

Spring Racing Carnival Health

The Spring Racing Carnival is here – time to shake off winter and enjoy being outside and having fun! So how can you stay healthy during this festival?

Why is it Important to Think About Health?

- The Spring Racing Carnival is the start of the festive season – closely followed by Christmas parties, Christmas and New Year. Creating good health habits now will see you through until the New Year!

What Should We Wear?

- The weather in spring can be varied – a warm morning can turn into a chilly afternoon. If you get cold at the races not only may you end up having a lousy time, but you may end up sick!
- Layering your clothes is the key – spring means lighter clothes but have a jacket handy. If there's even a chance of rain, take a rain coat!
- Many ladies like to wear high heels – especially if they're competing for the fashion on the field! But high heels aren't the best footwear to stand and walk in all day so have a pair of flatter shoes handy too!
- Don't forget your hat and some sunscreen!

What Should We Eat and Drink?

- Race days, especially the Melbourne Cup, are known for large quantities of alcohol and rich food. If you want to avoid packing on the weigh, plan what you're going to eat and drink!
- Start the day with have a good breakfast – toast and eggs, porridge with fruit or an omelette can set you up for the day.
- If you're taking a picnic to the races, pack some healthy snacks: celery or carrot sticks, salad or chicken sandwiches are great to snack on.
- If you're hosting a lunch at home include lots of healthy options. A plates of crudities such as celery, carrot sticks, lightly cooked asparagus and a light dip, plenty of salads with the dressing on the side and a fruit platter or fruit salad are all great options.
- Many people like to have a drink or two on race day but also drink lots of water – especially if it's hot!

What About Hangovers?

- Many people will wake up the next morning feeling seedy – especially after Melbourne Cup Day! 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 move too much anyway!
 - Don't drive – your concentration won't be great and you may still be over the limit.

What Other Things Should We Do?

- Alcohol can be very draining on the body so if you're attending a number of events, especially on consecutive days, consider making one alcohol free.
- Get a good night's sleep! Being well rested is important especially if you're attending several events.
- Keep up your exercise regime! Maintaining your exercise will help you to work off that rich food, improve your sleep and help you feel good!
- If you're going to the races, remember many people there may have colds or the flu! Take some antiseptic handwipes or gel and use them regularly – particularly before eating!

Phoenix Centre for Acupuncture and Holistic Health

15 Dawson Street South, Ballarat

Telephone: 0487 152 507