

## EDITION 3 : DECEMBER 2015

### WELCOME

Welcome to the third edition of *The Health Update*, a newsletter from the team at Grand Pacific Health Centre - Nowra and Shoalhaven Wellness Centre. This edition focuses on the role of mindful eating and how you can become a more mindful eater as well as giving you a whole range of ideas for enjoying the Shoalhaven on foot this summer.

Days are certainly getting warmer and longer so it's a great time to be making some positive lifestyle changes. If you would like some support or advice to get you on the right track, Grand Pacific Health Centre - Nowra is here to help.

## MERRY CHRISTMAS

The team at Grand Pacific Health Centre – Nowra and Shoalhaven Wellness Centre would like to wish all our clients a safe, happy and healthy Christmas and New Year. We look forward to supporting you to achieve your health goals in 2016!



### INTRODUCING DR ANA RAMOS

The GP team at Grand Pacific Health Centre – Nowra continues to grow following the addition of Dr Ana Ramos to the team in October.

Dr Ramos grew up in the Philippines but has lived in Australia for the last 25 years. She has worked throughout New South Wales during that time, including at a practice in Batemans Bay and more recently at the Aboriginal Health Service at Inverell.

Dr Ramos has a special interest in women's and children's health, mental health and Indigenous health. To schedule an appointment with Dr Ramos call 02 4448 2255 or book online: [www.gphnowra.org.au](http://www.gphnowra.org.au)

### EXTENDED MONDAY OPENING HOURS

Grand Pacific Health Centre – Nowra is now open until 9pm on Mondays!

We're committed to providing genuine after hours care to our patients, and aim to increase our opening hours in the future.

### ARE YOU A MINDFUL EATER?

Have you ever considered why you are eating certain foods? Is it simply because it was in front of you? Or are you eating because you are stressed? Can you remember what hunger actually feels like? Many of us eat in response to the situations we are in and what we are feeling rather than actual hunger - this is what we call 'non-hungry eating'.

Mindful eating is a practice which promotes choosing foods which are both nourishing for your body and satisfying to you. It helps us to listen to our hunger and fullness cues and can help us feel more satisfied with the food we are eating. Mindful eating can help you to make healthy changes to your eating behaviours, rather than dieting which is about restrictions and deprivation.

Here are some tips to help you eat more mindfully:

- Ask yourself, 'am I hungry or am I bored?' Maybe you could go for a walk or listen to music to distract yourself if you are eating for a reason other than hunger.
- Minimise distractions when you are eating by turning off the TV and putting your phone away. This will help you pay more attention to the meal you are eating.
- Focus on the experience of eating by taking the time to notice the different colours, flavours and textures of your food.
- Slow down your eating by putting your cutlery down between bites and chewing each mouthful really well (aim to chew at least 15 times).
- If you do not feel satisfied after eating your meal, wait at least 20 minutes and then ask yourself if you are still hungry.
- Try keeping a journal of not just the 'what' but the 'why' of your eating. This is not about counting calories or kilojoules, so don't get caught up in the numbers!





## SHOALHAVEN BY FOOT

We are so fortunate to live in the holiday destination of the Shoalhaven! With all the cold and wet days of winter and 'August winds' behind us, take the opportunity to get out and explore a less familiar part of the region and be active at the same time. Below is just a short list of some of the countless walking tracks in the Shoalhaven (sealed (S) or bushwalking (BW)), so grab the family or a friend, pack a picnic or a small snack, some sunscreen, a hat and water (a charged mobile phone is also recommended if you're going off the beaten track) and see somewhere new:

- Drawing Room Rocks Berry (4.5km return, BW - moderate)
- Bomaderry Creek Walk Bomaderry - North Nowra (1.4 or 5.5km return, BW - moderate)
- Callala Bay Jetty to Callala Beach headland walk (2.2km return, S)
- Huskisson to Vincentia walk/cycle way (8km return, S). Soon to be extended right through to Greenfields beach!
- Mount Bushwalker, Milton (6.5km return, BW - flat)
- Booderee National Park, Jervis Bay (various lengths 30 to 120 minutes, mostly flat, small inclines)
- Abrahams Bosom Reserve, Currarong (various lengths 40 to 120 minutes, BW - flat to moderate)
- One Track For All, Ulladulla (2 x 1km loops, flat dirt track, wheelchair accessible)

For more information or directions to any of the above tracks (or the many other walking tracks in the area) visit the Shoalhaven City Council website - [www.shoalhaven.nsw.gov.au](http://www.shoalhaven.nsw.gov.au) or stop in at one of the Visitors Centre's.



## LIME-CORIANDER CHICKEN KEBABS

Serves: makes 8

### INGREDIENTS

- 60ml (¼ cup) extra virgin olive oil
- 1 tsp finely grated lime rind
- 60ml (¼ cup) fresh lime juice
- 1 garlic clove, crushed
- ½ bunch fresh coriander, roots, stems and leaves chopped
- 5 chicken breast fillets, cut into 3cm pieces
- 1 lime, cut into 12 thin wedges

### METHOD

1. Combine the oil, lime rind, lime juice, garlic and coriander in a large glass or ceramic bowl. Add the chicken and toss to coat. Cover and place in the fridge for 2-4 hours to marinate.
2. Thread the chicken onto metal skewers.
3. Preheat a barbecue grill on medium-high. Cook skewers for 2-3 minutes each side or until cooked through. Thread a lime wedge onto end of each skewer.

Source: Taste.com.au. Photo <http://www.taste.com.au/recipes/26477/lime+coriander+chicken+kebabs>



## VEGETABLE KEBABS

Serves: makes 8

### INGREDIENTS

- 16 cherry tomatoes
- 16 button mushrooms
- 1 zucchini, cut into thick slices
- 1 large corn cob, cut into 8 pieces
- 1 yellow capsicum, cut into thick slices
- 5 tablespoons balsamic glaze

### METHOD

1. Preheat barbecue to high. Thread vegies onto 8 skewers.
2. Brush vegies with balsamic glaze and grill for 5-10 minutes, turning occasionally.

Source: Healthyfoodguide.com.au. Photo: <http://www.healthyfoodguide.com.au/recipes/2011/january/vegetable-kebabs>



## CHRISTMAS OPENING HOURS

24 December 2015.....Open	29 December 2015.....Open
25 December 2015.....Closed	30 December 2015.....Open
26 December 2015.....Closed	31 December 2015.....Open
27 December 2015.....Closed	1 January 2015.....Closed
28 December 2015.....Closed	

