



time out

YOUR NEXT 48 HOURS

def: A short break from work or play.



Prepare for birth yoga

BELLY and Beyond Yoga will continue offering pregnancy yoga in Boyne/Tannum and is now expanding into Gladstone.

Classes focus on strength, flexibility and relaxation and helps expectant mums prepare for birth and beyond.

Classes are held on Monday's 6.15pm at Boyne/Tannum Community Centre and Wednesday's 6.15pm at the Gladstone Women's Health Centre.

Cost \$15 casual or \$75 for a block of six classes.

Don't just hibernate



WINTER officially kicked off this month and there's nothing like a chilly morning or afternoon to test the dedication of exercise enthusiasts.

A drop in temperature can send many leaping under doonas or reaching for heaters while weekend walks on the beach get replaced with mugs of hot chocolate and a good book.

The winter months can serve up a few challenges to the well-intentioned exerciser, even here in sunny Central Queensland, so here's a few tips to help you overcome them:

1. Resolve to get out of bed in the morning. Woody Allen once said "80 per cent of success is showing up". This is especially true for a winter morning workout. Once you extricate yourself from your warm and cosy cocoon, the workout will seem easy.
2. Look for opportunities to exercise, not excuses to avoid it. People who stay fit and in shape all year round eat well and exercise consistently no matter what the weather brings.
3. Our bodies burn more energy in cooler temperatures to help keep ourselves warm. Instead of reaching for the heater or electric blanket, grab an extra layer or clothing or blanket for the bed and let your body heat keep you warm.



WARM UP: Even though it is winter and you cover your body in clothing, you still need to keep fit.

Photo: Contributed

4. Research shows we often train better and achieve more in groups. Organise to meet a friend or training group for an early morning workout to give you that extra incentive to get out of bed.
5. Layer clothing so that you are warm when you leave the house but can peel items off as your workout lifts your body temperature.
6. Those who do make an effort to keep the exercise going are likely to burn more calories exercising in cooler temperatures so this should give you more reasons, not less, to exercise.
7. Stock up on a variety of

- hearty and healthy soup recipes. Soups are a light, tasty and tummy-warming meal just perfect for a cool evening. Ensure homemade soups are high in vegetable content and low in creamy additions. And watch the sodium content of shop-bought soups.
8. Take advantage of a quieter social period. Many people may have less social engagements at this time of year which means more time to exercise.
9. Start and finish your afternoon workout much earlier. Cooler afternoon temperatures allow you to train in the early afternoon without over-

- heating.
10. Cut down on coffee and other milk-based tummy warmers. Like any other stimulant, coffee can drive appetite and influence blood glucose levels. Ditching a coffee or two a day can also cut unwanted calories and assist with weight loss.

Bec Josey is a qualified journalist and personal trainer. She now supports others to get in shape for life as well as events. For more information, visit www.perfectfittraining.com.au or contact Bec at perfect.fit@bigpond.com or on 0424 080 321.

RELAY FOR LIFE Cancer Council

Who will you Relay for?

July 30 - 31, 2011
Chanel College, Gladstone

Visit www.relayforlife.org.au or call your local relay 07 4932 8600 to register your team or for more information about an event near you.



Celebrate Remember Fight Back!

Logos for sponsors: OBSERVER, ZINC 92.1, HARSCO, Jetset, QGC, WIN, Tutl Bryant Hire, Audio & Lighting Services, Phoenix, DOWNING TEAL, Australlan HELICOPTERS, CQP, QHO, MT BIKES, Central Queensland Petrofarm.

Guide Dogs BINGO

Tannum Sands Hotel WED 9.30AM JACKPOT \$500 in 54 calls IN AIR COND BISTRO

- Free Morning Tea
- Lucky Door Prizes
- Lunch Specials
- Senior Meals available

NEWS BRIEFS

Participate

GLADSTONE Multicultural Association would like to extend an invitation to individuals, community groups and organisations to participate in the Gladstone Multicultural Festival being held at the Gladstone Marina August 7. We are looking for individuals, community groups and organisations to hold cultural food stalls, cultural display stalls and performers/entertainers to join us. For further information please email Peter at vicepresidentpeo@gmail.org.au.

er information please email Peter at vicepresidentpeo@gmail.org.au.

Movie afternoon

CHANEL College Relay for Life team is hosting a Harry Potter and the Deathly Hallows Part 2 movie afternoon July 16 from 5:30pm at the Gladstone Cinemas. Come along in costume and you could win a prize. Tickets are available for pre-purchase from Chanel College office for \$20 which includes admission,

popcorn and drink. For details contact 4973 4700.

Cent sale

THE Gladstone PCYC Irish Dancers are holding a cent sale July 9 at the Gladstone PCYC. Entry is \$1 with doors open from 1pm. The dancers will be doing a display and afternoon tea will be provided. There will be over 350 prizes, including a variety of home sewn/crafted prizes. For information phone Shelley on 0457 849 091.



ALL THE INGREDIENTS YOU NEED TO MAKE YOUR WEDDING ABSOLUTELY PERFECT!

FIND EVERYTHING YOU NEED THIS YEAR AT

DERMOTIQUE 2011 WEDDING EXPO

Entry \$2 donated to Gladstone Festival & Events

SUNDAY
19 JUNE 2011
10am - 2pm
At PCYC
Yarroon Street

