

Healthy Living

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation



IPSWICH



facebook.com/healthylivingipswich



Dive into Aqua Fitness

- 2016 Park2Park wrap-up
- Simple fit ball exercises
- Healthy life tips
- Spring clean your body

With the weather warming up it's the perfect time to join Aqua Fitness at Bundamba Swim Centre! See inside for details.



Spring has sprung!



I know it seems like ages ago but it has only been a little over a month.

I wanted to thank everyone involved in making this year's Park2Park so incredible. The presenting sponsor the University of Queensland, and the other event sponsors Ipswich City Council, Exact Radiology, West Moreton Hospital and Health Service, Walker Pender Solicitors, Catalyst Church who made the day possible and enabled us to have \$16,000 that can be used for child and youth mental health activities. Of course the 2,200 participants, the many volunteers, spectators and neighbours all played essential roles.

I was part of the Big Dudes half-marathon relay team and I am

hoping that next Park2Park we will not be a team. The minimum requirement for membership on the team was to fit into the 2XL 'hi-vis' shirts. If the four of us work on it, maybe next year we will not fit this requirement and may have to be 'Park Dudes'.

I guess the main message is to not make this a one-time event. Many people trained for the Park2Park and no matter how you performed on the day, you are to be congratulated. Just do not stop getting out and exercising. Spring is here and it is really the time to keep up (or begin) the motivation to be more active and healthier.

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

FIT4LIFE Spotlight: Aqua Fitness

Join us in our attempt at Australia's largest Aqua Fitness Class



Aqua Fitness is one of the fastest growing Fit4Life sessions that Ipswich Hospital Foundation offers in it's weekly schedule.

The low impact, high resistance workout is excellent for those who have injuries or are looking to get back into exercise or simply want a workout with a difference.

Fit4Life Aqua Fitness is operated out of the Bundamba Swim Centre. The facility has recently

celebrated the completion of works on the 50m pool including heating, thanks to a \$400,000 funding injection from Ipswich City Council.

Pool goers can now enjoy a 27.5°C minimum when using the pool – a perfect temperature for Aqua Fitness!

On Sunday 18th September the Bundamba team are celebrating the upgrades with an attempt at the largest Aqua Class in Australia. The current record is 147 people – we can do it Ipswich!

Join us!

When:
Sunday 18 September
9am - 12noon

Register:
www.largestaquaclub.info

Cost:
\$10 per person.
Funds raised will go to the Couee Community and Ipswich Hospital Foundation.



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FUN & FITNESS

In the park

New weekly FUN & FITNESS in the park at ECCO Ripley

Monday	5:30pm Low Impact
Thursday	9:30am Mums & Bubs
Saturday	7am Circuit in the Park

All sessions will be held in Brooking Parklands starting Monday 26 September. Gold coin donation per person.

www.ihfoundation.org.au for more information.





Dare to discover a brighter financial future



Ryan Dobbrick
Financial Advisor

With life being so busy it can be very easy to ignore your long-term financial plans, but we can't stress enough, planning conversations today should be done early to create room for your future dreams.

So how can you make the most out of your personal or business situation?

'Dare to dream' and plan for the future - here are a few things to consider.

Women

Australian women are currently retiring with an average superannuation balance less than half that of men's. It's often only the issue of inequality of pay between men and women that is in the spotlight, but the long-term effects of a pay divide translate into lower savings when it comes time for women to retire, and the results can be devastating.

We should pledge for parity and focus squarely on closing the gap between men and women, and consider our retirement and superannuation savings to be a priority. A low superannuation balance and reliance on the aged pension could see many older women in Australia living in poverty and we would like to see a change with women taking control of their finances.

Seeking expert financial advice now to plan on boosting your funds could make an enormous difference to the lives of many Australian women.

Lower Interest Rates

With interest rates expected to stay low for some time, having an appropriate plan in place as early as possible is a good idea for all pre-retirees.

This allows you to concentrate on the things you can control - such as increasing your contributions to super, paying off your mortgage or reducing your spending - all of which can help make a big difference to your income and expenses in retirement.

You may also need to adjust how you view risk, through increasing your allocation to growth assets, in order to give yourself a chance to generate enough income for a comfortable retirement. As always though, it must fit within your comfort zone.

Taking Care of Business

When you consider the pressures and demands of running a successful small business today, it's no surprise that many become overwhelmed when they spend

what little spare time they have looking at the financial planning side of their business.

Looking down the barrel of 2017, it really is an excellent time to consider working with a financial adviser to review your business' financial plan. Here are two important areas to get you started:

'Key Person Insurance' - many businesses have an owner or key employee on whom the ongoing success of the business strongly depends. Key person insurance is similar to personal life insurance, the only difference being that it is the business that takes out the policy and pays the premiums, not the individual.

If those within your business are covered by this policy and one dies or becomes disabled unexpectedly, your business will receive a lump sum payment that it can use as working capital, to help find a replacement or pay down any debts.

Business expense insurance

This helps to protect your business by ensuring it receives an ongoing benefit for the period that you, or your key employees, may not be working, giving them time to focus on getting better and returning to work when they are ready.

The money received from business expenses insurance can be used to cover the ongoing people costs associated with running your business, like salaries and overtime. It can also be used to pay for regular operating expenses like rent, utilities, and your business lease agreement.

Whether it is personal or business, Dobbrick Financial Services can help design a financial plan that suits your circumstances.

Make the best discovery of all - 'dare to dream' of your financial future!

Call us today 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. Dobbrick Financial Services and its advisers are Authorised Representatives of Fortnum Private Wealth Pty Ltd ABN 54 139 889 535 AFSL 357306 Australia Credit Licence No 357306 trading as Fortnum Financial Advisers.



tuffkidz
Ipswich City Rotary
Tuffkidz Series
Sunday 23 October 2016

**Have you always wanted to TRI a triathlon?
TRI the TUFFKIDZ series!**

- Bike • Swim • Run •

Distances specific to school grade level

Ipswich State High School, Brassall (from 7am)

Entry fees are \$10.00 per person
Team entries available

All finishers receive a TUFFKIDZ medallion and go into the draw to win a bike and other random prizes!

Register online - www.ihfoundation.org.au

Contact
Peter McMahon 0409 897 188 | Bec Ungermann 0457868 315 | Ipswich Hospital Foundation 1300 736 428



Advertisement



**THE INVITATION FOR
FREE BREAST SCREENING NOW
COVERS WOMEN UP TO 74**

The invitation for free breast screening has been expanded to include women aged 70-74. Early detection saves lives. If you're aged 50-74 you should be screened every two years. If you're over 75, talk to your GP or health professional to find out if breast screening is right for you. For more information visit the website.

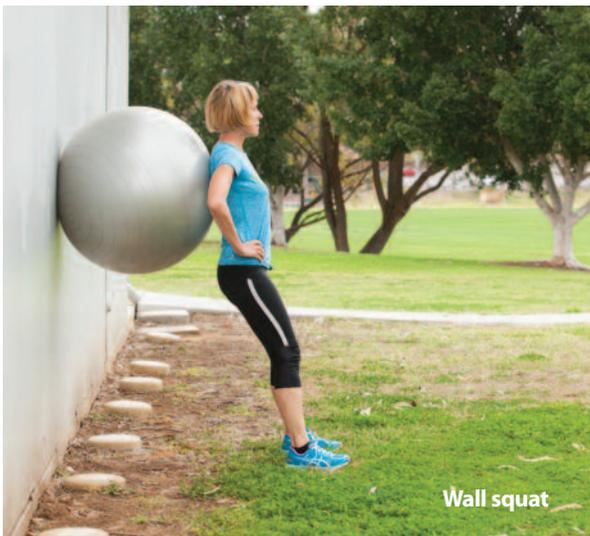
**Ipswich Health Plaza, 21 Bell Street,
with a mobile van visiting various locations.
After hours appointments available.**

IT'S AN INVITATION THAT COULD SAVE YOUR LIFE
breastscreen.qld.gov.au Call 13 20 50

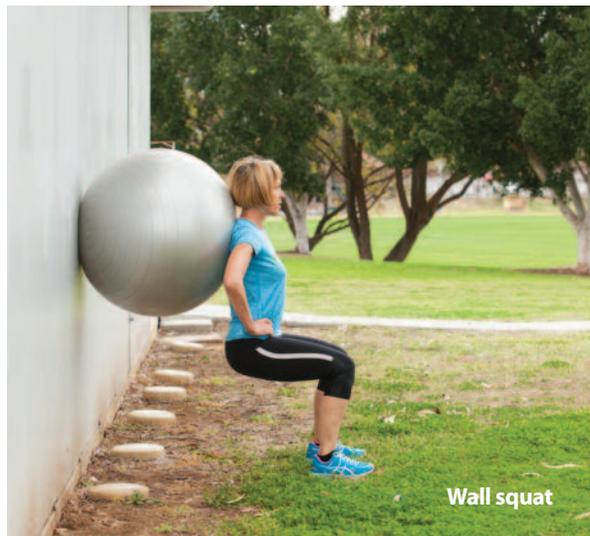
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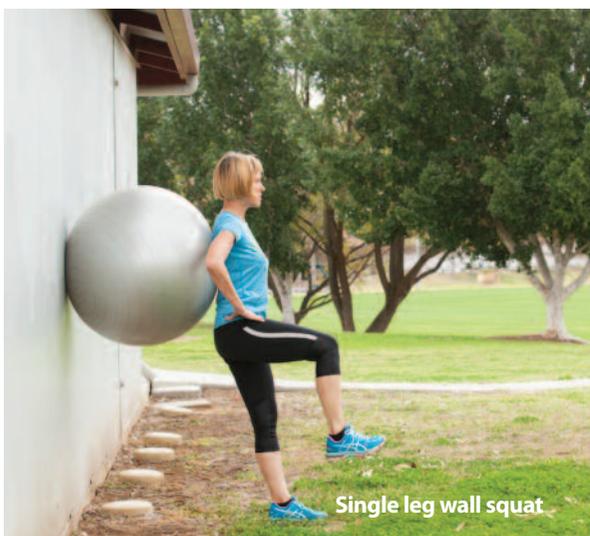
Fit Ball workout challenges your body



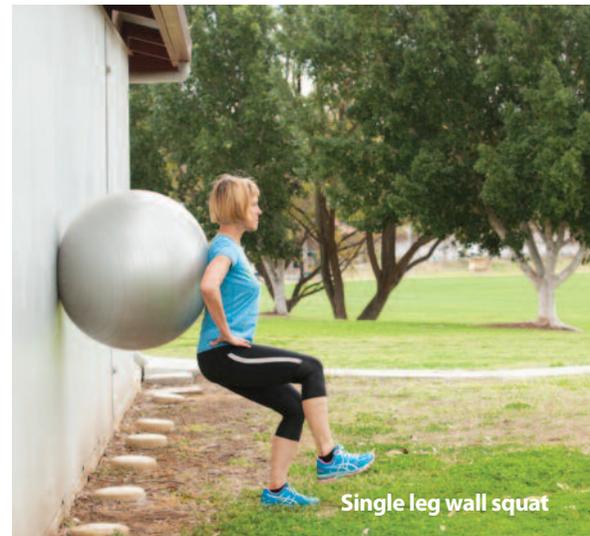
Wall squat



Wall squat



Single leg wall squat



Single leg wall squat



Ball push up



Ball push up



Ball seated bicep curl



Ball seated bicep curl



Susan Yates
Body Joy Personal Trainer

Ipswich is blessed with at least 500 neighbourhood parks throughout the region. These open spaces are perfect for enjoying fresh air, sunshine and exercise. Here are four classic resistance moves you can mix with your walking/running to give your body a fitness boost. Remember to move slowly, with control throughout.

Body Joy Fitness For All
Telephone 0417 750 364
www.bodyjoy.com.au

Working out with a fit ball is an excellent way to challenge your body, and have some fun along the way. An important outcome of all fit ball exercising will be a stronger core, which, in turn, will support your body to develop good balance skills. As we age, these skills become more important. So, if your fit ball hasn't seen the light of day recently, it's time to give it a bit of attention... The workout below is the first in a series of three coming your way over the next couple of months.

Wall squat

Place the ball on the wall behind you and lean back into it (approximately around the centre of the upper back). Place your hands on your hips, feet slightly wider than hip width apart, and lower your body into a squat while drawing your core muscles inward and downward. Thighs parallel to the ground, knees above ankles. Do 10 – 15 Reps.

Single leg wall squat

Same as wall squat, except you will be squatting on one leg whilst holding the other away from the ground – thigh and lower leg at a right angle. This will challenge your core muscles and balance, so remain focussed on drawing the core muscles in deeply. Do 10 – 15 consecutive reps on each leg.

Ball push up

Lie over the ball and walk your hands out in front of you until only your lower legs (from the knee) are on the ball. Your hands will be slightly wider than your shoulders. The crown of your head facing front. Draw the shoulders back and the core muscles in strongly; squeeze your legs and gluts together as you lower your upper body into a push up. Do 10 – 15 reps.

Ball seated bicep curl

Sit on the ball, arms beside you holding dumbbells, draw your shoulders back and down and core muscles inward and downward. Raise and lower your arms into a bicep curl while lifting and lowering alternating legs.

Ball plank

Lie on top of the ball and clasp hands your together as you roll out. Only the forearms will be on the ball. Keep the ball forward of your hips and upper body. Draw shoulders back and down – don't drop your head. Keep the body in a straight line from crown of head to heels, and hold. Do 2 – 4, 30 second sets.



Ball plank



Join in the celebrations of Queensland Ambulance Week

Are you looking for a volunteer position in the community that will make a difference to the ambulance service in your region? Join the Redbank Local Ambulance Committee (LAC).

The LAC exist to provide a direct link between the Queensland Ambulance Service and the community.

Redbank Officer in Charge Kevin Crossingham said the liaison group fulfil a range of worthwhile functions including CPR awareness, fundraising for equipment and staff development.

"Generally we look for members who want to be more involved in their community," he said.

The committee meet bi-monthly on the last Monday of the month at 6pm. If you would like more information and to apply contact Kevin on 0418 751 907.

Redbank Station and the Queensland Ambulance Service invites the community to join in celebrations for Ambulance Week this September 12-16.

The nine stations in our region are celebrating with a range of activities:

Boonah Ambulance Station

Tour the station and try a hand at CPR with an awareness training session from 8am to 1pm on Wednesday, 14 September. The station is located at 2A Coronation Drive, Boonah.

Gatton Ambulance Station

Tour the station and try a hand at CPR with an awareness training session from 1pm to 5pm on Tuesday, 13 September. There will be a static ambulance display. A sausage sizzle will start from 3pm onwards. The station is located at 90 Spencer Street, Gatton.

Laidley Ambulance Station

Officers from Laidley Station will roll on down to Laidley State School's under eight's day opening up an ambulance for their own show and tell.

Lowood Ambulance Station

Triple Zero (000) education is the aim of the week for paramedics at Lowood Station. From Monday to



OIC Kevin Crossingham and Advanced Care Paramedic George Ohan demonstrate basic CPR.

Friday they will visit a number of early learning facilities and primary schools to teach young ones what to do and who to call in an emergency.

Redbank/Springfield Ambulance Station

Orion Shopping Centre Springfield on Wednesday, 14 September from 11am to 1pm.

Rosewood Ambulance Station

Meet your local paramedics and undergo free blood pressure and BSL testing at Rosewood IGA on

Saturday, 17 September.

Toogoolawah Ambulance Station

Toogoolawah paramedics will visit their local kindergarten and primary school to teach young ones what to do and who to call in an emergency.



OUR STORY

Have you been helped by an Ipswich Hospital Foundation program or donation?

Do you have great memories of an Ipswich Hospital Foundation event?

Submit photographs and a brief description to chelsea@ihfoundation.org.au to contribute to the IHF Story.

September 2017 signifies the 20th anniversary of Ipswich Hospital Foundation and to celebrate, IHF will be creating a video story to share great memories of healthy events, fundraising and giving to the local hospital services from the past 20 years.





2016 Park2Park a runaway success



Ashton Greaves
IHF Events Coordinator

A record breaking 2209 participants, 153 volunteers, 397kg fruit, 405L of water and 5000 cups made the Ipswich Park2Park 2016 a success!

Ipswich Park2Park Event Organiser Ashton Greaves and the whole Ipswich Park2Park team would like to express their sincere thanks to the volunteers, sponsors, service providers and last but not least the participants who made Sunday 31st July the amazing success that it was.

"It is incredibly humbling to hear individual and team success stories from the day and what an event like the Ipswich Park2Park means to participants and the Ipswich community. We are in such a fortunate position to be able to provide the opportunity for people to run or walk their way to better health and we could not and would not be able to do any of this without the help and support of sponsors, volunteers and participants."

We look forward to welcoming you back on the last Sunday in July next year – 30th July 2017.

For those of you who are interested and want to track your progress, you can view your official race time with Tik Tok Timing through the Ipswich Park2Park website. It is with pride that we use such a professional timing service to look after one of the most important aspects of the day.

Search and view photos of yourself and friends getting around the course thanks to Postrace. Postrace has donated \$150 from photo purchases from the Ipswich Park2Park to Ipswich Hospital Foundation for Youth Mental Health. We thank those who purchased event day photos and Postrace for this donation.

Visit www.park2park.com.au to view your results.



The 12th Annual Ipswich Park2Park gratefully acknowledge our sponsors and supporters

Presented by



Beneficiary



Event Partners



Event Supporters and Suppliers





V8 Supercars partnership supports good health

On the weekend of Friday 22nd July high powered vehicles, drivers and car enthusiasts gathered for the Coates Hire V8 Supercars at Willowbank Raceway.

Ipswich Hospital Foundation was chosen as the official charity for the racing weekend receiving a huge \$2500.

Executive Officer Tom Yates expressed his thanks to V8 Supercars for their ongoing support.

“As part of this worthwhile partnership the IHF Sun Protection team offered sun safe options for spectators throughout the weekend.”

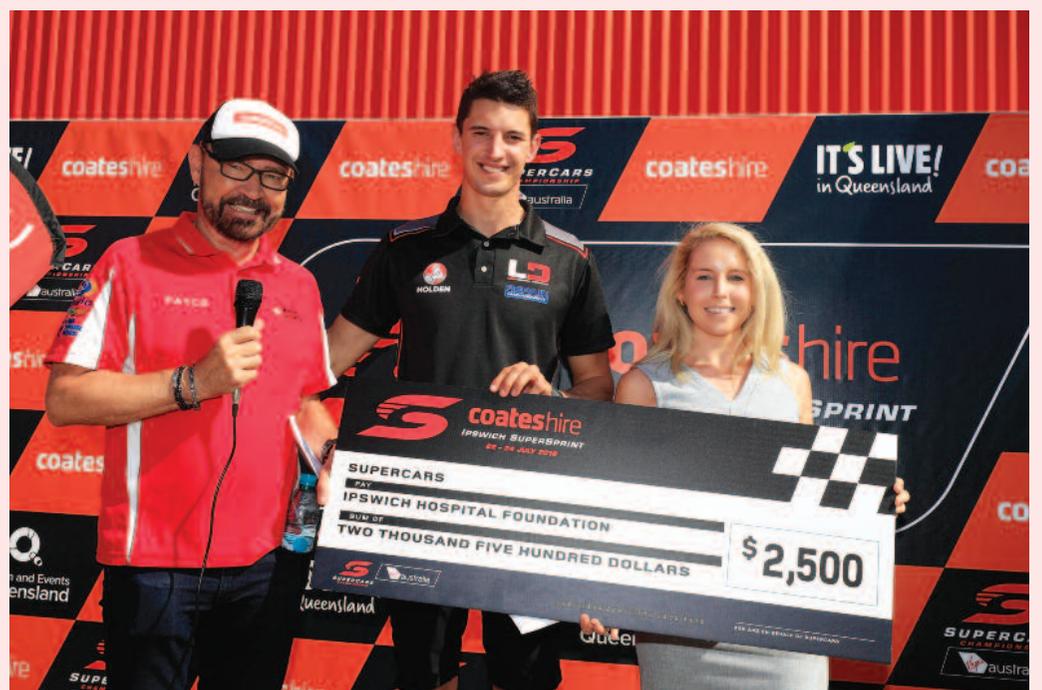
The donation is in addition to the support V8 Supercars provides to the Foundation, which is working

in the local Ipswich community to promote healthy lifestyles in an effort to make it the healthiest town in Australia.

V8 Supercars’ Coates Hire Ipswich SuperSprint spokesperson 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 five years, and it is an organisation that is working extremely hard to better the local Ipswich community,” he said.

V8 Supercars also supported the Foundation with activation space at the event, race day tickets and a number of money-can’t-buy prizes such as a framed 2016 poster signed by the drivers and an exclusive grid walk experience.



Two time Bathurst 1000 winner John Bowe and Supercar driver Nick Percat present Healthy Living Ipswich editor Chelsea Rees with a \$2500 cheque for the Ipswich Hospital Foundation.



Essential for a healthy life: your perfect protein powder



Deidre Taylor
Nutritionist

Protein in the body is essential for life. A major source of energy, it is our body's carpenter, building tissues and bones and repairing the damage our bodies suffer on a daily basis.

Eating a nutritionally balanced diet including whole food sources of meats, fish, dairy, grains and even vegetables help maintain optimum levels of protein. However life is busy and we are increasingly becoming time poor needing quick food options to maintain healthy eating habits. A convenient alternative for those on the go to help maintain protein

in their diet is protein powder. Scoop into a shake, sprinkle on your cereal or add when cooking to create delicious protein pancakes. It is convenient and tasty! Gone are days of standard chocolate and vanilla, it comes in a variety of derived forms and mouth watering flavor's with cookie dough, choc mint and mixed berries to name a few.

So, which will you choose?

Whey

This milk derived protein supplement is a great basic option for all people who consume dairy. Dependent on your needs, it does come in different forms, but for general protein supplement purposes a whey protein concentrate is a great entry-level option followed by a whey protein isolate ideal for a general post exercise recovery.

Soy

Derived from soybean, this complete plant based protein powder is suitable for vegans. Low in fat and cholesterol it is a good source of B-vitamins and calcium however with a distinct flavor it does not always appeal to all taste buds.



Pea

Derived from yellow split peas, this fat-free protein powder is dairy free, gluten free and easily digested. A great alternative for vegans and vegetarians, it is increasingly becoming popular for post exercise recovery nutrition.

Rice

Generally made from brown rice, this is another non-dairy option which is lower in protein concentration than dairy based options however is easily digested.

Egg

A fat free option and complete protein made from egg whites, a very high quality protein powder which is low in carbohydrates.

Excellent to use for breakfast pancakes however it can be expensive to buy.

Blended protein powders

A great choice for combining protein powders without added expense of buying two or more individual powders to mix.

Typically blended protein powders are plant based however you can buy blends of whey with plant proteins, great for those who want to reduce dairy but not totally eliminate it from their diet.

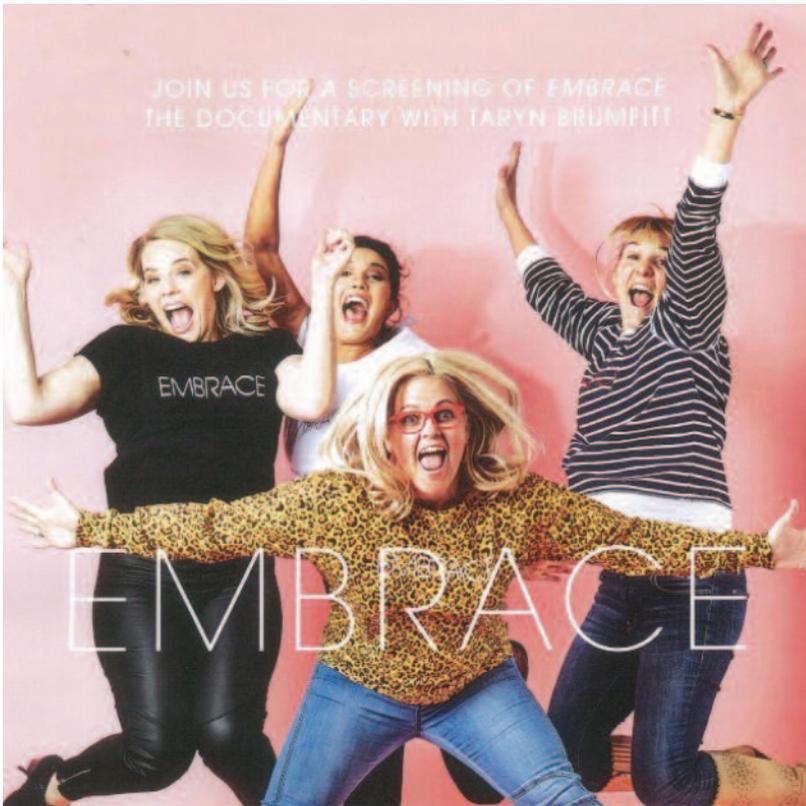
Protein powder on a budget

As commercial protein powders can sometimes be costly, why not try blending your own for a

fraction of the price. Whole-food stores sell unflavored whey powder, a perfect addition to a fruit smoothie or try combining with cocoa for a great natural chocolate flavor. Sold by the scoop, buy only what you need, perfect to sample before making a larger investment.

Of all the protein powder options, probably the lowest cost option for increasing protein in your day is by simply adding a few extra scoops of skim milk powder to your banana smoothie. Slow acting; this dehydrated form of milk can be used as a very basic option for increasing intakes. High in calcium, it unsweetened and can be purchased in any supermarket.

As a nation we tend to consume an adequate daily in take of protein from our foods if we consume a nutritionally balanced diet. Consuming protein powder can definitely complement protein intakes, however they are not designed to replace food as your major protein intakes should always come from essential animal and/or plant based foods.



Spring clean your Mind, Body and Spirit with Bowen Therapy



Sue Hamilton
Bowen Therapy Specialist

Spring is in the air. As you clean out your dresser drawers and closets, why not spring-clean your mind and body? Here are 6 easy ways to get started.

1. Give yourself a break: Take a few minutes each day to pray, meditate and reflect on your life. Being grateful for everything, both the good and the bad, can change your perspective and the way you

handle your life's situation.

2. Go outside: Take a walk or run outside in the fresh air or just play with your kids or pets in the grass. The exercise will help relieve stress and improve your health. Plus, you'll get some much-needed, mood-boosting Vitamin D.

3. Rest: Most of us stay up a lot later during the summer months. Be sure to take care of yourself by getting enough sleep. Your body needs the time to recharge.

4. Grow a friendship: Nurturing friendships is an integral part of our happiness. Studies have proven that people with strong friendships live a longer life.

5. Release negativity: Happiness doesn't just happen. Most people have to make the effort and choose to be happy. It's helpful to remember that you have the power to control your thoughts, not the other

way around.

6. Bowen Therapy: Whether you're in pain from an injury, suffer from a chronic short or long standing condition, want to get tuned-up for a sports competition or just rejuvenate physically and mentally, Bowen therapy will be tailored to your needs. Bowen session is non-invasive and is extremely relaxing at an affordable price with most private health funds recognizing Bowen Therapy.

Just phone Bowen Therapy at Karana Downs to make an appointment for your Spring rejuvenation and let us be part of your healing team. We look forward to helping you achieve your best health.

For further information about the benefits of Bowen Therapy visit www.bowen-therapy.net.au or telephone 3201 1959.



"Embrace" the documentary that explores the issue of body image.

One woman's journey to inspire everyBody
7.00pm Tuesday 27 September
Redbank Plaza Cineplex
Tickets - www.ihfoundation.org.au



Being breast aware this October could save your life

October is Breast Cancer Awareness Month and there is no better time to check your breasts and book a mammogram.

Carolyn James, 61, of Roadvale near Boonah, is a breast cancer survivor. She was diagnosed with breast cancer, in August last year.

"I've always been vigilant with my two-yearly mammograms and thank goodness I was because I didn't feel anything unusual during my self-exams," Ms James said.

"I just thought I was going in for my regular mammogram and everything would be fine just like last time. Then they found something 'abnormal' and my head filled with the best and worst scenarios.

"For me, they found a spot in my right breast that needed further investigation before ultimately diagnosing me with breast cancer.

"After considering all the facts with my family and treating team we decided a mastectomy was the best option for the best outcome for me. I can't thank the ladies at BreastScreen and my Ipswich surgeon, Dr Shashank Desai, enough for their support and compassion.

"My message to all women is make your health a priority, self-check your breasts regularly, know your body and never miss a mammogram," she said.

"I've had my 12-month follow up scan and will continue to have regular scans for the rest of my life but every mammogram, ultrasound or MRI is worth it because it means I'm still here with my family fighting the good fight."

West Moreton Hospital and Health Service's Health Promotion Officer, Deb West, said a mammogram can find a lump before you can feel it and regular mammograms are the most effective way to detect breast cancer early.

"BreastScreen services are more accessible now with Saturday and after hours appointments available. Your peace of mind is just a phone call, and a few minutes of your time away," Ms West said.

Call 13 20 50 to book your free breast screen at BreastScreen Queensland, no referral needed. For more information visit www.breastscreen.qld.gov.au.



Carolyn James of Roadvale is a breast cancer survivor.

Fact box

- According to Breast Cancer Network Australia breast cancer affects one in eight women in their lifetime.
- 9 out of 10 women don't have a family history.
- Being a woman and getting older are the biggest risk factors.
- It only takes 30 minutes for your peace of mind and it's free.
- The target audience is 50-74 years but ALL women over the age of 40 are eligible.



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 eating tips in coming months.

Find out more at facebook.com/healthylivingipswich

Healthy Food Swaps

Delicious Rice Paper Rolls

Ingredients:

- 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, rice paper rolls are for you.

Not only are they just as tasty but they are a lot easier to make then if you attempted homemade sushi. You can buy rice paper rolls at your local grocery store in amongst 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.





Donations support child and infant services at Ipswich Hospital

Members of our community continue to show their generosity toward the younger patients in the West Moreton region. Recently, Woolworths Limited shared great news with us following the completion of their annual wall token campaign.

Woolworth's stores throughout Queensland and Northern NSW were involved in selling tokens to customers over a four week period.

Thanks to their purchases, Ipswich and West Moreton customers raised a huge \$60,404 to go directly to children admitted to the hospitals in our region.



Nurse Sharron Gudgeon with patient Charlotte at Ipswich Hospital.



Grill'd Orion customers raised \$300 for the Ipswich Hospital Foundation.

Locals matter to Grill'd Orion Springfield Central

IHF would like to thank all customers who dined in at Grill'd Orion Springfield Central and placed their token in our fundraising bucket! The store informs us that the token jar was filled a few times over and we will receive the Local Matters \$300 donation – thank you.

Contribute to the IHF Story

Have you been helped by an IHF program or donation? Do you have great memories of an IHF event? Submit photographs and a brief description to chelsea@ihfoundation.org.au to contribute to the IHF Story.

September 2017 signifies the 20th anniversary of Ipswich Hospital Foundation and to celebrate, IHF will be creating a video story to share great memories of healthy events, fundraising and giving to the local hospital services from the past 20 years.



Hospital playground project starts soon



Ipswich Hospital Foundation have officially reached the \$50,000 target for the Sunshine Children's Ward Playground Project! This means that planning and construction can officially commence on the playground that Ipswich built.

Gibson Architects were commissioned to draw up a playground that will suits the types of children who stay at the Sunshine Childrens Ward for treatment. As well as providing a relaxing space for parents, guardians and

older children who might seek a 'chill out' zone. If you would like to be involved in this project by offering your expertise in construction or landscaping contact chelsea@ihfoundation.org.au or 3466 5002 to view the specification and stage planning for works.

Spring Garden Spectacular supports babies

The Orchid Society are hosting a Spring Garden Spectacular on 1st and 2nd October at Silkstone State School.

All proceeds from the raffle (donated by the Society) will go to Ipswich Hospital's Special Care Nursery. Well done to the Orchid Society supporting a very important service provided to premature babies.





Get Fit4Life for less cost

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

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

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

Visit www.ihfoundation.org.au to join.

*Sessions may change during the September/October period. Please check the website for full details: www.ihfoundation.org.au

FIT4LIFE Low Cost Fitness Activities

Summer 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 Lobley Park Churchill			5.30pm			
Circuit in the Park Limestone Park		9.00am				
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am	5.30pm	5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit in the Park Lobley Park Churchill	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Robelle Domain stage					8.30am	
Low Impact Ipswich North Uniting Church Brassall	10.00am					
Orion Walking Orion Springfield Central			7.00am			
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Bundamba Swim Centre			6.00pm	9.30am		
Low Impact Brooking Parklands, Ripley	5.30pm	<i>Commencing Monday 26th September</i>				
Mums & Bubs Brooking Parklands, Ripley		<i>Commencing Thursday 29th September</i>		9.30am		
Circuit in the Park Brooking Parklands, Ripley		<i>Commencing Saturday 1st October</i>				7.00am

Tried everything? **NOW TRY**

bowen therapy
at Karana Downs

NOW OPEN 6 DAYS PER WEEK

...a blissfully gentle healing technique that will help

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For a Bowen appointment or to request your Student Info pack please phone **Sue Hamilton 3201 1959**
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\$3, \$6 Caller costs
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Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

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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
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Cafeteria, Level 1,
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For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au

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