

## Healthy Football Finals

Football finals are almost here! How can we stay healthy during this time?

### Why is it Important to Think About Health?

- The football finals are the start of a fairly busy 3 months – they are followed by the Spring Racing Carnival, Christmas parties, Christmas and New Year. Good health habits now, will see you through until January!

### What Should We Wear?

- The weather is spring can be varied – a warm morning can turn into a chilly afternoon. If you get cold at the football not only may you end up having a lousy time but you may end up sick!
- Layering your clothes is the key – lighter clothes underneath but have a good jacket and scarf. If there's even a chance of rain, take a rain coat!
- Don't forget your hat and some sunscreen!

### What Should we Eat?

- Football crowds are well known for eating meat pies and chips but eating too much junk food is not only bad for your waist line, it can also leave you feeling lethargic. To avoid this, plan what you're going to eat!
- If you plan to binge on some junk food while you watch the game, have a good breakfast in the morning – toast and eggs, porridge with fruit or an omelette can set you up for the day. Follow this up with a healthy snack just before the game – such as a salad sandwich – and you can be sure that you won't overdo the junk food. After this, enjoy your pie!
- If you're watching at home, why not start off with a bar-bar-que? It can be both festive and healthy! Some steaks and salad will line your stomach well!
- Many people like to snack during the match and party pies chips and salty nuts are a common munchies. Why not also include some carrot sticks and dip or slices of fruit? For those watching their waistline, popcorn is a great snack!

### What About Hangovers?

- Many people will wake up the next morning feeling seedy – especially if their team wins! There is no single hangover remedy but here are some things to remember:
  - Drink lots of water – your body is dehydrated
  - Stick to simple food – crackers, rice, plain soup
  - Rest – many people don't want to more too much anyway!
  - Don't drive – your concentration won't be great and you may still be over the limit.

### What About Exercise?

- Often watching the final football match inspires us to do some exercise – especially as we have a little extra time (until the cricket season starts!). Get outside and do some exercise: walking, cycling, swimming. Now is a good time to start your summer exercise routine!

### What Other Things Do We Need to Watch Out for?

- Flu season is still with us – both respiratory and gastro viruses. If you get a flu, stay home and don't spread it around. Colds are common especially if we don't dress warmly enough or the weather suddenly and unexpectedly changes.
- Experts are warning there is a chance of asthma thunderstorms. If you are at risk of asthma, make sure you are carrying medication.