

## Racing Carnival Health

The Spring Racing Carnival is here – time to shake off winter and enjoy being outside! So how can you go to the races and still stay healthy?

### 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!

### How do you Prepare for a Day at the Races?

- Get a good night's sleep! – A good night's sleep not only makes you look better it can help you cope with the richer food and drink you may consume.
- Make sure you're hydrated – being a bit dehydrated may lead to gulping those first few drinks! Drink lot of water the day before!
- Check the weather report – spring weather can be fickle so check the report the day before. Getting cold or wet can make you miserable and sick so pack a jacket or rain coat if necessary.
- Prepare to be on your feet a lot – it may be a long walk from the carpark or you may be standing for much of the day: make sure your shoes are suitable! If necessary, wear a pair of comfortable shoes and change into your dress shoes when you get to the racecourse!
- Start the day with have a good breakfast – toast and eggs, porridge with fruit or an omelette can set you up for the day.
- Don't forget your hat and some sunscreen!

### What Should We Eat and Drink?

- Rich food is often synonymous with racing lunches. Too much rich food, including chocolate, can upset the digestion causing stomach aches, reflux and constipation. Enjoy a little but combine it with a salad, vegetables or fruit.
- 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 the day is hot, dairy such as cream or soft cheese can go off – better to leave it at home!
- 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.
- Seafood such as prawns or oysters can be great option but make sure they're kept refrigerated.
- Many people like to have a drink or two on race day but also drink lots of water – especially if it's hot!

### 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.
- 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!
- Dust and pollen can aggravate asthma – remember to take medication with you.
- Many people have a headache by the end of the day – this may be because of the noise and excitement or dehydration. Sit in a cool, quiet place and drink some water.
- Dealing with crowds, eating rich food and drinking alcoholic or sugary drinks put a stress on the body – remember to schedule some time for relaxation such as a stretch session or meditation!

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