big or small. It is great to know that runners choose Ipswich Park2Park as an event fit for a challenge on the Queensland running calendar.

**We look forward to seeing you all again in 2016.**



Amy Mattiazzi claims 2nd place in the City of Ipswich Half Marathon



Claire O'Brien claims consecutive 5KM Run victories



Jillian Pederdy and Sharyn Wells were joint winners of the Exact Radiology 10KM Run



Cr Andrew Antonioli congratulates Cassie Fien on her City of Ipswich Half Marathon win



# Thank you Ipswich! See you in 2016!



2015 Park2Park images by Talitha Rice Photography.



**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.

She also contributes to the Lorna Jane website *Move Nourish Believe*, writing nutrition articles and recipes. Her work has featured in many of the Lorna Jane eBooks and Lorna Jane Clarkson's books "*More*" and "*Nourish*".

Submit your family favourites to be healthy-ised by Rhiannon. Send to [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au)



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

# Nourishing tuna and vegetable bake

## Makes 6 serves

- 1 head of broccoli
- 1 large zucchini
- 2 cups cubed pumpkin
- ½ bulb fennel (1 if small)
- 200g swiss brown mushrooms
- 2 large tins of tuna in springwater (425g tins)
- 2 Tbs olive oil
- salt and pepper, to season

## Sauce

- 1 head of cauliflower
- 1 tbs olive oil or butter
- 1 tbs plain flour
- 1 cup milk of choice
- 1 tsp salt
- ½ tsp black pepper (or for a bit of spice, ¼ tsp cayenne pepper)

Preheat your oven to 180C.

Slice, and chop all of the vegetables into bite-sized pieces. Spread all of the vegetables onto lined baking trays, and sprinkle with salt and pepper, and a drizzle of olive oil. All vegetables can be placed on trays together, aside from the pumpkin, which should be roasted alone (as it tends to take longer).

Meanwhile, make the **cheese sauce**.

Cut the tips of the cauliflower off (the end of the florets), and place into a food processor. Blend until it forms a crumb. Place the crumb into a bowl and set aside.



Slice the rest of the cauliflower (including the stem) into small pieces. Steam it over boiling water until it has softened.

Place the steamed cauliflower into a food processor or blender (add a small amount of milk if you need), and blend until smooth.

Then, in a small pot on medium heat, add the oil or butter, and flour.

Stir continuously using a whisk until it becomes fragrant (when all the flour has warmed through). Turn the heat up slightly, and add

the rest of the milk, salt, and pepper.

Whisk well while the milk is heating. Watch it carefully, and turn it down to a low heat just before boiling. Keep heating, and whisking, the sauce until it has thickened considerably.

Then, stir through the cauliflower puree into the cheese sauce.

Drain the tuna, and place it into a large baking or casserole dish. Add the roast vegetables and cauliflower cheese sauce, and stir well.

Sprinkle the cauliflower crumb over the top, and then bake in the oven until toasted, about 10-15 minutes.

## Rhi's Notes:

*Cauliflower is extremely nutrient dense, and versatile. This recipe particularly uses cauliflower to 'bulk' out the cheese sauce, which not only adds a nutritional bonus, but a surprising richness to the sauce as well.*



**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://facebook.com/healthylivingipswich)

# A delicious, healthier hot chocolate!

**We all love a delicious hot chocolate but what if there was a healthier alternative that will still give you that warm glow? Sabra has the answer!**

In a saucepan over low heat stir 1/3 cup of water with 1 tablespoon of cocoa. Once mixed thoroughly add 1 teaspoon of stevia to sweeten and 1 cup of milk of your desired choice.

Continue to stir on low-medium heat until well combined and at the desired temperature before pouring into a cup to enjoy.





# Bowen Therapy for full body health

**The original Bowen Therapy Technique is very gentle relaxing and ultra-safe for all ages and stages of life (0 to 100).**

A Bowen practitioner can target a specific problem or address the body as a whole. The therapy can assist recovery from many conditions, from traumatic injury to chronic illness, depending upon each individual's capacity to heal.

Karana Downs Bowen Therapy director Sue Hamilton said Bowen Therapy stimulates the body to heal itself inside and out.

No adverse side effects have ever been reported. Bowen therapy is an amazing technique for treating a range of ailments and health issues. It can assist recovery for many conditions, the technique should be considered for the following:

- Back and sciatica pain
- Neck, shoulder problems (including frozen shoulder)
- Earache, ear infections and migraines



- Digestive and bowel problems (including IBS)
- Sports and accident injuries
- Menstrual and hormone irregularities
- Groin pain, pelvic tilt and even leg length
- Pregnancy & fertility
- Stress

**Learn Bowen Therapy**  
Learn Nationally Accredited Certificate IV in Bowen Therapy in a very friendly environment.

Practical classes are held just one weekend a month, learned in a supportive classroom setting, and common units offered in a self-paced distance learning (online) style. There are no large upfront fees and you pay as you learn. Courses are 'open book' learning, so no big exams to sit! Suits all ages, especially those looking for a new career and a great introduction to the Natural health care industry.



Visit [www.bowen-therapy.net.au](http://www.bowen-therapy.net.au) for further information.  
Next student intake February 2016.



# parkrun

**Free** ✓  
**Weekly** ✓  
**Timed** ✓  
**5km** ✓

Ipswich QLD parkrun, every Saturday at 7am  
Bill Paterson Oval, cnr Salisbury Rd / Lion St

For more information & to register visit [parkrun.com.au](http://parkrun.com.au)

# Park Fit

The Park Fit exercise sessions, led by a qualified instructor, will show you how to use the FREE exercise equipment installed in the park. You will maximise your workout in a fun and friendly environment! Suitable for all ages and fitness levels.

**WHEN:** Tuesdays  
**TIME:** 9.00am  
**COST:** Gold coin donation  
**WHERE:** Limestone Park

Meet at the carpark on Griffith Road across from Central State School

1300 736 428 | [www.ihfoundation.org.au](http://www.ihfoundation.org.au)



# Donations bring Sunshine to sick children

The winter months and school holidays have brought about a handful of local groups exercising their fundraising power.

Local soccer team Raceview United under 14s soccer club spent time on their school holidays bonding over gifts made for the Ipswich Hospital's Sunshine Children's Ward patients.

Raceview United under 14s team manager Robyn Lewis said the children really enjoyed being creative.

"We wanted the team to develop comradery and understand that some children may have to spend time in hospital and are unable to play sports like soccer.

"The care packs which we each labelled with a get well message and a photo of the team contained crayons, DVD's and playdough.

Western Pride Soccer Club brightened a Saturday morning for Ipswich Hospitals Sunshine



Local community groups – Western Pride Soccer Club, Raceview United Soccer Club and Grandchester Social Club show Ipswich Hospital patients they care.

Children's Ward and Stroke Unit Ward 6B.

The patients received signed balls and jerseys and enjoyed chatting to the teams. What a great bunch

of people! Special thanks to Lincoln Rule and Pay Boyle for organising.

Grandchester Community Social Club donated a huge \$2000 this year after their annual Olympics

event and yearly fundraising wrap up.

Thanks to their ongoing commitment to Ipswich Hospital Foundation, over 30 portable DVD

players and DVDs were purchased for the Sunshine Children's Ward.

If you'd like to support the work of Ipswich Hospital Foundation visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au).



## MEMBERSHIP

**\$15 a fortnight for UNLIMITED Fit4Life classes**

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save!

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

Customer Reference: member

Futher info: 1300 736 428

[info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)

**Membership cost is \$15 per fortnight for UNLIMITED Fit4Life classes.**

- Plus: • Discounts on Healthy Events
- Discounts on IHF merchandise
- Member's prize draws
- Your own membership card
- Be part of a bigger group striving to *Become the Healthiest Community in Australia*





# Get Fit4Life for less cost



For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to Become the Healthiest Community in Australia.

IHF staff will be roaming future Fit4Life sessions to help participants sign up.

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



# FIT4LIFE Low Cost Fitness Activities

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

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



AND BETTER

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

## Weekly fun fitness activities for the 60 and better!

### Square Dancing

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

### Boccia

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

### Table Tennis

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

### Tai Chi for Diabetes

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

For further information please contact Ipswich 60 and Better Program on 3282 8644 or [www.60andbetteripswich.com.au](http://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.



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[www.bowen-therapy.net.au](http://www.bowen-therapy.net.au) ● [sue@bowen-therapy.net.au](mailto:sue@bowen-therapy.net.au)



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## Walking Schools



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

**Register your interest: [info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)**



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