



YOUR FAMILY DOCTORS

EDITION 4 : DECEMBER 2015

WELCOME

Welcome to the final edition of *Your Family Doctors* for 2015. This edition focuses on staying healthy over the summer period, including tips on how to take control of your eating habits and exercise ideas with the warm weather ahead.

Remember, if you would like some support or advice to get you on the right track for the New Year, Shell Cove Family Health is here to help. Our multidisciplinary team includes GPs, nurses, dietitians, exercise physiologists, physiotherapists, psychologists and podiatrists.

MERRY CHRISTMAS

The team at Shell Cove Family Health 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!

CHRISTMAS OPENING HOURS

24th December	Closed	29th December	Open
25th December	Closed	30th December	Open
26th December	Closed	31st December	Open
27th December	Closed	1st January	Closed
28th December	Closed	2nd January	Open



ARE YOU A MINDFUL EATER?

Mindful Eating

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!

AUSTRALIA'S HEALTHY WEIGHT WEEK

We will be holding events for Australia's Healthy Weight Week again in 2016. On Thursday 18 February you can join us for a morning walk, followed by a healthy breakfast and take the opportunity to learn more about achieving a healthy lifestyle with experienced health professionals on hand to provide practical advice.

Keep your eye out in the New Year for further details!



LOOKING TO IMPROVE YOUR HEALTH IN THE NEW YEAR?

Keep your eye out for exciting events and programs running at Shell Cove Family Health from January 2016 to help you take charge of your health!





WALK SHELL COVE!

With the weather warming up and the days getting longer, now is the perfect time to start, or return to, regular walking. Whether it be around the streets, the beach, a lake or in the bush, the diverse landscape of Shell Cove and its surrounding areas offers walking options for everyone.

Shell Cove itself has 16 kilometres of walking paths offering a variety of flat, hilly or scenic walks around numerous ponds. From Shell Cove you can walk into the village, to the cycle ways that extend north, to the beach or over the footbridge into Killalea State park where you can walk around the lagoon or on the beach.

Outside of Shell Cove other walks include:

- Shellharbour Village Heritage Trail - the trail starts at Little Park, historic plaques provide a brief account and image of the buildings of our past.
- Bass Point Reserve - take a walk through the reserve, enjoy the lookouts at Bushrangers Bay and Maloneys Bay, or follow the Coastal Heritage Walk to learn more about the history and heritage of the site to the Aboriginal people.
- Blackbutt Forest Reserve - various walking trails as well as picnic facilities available, a children's playground and amenities.
- Macquarie Pass National Park has two walks:
 - The Cascades Rainforest Walk - 2km return, includes the Cascades, a 20m water fall.
 - The Glenview Track - through tall open forest providing you with the opportunity to explore.
- Minnamurra Rainforest - the falls walk is 1.3km each way on boardwalks and paved surfaces.
- The Kiama Coast Walk - this walk is broken into three sections. The first is from Minnamurra to Blowhole Point (about 3 hours). The second section is from Blowhole Point to Kiama Heights, a 90 minute walk through waterfront reserves. The third section takes you from Kiama Heights to Gerringong, the 6km stretch along cliff tops with ocean views (about 2 hours).

For more information on Shellharbour walks go to: www.visitshellharbour.com.au

For more information on walks in Kiama visit: www.kiama.nsw.gov.au

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>



SHALLOWS GYM OPENING HOURS

Monday, Wednesday: 8.00am - 9.00pm

Tuesday, Thursday, Friday: 8.00am - 6.00pm

Saturday: 8.00am - 12.00pm



SHELL COVE FAMILY HEALTH OPENING HOURS

Monday: 8.00am - 8.30pm

Tuesday: 8.00am - 6.00pm

Wednesday: 8.00am - 8.30pm

Thursday - Friday: 8.00am - 6.00pm

Saturday: 8.00am - 12.00pm

Sunday: CLOSED