

# HEALTHY LIVING



@ipswichhospitalfoundation  
#infhealthyselfie

## IPSWICH

Issue #26

# SIZZLE INTO SUMMER



Image by Talitha Rice Photography

Masterchef Ben Ungermann shares the secrets to a healthier summer barbecue with one of his favourite recipes.

# EDITOR'S NOTE



**Chelsea Rees**  
Healthy Living Ipswich Editor

Since I last put fingers to keyboard to share my experience with health and fitness trends, I have introduced two new elements to my routine – f45 training and Hello Fresh.

f45, (which we talk about more inside this issue) came into my life when my fitness regime needed it most. My training buddy changed jobs and could no longer meet me for our daily workouts and I really

couldn't face the gym alone. Enter.. f45 Ipswich Central. The brand new space on South Street in Ipswich is now home to the global functional fitness training brand. I'm hooked! F45 is a high energy, team training environment where I never feel alone or bored with the promise that you'll never see the same workout twice!

The other, Hello Fresh, a healthy food service delivering tasty recipes and exact ingredients to your doorstep weekly. I am a huge fan! The service is perfection for those of us who are time poor or simply need some inspiration in the kitchen. I've been inspired and satisfied by the flavour combinations and it is a great way to bank up a selection of recipes for your weekly meals.

I'd love to hear from you. Maybe you've got another product or service for me to try? The health conversation is evolving and we want to make sure we're delivering information in a way that inspires you. [cheslea@ihfoundation.org.au](mailto:cheslea@ihfoundation.org.au) or phone 3466 5002.

## Award winners are grinners!



Ipswich Hospital Foundation celebrates connection to the Ipswich community winning the Community Involvement Award at the 2017 Ipswich Chamber of Commerce & Industry Business Awards.

Ipswich Hospital Foundation | Tel: 1300 736 428  
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# It's time to rethink the Aussie snag this BBQ season

**Is there anything more Australian than a barbecue on a hot summer's day?**

If you're like most Aussies, you're going to find yourself throwing a snag on the barbie more than once this summer.

But before you fire up your BBQ and reach for the tongs, Cancer Council Queensland is urging Ipswich residents to rethink the snag this BBQ season.

Evidence suggests that processed meats like sausages, bacon, salami and ham are associated with an increased risk of bowel cancer.

In Queensland, one person is diagnosed with cancer every 20 minutes. That's more than 27,000 each year.

The good news is that at least one third of all cancer cases are preventable through healthy living. Simple lifestyle changes including maintaining a healthy weight, being active, eating well, limiting alcohol, quitting smoking and staying SunSmart all help to reduce your risk.

A healthy BBQ is a great alternative to a sausage sizzle.

With a few simple swaps, you can eat your way to better health!

**Here's three easy tips to keep in mind.**

1. Swap processed meats, high in fat and salt, for skinless chicken, lean mince or vegetable patties or home-made kebabs.
2. Opt for wholegrain or wholemeal bread, or eat your burger in a lettuce wrap.
3. Freshen up your sides, by swapping out full-fat potato and pasta salads for mixed green salads dressed in herbs and a vinaigrette.

Cancer Council Queensland is encouraging Ipswich residents to get creative with their next BBQ by adding



more fruits and vegetables to meet the Australian Guidelines of 5 serves of vegetables and 2 serves of fruit a day.

In addition, why not throw a cob of corn onto the hotplate until lightly barbecued, grill some pineapple or sauté some mushrooms? Grilled sweet potato wedges are always a big winner too.

A healthy, well-balanced diet helps to protect against many types of cancer.

You can help make the healthy choice, the easy choice by providing healthy food and drinks at your next BBQ.

Cancer Council Queensland also has a free cancer prevention program QUEST, for organisations looking to make healthy choices easier. Online you can find a variety of resources like posters and fact sheets for your organisation to help make the healthy choice the easy choice.

Visit [www.quest.org.au](http://www.quest.org.au) today, register your organisation and help reduce cancer risk. More information about Cancer Council Queensland and QUEST is available at [cancerqld.org.au](http://cancerqld.org.au) or by calling 13 11 20.



# Masterchef Ben shares one of his summer BBQ favourites

When a MasterChef finalist assures you that a recipe is “super easy, healthy and cheap” you can be forgiven for being a little sceptical.

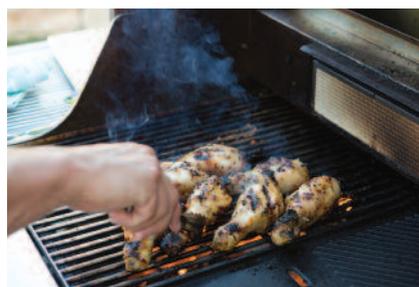
Well, the *Healthy Living Ipswich* production team are here to let you know that this recipe is 100% simple and delicious! Ben spent an afternoon with us recently to share a healthy recipe, great for summer celebrations.

“I love cooking on a barbeque - the open flame really brings another element to the food,” Ben said.

“I think the show really glorifies what we do – when I’m at home cooking for my family I like to keep it really basic, really clean and tasty.”

“Incorporating herbs and spices and good quality oil into your cooking is a great way to achieve that and the barbeque is a healthy way to prepare food because most of the oils and fats dissipate during cooking.”

“It is really easy to incorporate vegetables into your summer barbeque and they work so well! You can experiment with eggplant, capsicum, and even cucumber – it sounds odd but the grill really gives a completely different flavour!”



## Ben's Chilli Lime BBQ Chicken Drumsticks

### Ingredients

8-9 tablespoons Olive Oil  
2 tablespoons Apple Cider Vinegar  
2 whole red chillies  
4 large cloves of garlic  
1 whole red onion  
2 tsp salt  
Zest and juice of 2 limes  
1 bunch coriander  
1kg chicken drumsticks (skin on)

### Method

Remove the skin from the garlic, onion and the tops from the chillies and the coriander.

Place all ingredients in a food processor and blitz to combine.

Use a bowl or plastic bags to marinate the chicken drumsticks. Leave for at least 15 minutes for the flavour to infuse and cook on a BBQ grill until cooked through.

Serve on a bed of leaves and herbs of your choice and a squeeze of lime.



# CBA COOKS UP HEALTHY EATING HABITS IN KIDS



Commonwealth Bank Australia are actively supporting the health of the Ipswich Community through their Grassroots Grants program.

The funding injection of \$10,000 a year for three years enables the Kid's Kitchen, a child nutrition program at TAFE Queensland South West. The program provides

children aged 7 - 9 years with a hands-on cooking class and theory to learn what a healthy lifestyle consists of and how to make healthy choices. The interactive program covers food tasting, cooking skills and healthy eating education supported by a weekly newsletter for parents.

To register your interest for the next round of classes visit: [www.ihfoundation.org.au/kid-s-kitchen-project.html](http://www.ihfoundation.org.au/kid-s-kitchen-project.html) or call 1300 736 428.

CBA's David Coote and Karthik Venkateswaran and the fantastic CBA Volunteers!



## Research shows: Skin Cancer is declining in Qld

Queensland families can rejoice this summer with new evidence showing reduced rates of Melanoma.

For the first time, a Cancer Council Queensland study shows occurrences of melanomas are starting to stabilise or drop in those aged under 60 years. People living in the Sunshine State have the highest rate of skin cancer in the world, with around 3,700 people diagnosed with melanoma each year.

The study examined melanoma incidence and mortality over a 20 year period from 1995 to 2014. Results showed rates are stabilising in those aged 40-59, and falling in those aged under 40.

Mortality rates have also started to decline by two per cent annually in males aged 40-59, and by three per cent annually in both male and females under 40.

Dr Ryan Harvey from House Call Doctor advises that whilst this research is encouraging, Queenslanders should not lose focus in protecting their skin from the sun.

"Melanoma is a cancer in the skin, and the majority of cases are caused by the



Dr Ryan Harvey from House Call Doctor skin's exposure to ultraviolet rays (UV) from the sun", says Dr Harvey.

"Early detection is crucial because Melanoma can appear years after sun damage has happened".

"Whilst it is a deadly form of cancer, it is also very preventable", says Dr Harvey. Dr Harvey says a helpful guide for checking moles each month is the ABCDE rule:

- A is for Asymmetry: One half of a mole or birthmark does not match the other.
- B is for Border: The edges are irregular, ragged, notched, or blurred.
- C is for Colour: The colour is not the



same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white, or blue.

- D is for Diameter: The spot is larger than 6 millimetres across (about ¼ inch – the size of a pencil eraser), although melanomas can sometimes be smaller than this.
- E is for Evolving: The mole is changing in size, shape, or colour.

Aside from monthly skin checks and the memorable 'Slip, Slop, Slap' rule, Dr Harvey also has 3 tips for Queensland families to protect their skin this summer.

1. Always choose SPF 50+ Sunscreen SPF stands for Sun Protection Factor, and it measures how well sunscreen

will protect the skin from sunburn. Dr Harvey says, "Even though SPF 50+ sunscreen has the highest protection, it should be applied every two hours after swimming, exercising or towel drying".

2. Stay inside between 10am-4pm. "UV Rays are strongest when the sun is at its highest in the sky between 10am-4pm", says Dr Harvey. It is best to find shade or stay inside during this time.

3. Choose Sun Safe Clothing It's important for clothing to cover the skin, but Dr Harvey says there is better protection in choosing the right fabric with a good UPF rating (Ultraviolet Protection Factor).

UV rays can pass directly through fibre holes in certain fabrics. "The tighter the knit or weave, the smaller the holes and the less UV goes through", says Dr Harvey.

This is what a UPF rating measures. For example, a shirt with a UPF of 50 allows just 1/50th of the sun's UV radiation to reach the skin.

Synthetic fibres such as Polyester, Lycra, Nylon and Acrylic are more protective than bleached cottons and shiny semi-synthetic fabrics.

# CHILDREN'S WARD RECEIVES A COLOURFUL MAKEOVER



In September Ipswich Hospital Foundation was awarded funding from the Gambling Community Benefit Fund (GCBF) to 'wrap' the walls of the Ipswich Hospital's Sunshine Children's Ward in child-friendly decorative wrapping to enhance the experience for kids at the Hospital.

Ipswich Hospital Foundation CEO Phillip Bell said one of IHF's key priorities is the

Sunshine Circle (Children's Ward) at the Ipswich Hospital.

"The wall wrap will feature interactive designs which will offer a welcome distraction for our regions smallest patients."

Member for Ipswich Jennifer Howard recently visited the Ipswich Hospital Foundation to review the plan for the children's ward.

# Hospital Foundation supports World Mental Health Day



In October, Ipswich Hospital Foundation proudly committed funding to support the mental health conversation in our region with health partners West Moreton Hospital and Health Service.

The funding enabled the purchase of official Mental Health Day merchandise to help

raise awareness. Older Persons Mental Health Unit sported their merchandise at a BBQ for residents to celebrate World Mental Health Day and to reduce the stigma. Ipswich Hospital Foundation is invested in improving the regions health and wellbeing as a whole, not just at a physical level.

# Functional 45 Training bring fitness to the heart of Ipswich

## What is f45?

This global phenomenon is in no way basic and it's definitely not going anywhere. f45 Ipswich Central opened its doors to our community in September and because I know you were wondering, the 'F' is for functional. Functional training is designed to mimic movements in day to day life and enhances the way the body is designed to move.

Owners Shanee and Darren Lawrence made the move to South East Queensland because they wanted to move home to be near family with their young son.

What they have actually done is create a home for others who want and need to be motivated in a group setting. I can tell you it is not hard to



be motivated by this infectious couple!

Moving sand bags, pushing weighted sleds and jumping over hurdles are just some elements you can expect from the timed workout.

Owner Shanee said she is so glad they made the move to

Ipswich to open the f45 gym.

"I love this city and the people – especially the ones we've met through f45."

"All along we've said to the members that we are one team and this couldn't be more true, especially at the moment as we are half way through an 8



week challenge."

"There are some incredible people achieving incredible results both physically and mentally."

"Everyone is so encouraging of one another I am so proud!" "Darren and I are keen to meet more of you and help you on



your fitness journey and I encourage you to come into the gym for a trial," she said.

**For more information contact [Ipswichcentral@f45training.com.au](mailto:Ipswichcentral@f45training.com.au) or find f45 Ipswich Central on Facebook.**



# Garden dreams become a reality



**Community partner Laing O'Rourke helped make the Ipswich Hospital's Playground Project completion a reality in November.**

From scope of works to completion the volunteer crew of over 50 staff took the makeover job very seriously and the results show!

Ipswich Hospital Foundation CEO Phillip Bell thanked the Battlefield Airlifter Project team for getting their hands dirty for the best cause – sick kids!

"This space is relaxing, interactive and looks great and I look forward to hearing the positive feedback from the children's ward."

"The staff tell me that outdoor play can be remedial for children who are almost ready to be discharged."

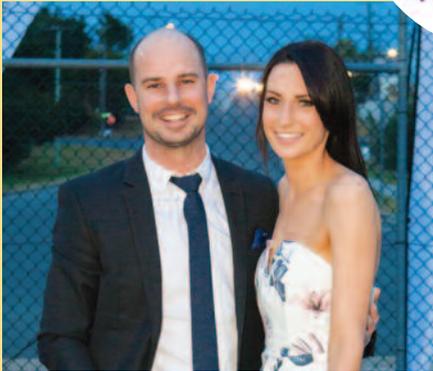
"I look forward to working with Laing O'Rourke in the future to help make kids stay in hospital more comfortable," he said.



# IPSWICH HOSPITAL FOUNDATION 20TH GALA



SOCIAL PICS



## ALL THINGS HEALTHY EXPO

The annual All Things Healthy Expo was held on Saturday 2 September at USQ Ipswich. Special guest Kurt Fernley joined a range of stall holders and health professionals sharing their expertise.



# Wrap up the year by supporting IHF



Spread Christmas cheer and help raise funds for Ipswich Hospital Foundation by volunteering your time at Redbank Plaza Gift Wrap Station from 18 – 24 December. Thanks to Redbank Plaza who provide the set up and high quality wrapping paper.

This year, Ipswich Hospital Foundation



are offering training to any volunteers who are interested.

**GIFT WRAP MASTERCLASS:** If you would like to help but don't consider yourself a wrapping master, attend the gift wrapping workshop on Thursday 7th, 5:30pm at Ipswich Hospital Foundation office. Contact Katherine on (07) 3466 5005 to register your interest.

## KNITTERS NEEDED TO DELIVER CHEER TO SICK CHILDREN



Do you have a knack for knitting, crocheting, crafting and creating?

Ipswich Hospital Foundation needs you! The patients of Ipswich Hospital and surrounding facilities are in need of soft toys and blankets, outfits and most of all a homely touch to make their stay in hospital easier.



The group will meet fortnightly at a location close to the Ipswich Hospital.

If you would like to volunteer your time and skill or have wool and knitting/crocheting gear you can spare please contact Judy Andrews on [judy@ihfoundation.org.au](mailto:judy@ihfoundation.org.au) or 1300 736 428.

# Christmas at IHF IPSWICH HOSPITAL FOUNDATION

**Does your workplace have a culture of giving?**  
*Let us help you direct your Christmas giving to those who need it most.*



Give a tax deductible donation



Purchase and wrap age and sex appropriate gifts for Sunshine Children's Ward



Donate items of food for parents spending time in hospital with sick children



Share your talents with Ipswich Hospital patients - entertaining, singing carols

*Because IHF is a good cause at Christmas*

To talk about ways you can give, contact IHF on 1300 736 428

# KNOW THE FACTS ABOUT FATS



**Deidre Taylor**  
Nutritionist

**With summer about to begin, tis' the season to be social, have BBQ's, parties and generally indulge in the scrumptious seasonal foods. Fats and oils give flavor and moistness to our foods and understanding the different types of fat and how they benefit our body is a great tool for helping us making healthier food choices.**

#### **How fat benefits our body**

Fat is found in differing amounts in all five foods groups - meats, dairy, fruits, vegetables and even cereals, it is an essential part of our daily food intake. We use fats in our body as energy source, for growth and development, cellular functions and

membrane formation, transportation of fat-soluble vitamins A, D, E & K and for certain hormone production and transportation. They are a crucial part of our diet and trying to eliminate them from our daily consumption may cause our bodies to miss out on essential dietary requirements necessary for supporting heart health and our brains. Having a greater understanding of which fats improve our health and those that are harmful can help us in the selection process of foods.

The NHMRC recommends the daily intake of fat in our diet should comprise of 20-35% of our total energy intake. This may seem like a very high ratio in comparison to our carbohydrate and protein intake but it must be clearly noted that no more than 10% of the energy intake should come from saturated fat and the highest proportion of this would be from unsaturated food sources including omega-3 and omega-6.

A gram of fat equates to 37.7 kilojoules. Compare this to 16.7 kilojoules per gram of protein or carbohydrate and it is clear to see that a diet high in fat can contribute considerably to weight gain. It is therefore necessary that we are highly selective in the fats we consume and that we choose those that improve our health such as unsaturated fats that help lower cholesterol and reduce the risk of heart disease rather than saturated or trans fats that have opposing effects.

#### **Unsaturated Fats**

Unsaturated fats are essential to our health and are the 'good fats' that reduce the risk of cardiovascular disease and help decrease cholesterol levels. They are found in the form of mono-unsaturated fats found in olive oil, canola oil, nuts including peanuts, avocados and seeds and poly-unsaturated fats found in omega-3 sources such as fish, especially salmon and omega-6 fats from safflower, sunflower, corn and soybean oil.

#### **Saturated fats**

Saturated fats are those that increase our risk of heart disease and are found in animal-based foods. Meats can be high in saturated fats therefore it is important that we prepare them to reduce the amount of fat on them.

#### **Trans fats**

Many people have not heard of trans fats and are unaware they may be consuming them in processed and packaged foods. They originally start as an unsaturated fat but through processing and manufacturing they become a trans fat which not only increases bad cholesterol levels in the body but also decrease the good cholesterol which can increase your risk of heart disease.

#### **Simple tips for reducing saturated fats in your diet**

- Choose reduced fat dairy options – try using avocado as a butter alternative
- Try substituting cream with fat-free yoghurt
- Reduce the amount of pre-packaged foods

consumed and limit intakes of takeaway foods such as pizza, fried and fatty foods, cakes and biscuits – making your own ensures you can use healthier substitutes in your baking and cooking.

- Choose lean cuts of meat and remove skins – bake, steam or grill meats, avoid frying in oil.
- Limit processed meats – use left over cold cuts on sandwiches rather than buying deli meats
- Season foods with lemon, herbs or olive oils rather than using butter

#### **Food sources of unsaturated fats to increase in your diet**

- Almonds, walnuts, hazelnuts, peanuts, macadamias, pine nuts
- Sunflower, sesame, flaxseed and chia seeds
- Avocado
- Salmon, sardines, tuna, mackerel
- Vegetable, canola, soybean oil, sesame, sunflower and safflower oil.



**THE BUZZ**

## Confessions of an overworked Uni student



**Brendan Modini**  
Healthy Living Contributor

**I'm just about to graduate from a four-year degree at university. Over those last few years I had worked myself silly! I was tired, stressed and grumpy all the time and it wasn't good for both my physical and mental health. I get that we're all busy, but have a think, is your busyness becoming bad for your health?**

Here's some of my tips I learnt along the way:

#### **It's ok to say "no" sometimes**

This one I've only just discovered and I'm slowly learning to say no. I'm such a Yes Man. To the point where it's bad for my health.

#### **It's all about working smarter not harder**

Have a look at your commitments, is there anything you can shuffle around to make it smarter for you? Where you can work less but gain just as much or more out of it.

#### **Take some time for you**

This is allowed! You work hard, you deserve this. Book a massage, watch a movie, go for a jog or just sit and do nothing. Whatever you love just do it! This was the most important part for my healthy mind.

#### **Get a good night's sleep**

Make the bedroom only for two activities, sleeping and "sleeping". I banned myself from bringing any electronic devices into the bedroom and I found it really helped me to fall asleep quicker. An hour or so before bed I limited bright lights and played some relaxing music to help wind me down.

#### **Eat well**

I think it's true what they say, "you are what you eat". We all know we should avoid heavily processed foods like takeaway and try to stick with more nutritious whole foods like lean meats and vegetables. I found I had so much more energy in the day just from this. Preparing healthy meals ahead of time saved me from ordering that pizza late at night countless times.

#### **Get moving**

You'd be surprised how much more energy you have after exercising. If it's not a part of your lifestyle yet, I'd suggest you book in your exercise on your calendar. Start with something easy and progress as you get fitter. Our Fit4Life program has many fitness activities you might like to try.

Now don't get too excited! You can't change everything all at once and expect it to work. It'll be impossible to stick with it all. To be successful, you're going to need to take it one step at a time. Think about changing one thing at a time and move onto the next.

I've implemented these tips into my life and now I'm loving life even more!

**Good luck!**

# Dr Montgomery's Top 5 Most Recommended Health Foods



**Marshal Montgomery**  
Bremer Chiropractic

As a complementary health care practitioner I often get asked what kinds of foods a person can eat to improve their health, help with their pain, inflammation, digestion, immune system, etc...

In this article we will discuss whole foods rather than supplements derived from them. In all instances, I recommend getting as close to the following ideal sourcing as possible. All of the reasons are based on quality and on environmental impact. Those ideals for sourcing are:

- Organic
- Fully ripened
- Locally sourced (when possible)
- In its natural season
- Grass fed rather than grain fed for land animals

Sometimes, in order to get these foods when we need them we might have to sacrifice those ideal circumstances.

**"Let food be thy medicine, and medicine be thy food" - Hippocrates**

Here are my 5 most common recommendations.

## **Garlic**

This is a well-known, commonly available anti-microbial / immunity enhancing food. It is also believed to have benefits helping with blood pressure, helping with parasites, and fending off vampires and people.



## **Turmeric**

Well renowned as a potent anti-inflammatory and anti-oxidant. It works best when used in combination with black pepper, some form of fat, heat (temperature not spice). Close cousins of turmeric are ginger and galangal.



## **Honey**

Helps to boost the immune system and so much more. Studies suggest that raw unprocessed honey from your local area may help with seasonal allergies because of the small amount of pollen present in the honey. Manuka honey has a reputation of being the most potent honey for immune function. However a recent study shows that Jarrah honey (from Western Australia) has even more beneficial properties. It is also used in the making of mead (enough mead given to the bride and groom to last a month is where the term honeymoon is supposed to have originated).



## **Wild caught cold water fish**

Cold water fish such as salmon, sardines, mackerel, trout, and tuna are great sources of omega-3 fatty acids. They are also important for cell membrane formation and integrity as well as the production of anti-inflammatory prostaglandins. Studies suggest that increasing your intake of DHA and other omega-3s may protect brain health in newborns, improve cognitive performance in adults, and prevent or ameliorate age-related cognitive decline.

## **Fermented foods**

Such as sauerkraut, kombucha, kefir and kimchi. Fermented foods were thought to be one of the ways northern peoples were able to get through long

winters due to their high nutrient profile and long shelf-life. They provide excellent sources of probiotics through a process of lacto-fermentation in which natural bacteria feed on the sugar and starch in the food creating lactic acid. This process preserves the food, and creates beneficial enzymes, b-vitamins and Omega-3 fatty acids. These foods also help to maintain normal gut flora which in turn boosts our immune capability and mood.

The uses and foods listed are by no means exhaustive. As with anything food can be overused, and while it would be quite difficult to overdo the above, it is still possible. A little common sense goes a long way. I wish you good eating.



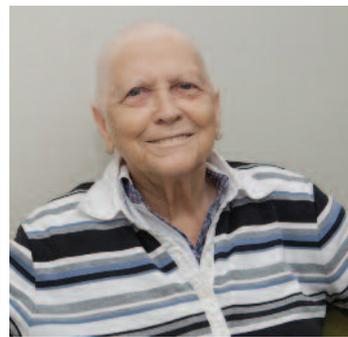
## IHF Wig Library

Faye (pictured) is a local woman battling cancer. She came to the Ipswich Hospital Foundations Wig Library after having lost her hair, desperate to find a solution that would make her feel confident when visiting her family or going down to the shops. The library style service was able to offer her the perfect solution at no cost.

Ipswich Hospital Foundation implores the community to help others like Faye to find the confidence to tackle the day while receiving treatment for cancer.



## HELPS BUILD CONFIDENCE



### Did you know?

- \$400 will purchase a great quality wig
- \$90 will purchase wig care items – brush, shampoo and conditioner, setting spray, wig stand
- 1 hour of your time per week spent assisting with Wig Library maintenance
- Visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) to make a donation

# SAVE THE DATE!



**Bundamba Swim Centre and Ipswich Hospital Foundation are attempting to beat the 2017 Aqua Record Attempt next year!**

**When: Sunday, 18th February at 9.30am  
Where: Bundamba Swim Centre**



## GET FIT4LIFE FOR LESS COST

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information visit [ihfoundation.org.au](http://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](http://www.ihfoundation.org.au) to join.

# Q&A FIT4LIFE TRAINERS



Each edition of Healthy Living Ipswich will include a look into the Ipswich Hospital Foundation Fit4Life trainers. This month we profile Fit4Life trainer Steve Royle.

**Fit4life Group:** Low Impact

**What are your credentials?**

My main credentials include Certificates 3 & 4 in Fitness, Diploma of Sport (Development) and a Bachelor in Clinical Exercise Physiology. I have 10+ years' experience as registered personal trainer and group fitness instructor (Circuits, Boxing for Fitness & Aqua Aerobics) as well as 2 1/2yrs under my belt as an Accredited Exercise Physiologist and Exercise Scientist.

**What are your other interests?**

I'm a really keen fisherman (really keen). I also try to squeeze in the odd TV show/Movie when I find time around my busy work schedule and family commitments.

**How do you fit your exercise routine / Do you have one?**

Running my private practice and juggling family commitments makes it tough to find long periods of time to train so my current workouts/ programs usually only last about 20

to 30minutes and usually involve some kind of High Intensity Interval Training / Circuit Training which is time efficient for me.

**What is your go-to Healthy Snack?**

Generally a piece of fruit, a muesli bar or handful of almonds. Having something quick and easy suits my work schedule.

**What is your guilty Pleasure?**

I don't have a guilty pleasure so to speak. My favourite sometimes food would be pizza.

## FIT4LIFE ACTIVITIES Final 2017 classes the week of 18th December returning from Monday 8th January 2018.

Summer Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Queens Park Nature Centre				\$5 Mums & Bubs 8.30am		
Lobley Park Churchill	\$5 Circuit 5.30pm		\$5 Boxercise 5.30pm			
Bundamba State Primary School		\$5 Zumba 5.30pm		\$5 Full Body Fitness 5.30pm		
Bundamba Swim Centre			\$5 Aquafitness 6pm		\$5 Aquafitness 9.30am	
Ecco Ripley, Brooking Parklands, Ripley	\$5 Low Impact 5.30pm			\$5 Boxercise 9.30am		\$5 Circuit 7.00am
Bill Paterson Oval Limestone Park	\$5 Running 5.30pm		\$5 Running 5.30am	\$5 Running 5.30pm	\$5 Running 5.30am	FREE Park Run 7.00am
Robelle Domain Stage Springfield Lakes					\$5 Mums & Bubs 9.00am	
Amberley District State School	\$5 Energiser 5.30pm					
Riverlink Shopping Centre		\$2 Walking 7.00am		\$2 Walking 7.00am		
Redbank Plaza Shopping Centre	\$2 Walking 7.00am				\$2 Walking 7.00am	
Glebe Road Uniting Church			\$5 Metafit 6pm			

### 60 AND BETTER: YOU CAN'T TURN BACK THE CLOCK, BUT YOU CAN WIND IT UP AGAIN!

Square Dancing Annex, Humanities Building	12.00-1.00pm 1.00-3.00pm	\$3/\$6 call cost				
Boccia Annex, Humanities Building		\$2	9.00am-12.00pm			
Table Tennis Annex, Humanities Building		\$2	1.00-4.30pm		\$2	1.00-4.30pm
Tai Chi for Diabetes Cafeteria, Humanities Building			\$5	2.00-3.00pm		

60 and Better promotes healthy activities for older people 55 years and over and encourages positive community attitudes to aging. Phone 3282 8644 or visit [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)





SWICH ON INC

— DIGNITY • COMMUNITY • MATERNITY —

# Christmas Race Day

*It's time to party!*

Friday 15 December 2017 @ Ipswich Turf Club

proceeds to



included in ticket price:

- Beer/Wine & food
- Live music
- On site bookie
- Fantastic live racing

Tickets

**\$70**

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