

# Healthy

*Becoming the Healthiest Community*  
An initiative of the Ipswich Hospital Foundation



# Living IPSWICH

Image by Talitha Rice Photography



Easy fitness ideas

Healthy mocktail ideas

The season of giving



facebook.com/healthylivingipswich

*"Damage to the skin can occur in as little as 10-15 minutes on a summer day, and often before sunburn appears on the skin."*

Cancer Council Qld staff Laura McKoy and Rebecca Perkins practice sun safety.

## Shiny, happy, sun protected people

Queensland has the highest rate of skin cancer in the world, according to Cancer Council Queensland's spokesperson Kate Clift, but there are simple ways that we can each help in bringing that number down. By being SunSmart we can all play a role in *becoming the healthiest community.*

**As this article is written Brisbane has just experienced one of the hottest evenings in history. The hottest evening in 10 years to be exact. A huge 26 degrees with an added 90 per cent humidity.**

The Ipswich Hospital Foundation's sunscreen protection program has also reached some milestones this summer. The Sun Protection 4 Health program has provided over 80 litres of sunscreen to community schools, pools and events.

Ipswich Hospital Foundation executive officer Tom Yates said the Sun Protection 4 Health program helps community members be one step ahead.

"Sun Protection 4 Health offers access, motivation and opportunity and all you need to do is apply it!

"What we would like to see achieved through the sun protection program is a heightened awareness of the sun's harmful rays and the importance of protecting oneself when enjoying the outdoors."

The Cancer Council Queensland's spokesperson Kate Clift said Queensland has the highest rates of skin cancer in the world – it's crucial that all of us stay SunSmart all year round, and particularly when the weather heats up in summer months!

Research shows more than half of Queensland adults and children were sunburnt in 2014\*, with only six per cent of adults taking all five recommended sun behaviours during summer.

"We can all be more vigilant to *(continues over...)*

# Ipswich Hospital Foundation Race Day



### Tickets

www.ihfoundation.org.au

- VIP trackside lounge
- Buffet lunch
- Unlimited beverages



2nd May 2015

Featuring ONE MILE GIFT foot race



# New Year - New Ideas

**I hope you are having a great beginning to your New Year.**

Many people have made New Year's Resolutions. Lots of people have signed up for our Fit for Life Facebook group; others have joined gyms; signed up for weight loss programs, stop smoking programs, etcetera. And I imagine many have already given up on these resolutions already.

I find New Year Resolutions very difficult to keep. After all it is still summer, and even though it is easier to get up early and exercise, there are still celebrations, parties and hot days needing refreshments to get me through.

Therefore, the only resolution I have every year is try something new.

Don't laugh, I know it seems obvious but it is easier than feeling guilty because I failed to keep my resolution but it can accomplish the same thing. Trying something new can get you out of bad habits and routines that do not allow you to change.

This year my 'something new' is to do weight training on Tuesday and Thursday mornings. So far so good and I have noticed that I am looking forward to doing these exercises and not just sleep in or relax over breakfast. Your 'something new' doesn't have to be something involving physical activity. Maybe it is to have family dinner at the table, read for so many minutes a day, go to a yoga class, or try an art project.

If you have made New Year Resolutions I hope you can recommit or continue to commit to them. If you



try something new, I am sure you will find it very rewarding. If you think your new ventures are Facebook worthy make sure you share them on your page so your family and friends can spur you on. Ipswich Hospital Foundation would love to hear about your new year - new ideas also!

**All the very best for 2015 from the IHF team.**

**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)

# Stay sun protected all year round

ensure the best sun protection to reduce skin cancer rates."

"Damage to the skin can occur in as little as 10-15 minutes on a summer day, and often before sunburn appears on the skin."

"Sunburn is the sign of irreparable damage to the skin, and is much more than a simple inconvenience - it increases our risk of skin cancer later in life."

"There is often a long lag time between damaging sun exposure and a diagnosis of skin cancer so it's important no Queenslander becomes complacent."

Around 3400 melanoma and 133,000 non-melanoma skin cancers are diagnosed in Queensland each year.

"Where possible, people should plan their outdoor activities to take place early in the morning or later in the afternoon to avoid the peak UV periods of the day."

"We recommend Queenslanders abide by all five recommended sun protective behaviours - Slip

on protective clothing, Slop on SPF30 or above broad-spectrum, water-resistant sunscreen, Slap on a broad-brimmed hat, Seek shade and Slide on wrap-around sunnies when out and about to reduce the risk of skin cancer."

"It's also crucial that families apply sunscreen properly - use one teaspoon per limb, for the front and back of the trunk, face and neck, and ensure you apply 20 minutes before going outdoors."

"It's important to carry sunscreen with you when out and about, and make sure you reapply every two hours."

"Sun protection is required when the UV Index is 3 and above. In Queensland, the UV Index is 3 and above all year round, so Cancer Council Queensland encourages sun protection through every season."

**More information about Cancer Council Queensland and staying SunSmart is available at [cancerqld.org.au](http://cancerqld.org.au) or by calling Cancer Council on 13 11 20.**

## Community Health Check

### What's your New Year's resolution?



*Under the guidance of my naturopath I am changing my diet, cutting out sugar and dairy.*  
**Frank**



*I am a chef so I've decided to learn to eat at regular hours as well as home cooked!*  
**Jim**



*I have started eating breakfast and adding bran to it.*  
**Robert**



*I am going to get out more, go to more music festivals and travel.*  
**Tom**



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# We're happy for you to walk all over us!



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# Keeping New Year Resolutions is easier with a friend



**Ronan Geoghegan**  
IHF FIT4LIFE Trainer

IHF Personal Trainer Ronan Geoghegan's own passion for fitness has driven his desire to assist other locals in becoming more active in their lives. Here he guides Sabra through a partner workout of moves, you and a friend can do in your local park.

Keep reading *Healthy Living Ipswich* magazine each month for more fitness tips.



**1. Plank with Lateral Jumps: 1 min**

- Partner A (Ronan)

Start with your elbows resting on the ground directly beneath your shoulders. Legs out straight resting up on your toes. Imagine pulling your stomach muscles back into your spine and holding them strong while keeping a straight spine.



- Partner B (Sabra)

Start by standing in line with your partners hips, place your hands on your partners shoulder blades. Bend at the knees and spring/jump to the opposite side of your partner landing both feet at the same time. Alternately you can step from one side to the other.



**2. Back to Back Squats: 15-20 reps**

- Partners A & B

Start by facing back to back and interlocking your arms together, lean around 20% of your body weight into your partners back. With feet shoulder width



apart sink down into the squat position ensuring you keep your weight in your heels. Once you're as low as possible (without sitting down) drive up through your heels and stand up tall.



**3. Weighted V-Sit with Tricep Dip: 1 min**

- Partner A

Start by sitting on your bottom with your legs out in front of you. Knees should be bent slightly and heels softly resting on the ground. With/without weight extend your arms out in front of your body until they are above your hips keeping chin and spine neutral.



- Partner B

Start with your feet in front of your partner and place your hands on their knees and bend your own knees at 90 degrees. Proceed to lower yourself by bending your arms at the elbow ensuring your elbows point backwards not to the side and lower yourself until you reach 90 degrees. Then press yourself up until your arms are straight keep chest proud and chin high.



**4. Alternating Front and Back Lunges: 10 reps each leg**

- Partners A & B

Start by having both your right feet side by side and your left behind you on the balls of your feet. Proceed to drop your back knee



down towards the ground keeping your body weight in your front heel. Then you stand up tall and partner A takes one step backwards and partner B takes one step forwards and alternate from stepping forwards and backwards.

## New Springfield Office NOW OPEN



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 **walkerpendergroup**



# Peppa and George make a splash at Ipswich Hospital

ABC characters Peppa Pig and George performed at Redbank Plaza over the school holidays and made a special trip to Ipswich to visit the kids in the Sunshine Ward.

Redbank Plaza Marketing Manager Yasmin Chrzescijanski said seeing the excitement that our school holiday shows bring children is certainly one of the highlights of my job at Redbank Plaza and the reason we keep doing it every chance we can.

"After my daughter spent a period of time in the Children's Sunshine Ward when she was just 4 months old I not only saw the amazing things the staff do but also the number of children who miss out on these little joys of being a child and I wanted to do something to change that."

"Redbank Plaza has been fundraising for the Children's Sunshine Ward for a number of years with our new VIK Kids Club having raised over \$1,000 in the last few months alone but we really wanted to go that one step further and actually put some smiles on little faces and make a difference to their stay in hospital."

"We are so grateful to the team at the Ipswich Hospital Foundation and Children's



Popular ABC characters Peppa Pig and George paid a special visit to Ipswich Hospital Sunshine Ward during the school holidays.

Sunshine Ward for making Peppa Pig and George welcome and are excited to continue the partnership and bring lots more joy to hospitalised children with future visits."

Ipswich Hospital Foundation media and fundraising manager, Chelsea Rees said it is

the generosity of businesses like Redbank Plaza which makes the job of the foundation that much easier.

"I would like to thank Yasmin and Redbank Plaza for thinking of the Ipswich Hospital Children's Sunshine Ward especially in the

school holiday period."

"Redbank Plaza are dedicated to helping IHF achieve our goal of becoming the healthiest community in Australia and giving Ipswich Hospital patients the little extra comforts which make a stay in hospital easier."

## Breakfast for Blokes



Friday 20 February 2015

6.15am for 6.30am

The Coffee Club

Riverlink Cinemas

Tickets - \$20

Available

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

Info: 1300 736 428

Guest Speaker - *Mark Edwards*

Mark has overcome a health set back to achieve great things. This story is worth hearing!

Breakfast for Blokes is a health initiative of Ipswich Hospital Foundation which encourages males in the community to come together for discussion on men's health topics and networking.

Breakfast: A delicious breakfast will be served along with your choice of a hot beverage thanks to The Coffee Club Riverlink.

Women are more than welcome also!



# What makes superfoods so 'super'? We explain



Chia Seeds are the richest plant based source of Omega-3, fibre and protein.



Healthy Living Ipswich contributor **Sabra Manttan** is a qualified and practiced journalist who has returned to University to study Nutrition. This edition she looks at what makes Chia Seeds a 'Superfood'.

## So what is it that makes 'superfoods' so 'super'?

**They boast high levels of antioxidants and claim to benefit everything from your hair to your toes. Superfoods sure do seem super, but what exactly does all the nutritional information overload mean for your bodies?**

**Over the next few of editions of Healthy Living Ipswich we'll be examining some of the more high profile superfoods and explaining their benefits.**

### Chia Seeds

Chia Seeds are the richest plant based source of Omega-3, fibre and protein. Another small package full of goodies for your health benefit. Omega-3 is an essential fatty acid, meaning that despite your body needing it, it cannot produce it in amounts sufficient enough to meet these needs. Therefore your body has to source the majority of its Omega-3 requirements from food. How essential can Omega-3 be? Very. It plays a major

role in the very important task of assisting in your growth and development, particularly in your eyes and brain. Chia Seeds are also, once again, a powerful antioxidant, as well as an amazing source of protein and fibre. Chia Seeds increase your cholesterol absorption, help intestinal health as well as joint function and not to mention the healthy, glowing benefits it provides to your skin and hair.

Another positive to Chia Seeds is their versatility; you can include them in not only a variety of food options but drinks as well. Add Chia Seeds to your breakfast granola or muesli, even sprinkled on top of some banana and natural peanut butter on rye toast.

You can also add Chia Seeds to pretty much any smoothie combo you can think of, a teaspoon is more than enough as the seeds swell when submerged in liquid which will help keep you full longer.

**Chia pudding** is one of the many ways you can enjoy these beneficial seeds. All you need to do is:

- 1) Mix together a tablespoon of Chia Seeds with ¼ cup of almond milk and ¼ cup of natural Greek yogurt and leave to soak overnight in your fridge.
- 2) In the morning, mix in some berries for flavour and your breakfast jam packed with goodness is ready to go.

You can even sneak your daily dose of Chia into salads, adding a tiny bit of crunch and a whole lot of healthy benefits to help power your body throughout the day.

# Friendly, helpful service is just the beginning...

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# Hospital Foundation delivers messages to patients

In 2014 Ipswich Hospital Foundation made a big step into the world of technology by funding and installing digital signage in the Ipswich Hospital and Ipswich Hospital and Health Plaza car parks.

The screens are used to inform staff, patients and visitors about the Ipswich Hospital Foundation's healthy programs and of West Moreton Hospital and Health Service's health messages.

They also provide local health service providers and community groups with the opportunity to advertise to patients and potential customers. Funds support the work of the Hospital Foundation in our goal of becoming the healthiest community. If you would like to advertise with the Ipswich Hospital Foundation digital signage contact Chelsea Rees on 1300 736 428 or [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au)

Fundraising events, healthy events and various generous individuals and businesses help make the purchases for the Ipswich hospital possible throughout the year.

Ipswich Hospital's paediatric emergency department benefitted from Ipswich Hospital Foundation funding in 2014 with the installation of a new television for the



Ipswich Hospital Chelmsford Avenue entrance digital sign



waiting room. The adult Emergency Department waiting room also had their television upgraded. Ipswich Hospital Foundation's information technology manager Katherine Wyman said it is hoped that the television will give some distraction for those waiting.

"We are always pleased when we can work with the hospital staff to find the best items for them and their patients using monies raised." "Our goal is to enhance the patient experience by providing those little extras that make a wait, stay or treatment in hospital that little bit easier."

"If you would like to contribute to this goal I would love to hear from you," she said.

**If you would like to advertise with the Ipswich Hospital Foundation digital signage contact Chelsea Rees on 1300 736 428 or [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au)**

VINTAGE

55  
45  
35  
25  
15

OFF

Make use of great positioning in high traffic areas by advertising with Ipswich Hospital Foundation info stations

Stations at Ipswich Hospital and Ipswich Health Plaza

Contact [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au) or 1300 736 428



# Season of giving benefits Hospital Sunshine Ward

Over the Christmas period the Ipswich Hospital Children's Sunshine Ward were blessed with visits from Santa in various shapes and sizes.

Generous businesses Remserv, Bradken, LJ Hooker Ipswich, Bunnings Booval, Redbank Plaza, Stefan, Bindarra Child Care Centre, Australasian Beer Can Association and school group West Moreton Anglican College helped bring Christmas cheer to children at Ipswich Hospital. Individuals Kris Bracken and friend and Jessica Goodfellow should also be commended for deciding to donate a huge selection of toys and clothing suitable for premature babies.

The weeks leading up to Christmas were full with visits from Santa and helpful elves to a standout LJ Hooker Bear!

The Ipswich Hospital Foundation would like to say a sincere thank you to those who think of the Ipswich Hospital at Christmas time. Our hearts were certainly warm throughout December facilitating donations.



Katherine Wyman, Meghan Wilkie, Santa, Jamie Spence and Chelsea Rees spread some Christmas cheer through the Sunshine Ward at Ipswich Hospital.



**Do you and your work friends need assistance in becoming healthier and fitter?**

The Ipswich Hospital Foundation is interested in offering some assistance!

Tell us what you want! It may be a weekly boot camp, paid entry into a run or sporting competition, daily exercise group or a subsidised exercise tracking technology.

We want to work with you and hear your thoughts and proposals, send them through to [healthyideas@ihfoundation.org.au](mailto:healthyideas@ihfoundation.org.au)

Together we will *Become the Healthiest Community in Australia!*

# FIT4LIFE





# Becoming the Healthiest Community starts with YOU!

Healthy Living Ipswich magazine is published monthly by the Ipswich Hospital Foundation (IHF). This magazine is our primary vehicle for providing health messages to the wider Ipswich community and encouraging residents to take responsibility for their own health by making healthier choices, participating in regular exercise and making a positive investment in their own lives. We invite you to join us in our mission to become the healthiest community! It starts with YOU!



## Fit4Life programs



Regular low cost fitness activities offered in the Ipswich, Springfield, and Redbank region. Gold coin donation or \$5 depending on session. IHF subsidises the cost of a qualified personal trainer.

To find your closest activity and for more information visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) Check out our latest schedule at the back of this edition of *Healthy Living Ipswich*.



**FIT4LIFE programs include a range of low cost health and fitness activities ranging from family fitness to zumba, cross training sessions to walking groups. No matter what your level of fitness, Ipswich Hospital Foundation FIT4LIFE programs have something to suit your current fitness level and programs to inspire you to enhance your personal well being. Join us! See the back of this magazine for our latest schedule.**



# Ipswich Hospital Foundation 2015 Calendar of Events

## February

- 6 - 8th GaleForce Running Camp
- 20th Breakfast for Blokes, The Coffee Club  
– Ipswich Riverlink (Cinemas)

## March

- 22nd Tuff Kidz Triathlon
- 28th Bundamba Swim Centre Trivia Night
- 29th Heritage Bank Ipswich 100 Bike Ride, USQ Ipswich

## May

- 2nd IHF Race Day & One Mile Gift Foot Race
- 22nd Trivia Night

## June

- 19th Breakfast for Blokes, TBC
- 24th Ipswich Park2Park Launch, TBC

## July

- 2 - 5th Gold Coast Airport Marathon and Expo
- 12th Rail Trail Fun Run
- 26th Ipswich Park2Park

## August

- 7th Breakfast for Blokes, TBC

## October

- 16th Trivia Night, TBC

## November

- 13th Breakfast for Blokes, TBC

## Contact us for further information

Ipswich Hospital Foundation  
 Shop 3, 1 Bell Street Ipswich QLD 4305  
 PO Box 878 Ipswich QLD 4305  
 Phone: 1300 736 428 Fax: 07 3812 7500  
 Email: [info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)  
 Online: [www.ihfoundation.org.au](http://www.ihfoundation.org.au)



Illustration by Nic Gregory



## Health Services



IHF is committed to raising funds to purchase modern medical equipment and comfort and entertainment amenities for patients. Our work benefits the entire community within our region. Join us in our mission to *become the healthiest community.*

## Sunscreen Programs



The IHF Sunscreen Program protects the community from the sun's harmful rays by providing free sunscreen in community areas such as pools, schools and by request at community events. If you have an outdoor event coming up or have a community space that you think requires a sunscreen stand, wall dispenser or trailer please contact 1300 736 428 or [info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)

## Research Grants



IHF engages with the Health and Medical Research community throughout the Ipswich and West Moreton community and

surrounding areas to ensure researchers are supported and to add to innovative and ever increasing health and medical research bodies. The organisation currently supports and sponsors Queensland Centre for Mental Health, Ipswich Hospital Emergency Department, Child Health and Special Care Nursery, The University of Queensland researchers and students, amongst others.

## Healthy Events



IHF organises and supports healthy community events such as Ipswich Park2Park, Ipswich 100 Bike Ride, One Mile Gift run and charity golf days to raise funds and engage the community in a fun health-beneficial activity.

## Healthy Living Magazine



*Healthy Living Ipswich* magazine is IHF's primary vehicle to communicate health and fitness tips and information to our

community. The magazine can be viewed online at [www.healthylivingipswich.com.au](http://www.healthylivingipswich.com.au) and letterbox dropped to in excess of 63,000 homes across the Ipswich region.

Contact IHF on 1300 736 428 or via email [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au) if you would like to receive a copy or support our work by advertising in the magazine.



**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.

Rhiannon will be sharing some healthy and delicious back to school / back to work lunchbox ideas at Gemütlich on Wednesday February 11 at 6pm. Phone 3812 2836 to book. Numbers strictly limited.



# New Year's resolution mocktail - cheers!

**With Christmas and New Year's celebrations behind us it's time to refocus on our health and I will be continuing to provide healthier food alternatives each edition of Healthy Living Ipswich.**

This month I'm featuring one of my favourite party drinks. This refreshing fruity drink is perfect for special occasions or just as a thirst quenching beverage on a hot summer day.

## Delicious New Year's Resolution Mocktail

Makes 6-8 serves

- 2 oranges
- 2 apples
- 1 lebanese cucumber
- ½ bunch mint
- 1L soda water
- ½ L filtered water
- ½ L cranberry juice
- Ice, to serve

Thinly slice the orange, apple and cucumber, leaving the skin on, and place into a large jug.

Rinse the mint under cold water, and remove the leaves from the stem. Place the leaves into the jug.

Then, pour in the soda water, filtered water, and cranberry juice, and give it a good stir.

Place it in the fridge for at least 30 minutes before serving. Serve with ice.

*A delicious, and pretty drink to have on those special occasions, without blowing your health goals!*

I encourage you to experiment with different fruit flavours - there's an endless range of possibilities for tasty refreshing drinks without the need for excess sugar.

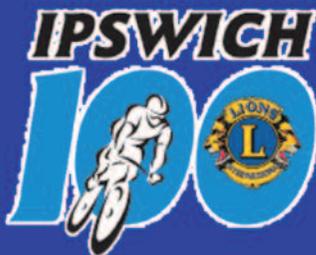
I look forward to seeing some of you at Gemütlich on Wednesday February 11 at 6pm for my tutorial on fun and healthy school and work lunch box ideas. Tickets are \$20 per person and include a \$10 Gemütlich voucher. Phone 3812 2836.



Rhiannon Mack will be conducting a **Lunch Box Ideas Food Demonstration on Wednesday February 11 at 6pm at Gemütlich. Visit [www.facebook.com/gemutlich](http://www.facebook.com/gemutlich) for more details.**



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Say goodbye to boring lunches!

## Lunch Box Ideas

For back to school and work.

### Food demonstration

Wednesday February 11, 2015

6pm - 7pm \$20 per person

Bookings Essential. Phone 3812 2836.

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# Orion

## Springfield Central

### Walking Group

7am every Wednesday



## TURNS 1

**Saturday 14 February!**  
**6.45am Formalities**  
**7.00am Run**  
**Birthday party to follow**

### Love parkrun theme

*Come celebrate with us  
 dressed in your most creative  
 Valentine's Day outfit!*

### Now at two locations in Ipswich!

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

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

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

# 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.

Summer Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Full Body Fitness</b> Bundamba State Primary School			<b>NEW!</b> 5.30pm			
<b>Redbank Walking</b> Redbank Plaza	7.00am				7.00am	
<b>Boxercise</b> Lobley Park Churchill			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> Lobley Park Churchill	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>NEW!</b>				
<b>Orion Walking</b> Orion Springfield Central			7.00am			
<b>Park Run</b> (near) Bill Paterson Oval Limestone Park						7.00am
<b>Aqua Fitness</b> Bundamba Swim Centre		6pm	<b>NEW!</b>			

## Healthy Living Health & Fitness Directory

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



**Advertise your health and fitness business here for just \$200 per month!**

**Phone 1300 736 428**

[healthylivingipswich.com.au](http://healthylivingipswich.com.au)  
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**rhiannon mack**

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**Not your 'typical' nutritionist**

**Contact Rhiannon Mack**

Nutritionist, Whole Food Chef  
 and Sensible Eating Advocate  
**p: 0488 015 233**

**e: [nutritioninfo@rhiannonmack.com](mailto:nutritioninfo@rhiannonmack.com)**

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

## Keep moving with these regular running and walking groups

Coached by qualified personal trainers from **Gale Force Running Squad**, these running sessions are designed to improve fitness, share running tips and help prepare you for your running event.

From beginners to experienced runners, everyone is welcome. There is no booking or registration required. Come along, have fun and get fit at the same time.

**\$5 per session**



**Parkrun is a world wide phenomenon that has just landed in Ipswich.** It is a free, 5KM, timed event, held every week rain, hail or shine. This event is run by volunteers with support from IHF and Ipswich City Council.

To register, visit [www.parkrun.com.au](http://www.parkrun.com.au) you will receive a barcode you can bring along to have your time recorded for you to keep track and improve week to week. **FREE sessions**



**Regular walking sessions** provide a safe environment out of the weather for people of every fitness level and age to get active.

• **Riverlink Shopping Centre** - Newsagent Entrance

• **Orion Springfield Central**  
 - Optus Entrance, Woolworths Mall

• **Redbank Plaza** - Cinema Entrance

**Gold coin donation**





# Want to be part of something BIG?

Are you registering for the 2015 Gold Coast Airport Marathon?  
**JOIN OUR TEAM**



**Register online: [goldcoastmarathon.com.au](http://goldcoastmarathon.com.au)**  
**Team Name: Ipswich Park2Park**  
**Team Pin: 260715**

**All team members will receive 10% off their  
2015 P2P registration - Sunday 26 July**

**Payment** will need to be made online via credit card or account to account at the time of registering. **Race Kits** are to be collected individually. **Park2Park Discount:** You will need to make contact with the P2P team PRIOR to registering for the 2015 Ipswich Park2Park to receive a unique code to receive the 10% discount. **Already registered for Gold Coast Marathon?** If you or someone you know has already entered the Gold Coast Marathon but would like to be a part of the Ipswich Park2Park team simply email [park2park@ihfoundation.org.au](mailto:park2park@ihfoundation.org.au) to be transferred into the Ipswich Park2Park team. **Gold Coast Marathon Early bird registrations close 30 April 2015.**



MARATHON

HALF MARATHON

10KM RUN

5.7KM CHALLENGE

JUNIOR DASH

