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RECRUITMENT 24/7

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RIDE ON

Celebration of Cycling

Events 15 April - 22 April

EDITOR'S NOTE

New beginnings are always healthy! Thank you to John Armstrong for the introduction in the earlier pages. I'm proud to say that Healthy Living Ipswich as you know it will now feature in Lifestyle Queensland's wonderful pages. In partnership we succeed!

The healthy content you know and love will continue, and to that end this month we share how to fight fatigue with food, the next big cycling event, Ipswich Hospital Foundation's donations to Ipswich Hospital and more.

We'd love to hear from you so please stay in touch with us via our channels.

Chelsea Rees

ABOUT US

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iPads to enable connectivity for patients in intensive care

Ipswich Hospital Foundation funding for Ipswich Hospital Speech Pathology Department has enabled the purchase of two Apple iPads along with ICU specific apps for iPads and Spectronics ability switches, for use in the Intensive Care Unit. The iPads and ability switches will enable people with physical disabilities, or altered speech ability, to interact with

computers and speech generating devices.

These items will improve the communication effectiveness in treating patients in the Intensive Care Unit, especially those who are suffering from communication deficits.

Clinicians, family and friends and most importantly patients will benefit from the funding.



Save the raceday date

Mark your diaries for the premier Ipswich Health Race Day on Saturday 5th May. It's the Ipswich Health Race Day featuring the 'One Mile Gift'.

Ipswich Hospital Foundation and Ipswich Hospice Care have joined as partners in health to present the first Ipswich Health Race Day - featuring the One Mile Gift.

Race goers will enjoy high tea style food selections, cheese platters on arrival, regular race day inclusions all while enjoying the best seats in the house - the VIP trackside lounge.

In a similar concept to the

Stawell Gift foot race, the One Mile Gift is a healthy event for Ipswich that you can even bet on! It not only has the largest pool of prize money for a mile race in Queensland, but it is the only running event where betting is sanctioned in Queensland!

This is a not to be missed event so save the date. Tickets will be available soon via www.ihfoundation.org.au



RIDE ON

Celebration of Cycling

15 April Brisbane Valley Rail Trail Ride

18 April Shine Lawyers Ride to work day

21 April Ipswich Festival Critterium

22 April Ipswich BMX Charity Event

22 April Recruitment 24/7 Ipswich 100



200th Anniversary of Cycling



www.ihfoundation.org.au














Ride On into the History Books

TAKE PART IN THE RECRUITMENT 24/7 RIDE ON BIKE WEEK EVENTS

This Celebration of Cycling Week - 15th to 22nd April 2018 - promises to be a fantastic cycling week for keen riders and beginners alike, so it's time to dust off the trusty bike and get into training for Ride On 2018.

Where would we be without the humble bicycle? 200 years ago inventors in France no longer had to live in wonder. In 1817 the bicycle was invented and coined the first mode of transport with wheels arranged consecutively, whereby the rider requires balance to ride.

To celebrate the 200th year of cycling (achieved in 2017) Ipswich Hospital Foundation, Moggill Mt Crosby Lions, Ipswich Cycling Club, Queensland Penny Farthing and Historical Cycle Club, Ipswich Grammar School Pedal Prix, Ipswich BMX Club and the Brisbane Valley Rail Trail Users Association Inc. present: Recruitment 24/7 Ride On - Celebration of Cycling Week 15th - 22nd April.

Recruitment 24/7 Ride On will offer five exciting cycling events for bike enthusiasts to cycling professionals and the whole family to enjoy over a week.

Brisbane Valley Rail Trail Ride - Sunday 15th April

Celebrate the 200th anniversary of the invention of the bicycle with a fundraising bike ride on the Brisbane Valley Rail Trail as part

of a week-long festival of cycling events based in Ipswich.

Shine Lawyers Ride to Work Day - Wednesday 18th April

Shine Lawyers Ride to Work Day encourages the community to ditch their cars and ride to work! Ride to work and enjoy a post-celebration breakfast of fresh fruit and coffee with fellow cyclists' at D'Arcy Doyle Place.

Ipswich Festival Criterium and the History of Cycling Saturday 21st April

Ipswich's brand new, world-class bike racing facility will host the return of the Ipswich Festival Criterium. Ipswich Cycling Club welcomes you to take part in the club's premier annual road racing event.

The enhanced, multi-event program features racing across all divisions, including juniors, masters and elite riders with the region's best racing cyclists contesting the main race! Bring a picnic blanket, enjoy delicious eats and watch the fast-paced, racing action scene.

A full day of criterium racing will

attract some of the best cyclists in South East Queensland. Novelty events by the Queensland Penny Farthing and Historical Cycle Club will break up the day showcasing the history of cycling and local Ipswich Grammar School Pedal Prix provide a taste of the technology that is to come in the future.



Recruitment 24/7 Ipswich 100 Bike Ride - Sunday 22nd April

The Recruitment 24/7 Ipswich 100 Bike Ride on Sunday 22nd April 2018 offers 100 miles, 100km, 50km, 25km and kids courses, for experienced riders (100 miles) to families with children (Kids Caper).

The Moggill Mt Crosby Lions Club has run this annual charity bike ride for 19 years, raising more than \$1 million funding supporting local charity and community needs.

Celebration of cycling BMX Charity Event - Sunday 22nd April

BMX is action packed, fast, adrenalin pumping sport for ages 2-60. We invite the whole of Ipswich to come down and check out what BMX is all about. There will be information stalls, bike sizing and sales, plus fast paced and exciting racing to show case what BMX sport is all about.

For information about all the Ride On events check out the Ipswich Hospital Foundation's website at www.ihfoundation.org.au

Main Photo: Riders in last year's cycling event are looking forward to this year's Ride On event.



Walking to better health

Recently, Ipswich Hospital Foundation 'Riverlink Walking' celebrated 10 years of exercise activity at the shopping centre.

Ipswich Hospital Foundation Acting CEO Ashton Greaves said IHF Fitness Activities are building a culture of good health and wellbeing in our community.

"Some of these people have been walking with us loyally since the beginning.

"Riverlink Walking often attracts 30 or more participants per session with newbies most weeks!

Join us! We meet Tuesday and Thursday from 7am at the Newsagent end of Riverlink Shopping Centre.



Commonwealth Games volunteers from Ipswich

Ipswich Hospital Foundation staff and volunteers are sharing their service with the 2018 Commonwealth Games volunteer team, including IHF Volunteer Coordinator Judy Andrews.

Their roles are varied, from press operations at Hockey and Netball to spectator services and protocol management.

Ipswich Hospital Foundation

Acting CEO Ashton Greaves said it is a credit to the staff and volunteers for their commitment to community and active past times.

"We are so pleased that our volunteers can experience a range of volunteer opportunities and get to enjoy the Commonwealth Games at the same time!"



Ipswich 100 joins the 'Ride On' celebration

The Ipswich 100 has been an integral part of the community for the past 19 years - and this year's event is set to be the biggest yet.

With five options to choose from (The Imperial 100 Challenge, the Classic 100, the Fun Filled 50, the Espirit 25 and the Kids Caper for the little ones) there's no excuse not to strap on the lycra and revel in the city's first ever cycling week.

The 2018 Recruitment 24/7 Ipswich 100 kicks off on Sunday, April 22nd at USQ Ipswich, when riders of all ages and abilities can join in and support worthwhile causes across Ipswich.

Entry fees will help the Moggill Mt Crosby Lions Club support Lions International, the McIntyre Centre, Epilepsy Queensland, Lions Youth Emergency Accommodation Centre, the Ipswich Hospital Foundation, the State Emergency Service and Team Cupcake.

Moggill Mt Crosby Lions Club Member Steve Rainbow said the focus of the day was not on who is the fastest rider, but about promoting health and fitness.

"About 95 per cent of the money raised will go back to the beneficiaries, with the remaining to go to the Moggill Mt Crosby Lions Club" Steve Rainbow said.

"Riders will take in the scenery heading out through Rosewood, Warrill View, taking on Mt Walker and then the ride splits, the 100 milers head out right towards Boonah and then they all come back through Peak Crossing and via Yamanto to finish back at the University," Steve said.

Last year's event raised \$74,000 - so come on Ipswich, pump up the bike tyres and dust off your helmet, to top that figure.

To register in the riding events, visit www.ipswich100.com.au.



TV for you, TV for all!

Sometimes a book or magazine just doesn't cut it and for patients in the Transit Care Centre, and Paediatric Emergency Department, a new TV is a real hit! In Ipswich Hospital's Transit Care Centre, patients are transitioned to the lounge to wait for transport, medications or family and the new dedicated Paediatric Emergency

Department waiting lounge houses child patients and parents as they wait for treatment. Thanks to generous donors to Ipswich Hospital Foundation the installation of patient entertainment items such as televisions, is possible. To help IHF continue contributing to patient comfort at Ipswich Hospital donate at www.ihfoundation.org.au



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Fight Fatigue with Food

❖ with Dee Taylor, Nutritionist

With many of us leading such busy lives it's no wonder we often suffer the ill effects of tiredness and fatigue. Chronic illness can be a major contributor to fatigue but for those who hold a good level of health and are not suffering from illness or infection, it may be time to reassess your dietary intake, to insure you are consuming food sources that are beneficial in fighting tiredness. The Australian Dietary Guidelines promote eating a wide variety of nutritious foods from all five food groups daily to improve our energy levels and to help with everyday functioning.

Incorporating a few of the following tips into your daily food intake may help you hit the ground running rather than want to sleep the day away.

Ensure your diet contains an adequate intake of carbohydrates

It is extremely common when lacking energy to reach for foods high in sugar to give the body a boost. A quick fix such as this will lead to an intense burst of energy, however this will be very short in duration and quite often lead us to feel even more tired as our elevated sugar levels take a major dive. It is important when trying to combat tiredness we choose foods that are slowly released in our body to help maintain energy levels throughout the day.

Opting for foods that are low in GI and slowly released into the bloodstream will help alleviate the need to snack on these high sugar snacks the body craves when energy levels are low. A balanced diet and one rich in complex carbohydrates such as whole-grains, breads, cereals, pasta, brown rice and starchy vegetables will help provide the body with a slow release of sustainable energy.

Simple carbohydrates are especially useful in the mid-morning and mid afternoon snack times, when energy levels between meals tend to drop. Opt for fresh fruits, vegetables and milk.

Iron Intake

Iron is an essential mineral necessary for the production of blood and the transportation of



oxygen around the body. When we are low in iron, we may feel weak, have difficulty concentrating and be highly fatigued. We can increase our iron intakes by consuming iron rich animal and plant based food sources:

- Lean red meats, chicken, turkey, fish including shellfish.
- Eggs, legumes,
- Oats, fortified cereal, whole grains
- Leafy green vegetables such as spinach and broccoli
- Mushrooms
- Nuts including peanut butter

Keep the body hydrated

As our body is comprised of over 50 per cent water, if we are dehydrated we will feel the effects, including tiredness. Adults need to drink about two litres per day, more if we participate in physical activity. We need to regularly consume water starting with breakfast and continuing throughout the day. Keeping a large bottle on hand shows the quantity consumed each day. Some foods that have a high liquid content, such as fruits, soup and yoghurt, can contribute to your daily fluid intakes.

Don't skip breakfast

Breakfast is crucial for setting the foundation for the day, setting up your body up for your activities throughout your day. This should be followed by regular based eating based on the five food groups of grains/cereals, fruits, vegetables, dairy and dairy alternatives, and lean meats, fish and meat alternatives.

Not all signs of fatigue and tiredness are related to diet therefore if you have concerns you should always consult with a health professional.

Generous gesture closes a great chapter in Cycle Park development

The 24//7 Cycling Safety Fund Board's job is done as they wind up their fantastic work for the safe cycling community marked by the opening of the Ipswich Cycle Park.

Ipswich Hospital Foundation has benefited in the wind down through a donation of approximately twenty bicycles suitable for a range of ages.

Ipswich Hospital Foundation Acting Chief Executive Officer Ashton Greaves said 24//7 Cycling Safety Fund have been a fantastic partner in health.

"We certainly feel honored to be able to continue 24//7's vital cycling safety message in the community.

"The bikes will be used through our work with Tuff Kids Triathlon and Ipswich 100 Bike Ride."



Leagues Club supports Ipswich

Visit Ipswich Jets Leagues Club in the months of March and April and purchase a meal to donate to Ipswich Hospital Foundation!

The meal purchase will redeem tokens and all you need to do is place your tokens in IHF's dedicated tin. The community group who receives the most tokens will achieve the donation so get voting Ipswich!

Thanks to Ipswich Jets Leagues Club for their continued support

in becoming the healthiest community with IHF.



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FIT4LIFE Fitness Activities

Fit4Life is an Ipswich Hospital Foundation initiative providing low cost fitness sessions to the community. All classes are run by a qualified personal trainer and have a maximum cost of \$5. Every session is suited for all ages and fitness levels, all you need to bring is a towel and water bottle. For more information visit www.ihfoundation.org.au.

Winter Schedule	MON	TUES	WED	THURS	FRI	SAT
Queens Park, Nature Centre Ipswich				\$5 Mums & Bubs 8.30am		
Leichhardt Community Centre	\$5 Circuit 5.30pm		\$5 Boxercise 5.30pm			
Leichhardt Swim Centre					\$5 Aqua Fitness 9.00am	
Bundamba State Primary School		\$5 Zumba 5.30pm		\$5 Full Body Fitness 5.30pm		
Ecco Ripley Brooking Parklands, Ripley	\$5 Low Impact 5.30pm					\$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	\$5 Park Run 7.00am
Robelle Domain stage Springfield Lakes					\$5 Mums & Bubs 9.00am	
Amberley District State School	\$5 Energiser 5.30pm			\$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 Pilates 6.00pm	\$5 metafit™ 6.00pm			



Nutritious, healthy recipes

❖ with Nutritionist, Sabra Manttan

Sabra is a local Ipswich resident who is a bit of a health nut, foodie and Pilates enthusiast. In 2017, she completed a Bachelor of Nutritional Medicine as well as her international mat Pilates instructor training. She spent the last four years devouring all things health & wellness and is eager to put her passion into practice.

Sabra hopes to educate and inspire the people of Ipswich on how best to fuel their bodies to suit their individual needs, and how to squeeze in a workout to stretch those tired limbs and start uncovering those sneaky abs.

Here are a couple of her recipes:

Protein Balls

For the recipes below, simply add all the ingredients to an electric mixer. Mix on high until all ingredients are combined, then roll into balls with the palms of your hands.

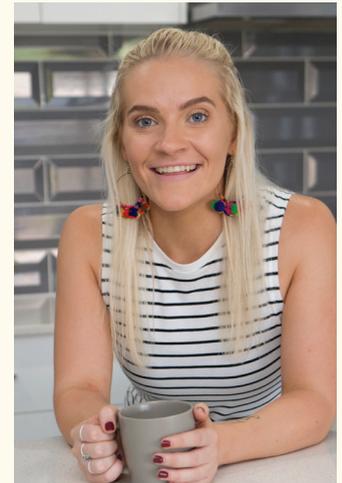
Roll the protein balls in desiccated coconut or crushed up nuts before placing them in the fridge overnight to harden.

Peanut Butter and Vanilla

- 1 scoop of vanilla protein powder, half cup oats
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1/3 cup chia seeds

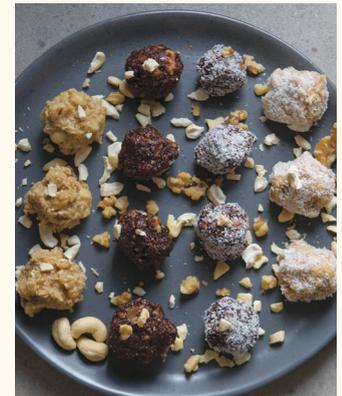
Cashew Cookie

- half cup oats
- 1 cup cashew nuts
- 1 tablespoon peanut butter



Choc Almond

- 1 scoop chocolate protein powder
 - 1 cup almonds
 - 3/4 cup dates
 - 1/4 cup cocoa
 - 1/3 desiccated coconut
- Add water until the desired texture is reached.



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