

Healthy Melbourne Cup Festivities

The Melbourne Cup and Spring Racing Carnival is here – time to shake off winter and enjoy being outside and having fun! So, how can you have a good time and stay healthy?

Why is it Important to Think About Health?

- The Melbourne Cup is the start of the festive season – closely followed by Christmas parties, Christmas and New Year. If you get sick now, you miss other festivities in the coming weeks!

What Should We Wear?

- Whether it's the Melbourne Cup or another race day remember: the weather can change quickly! A warm sunny morning can turn into a chilly or rainy afternoon. If you get cold or wet 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 – a wide brimmed one! – 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.
- Take some healthy snacks with you to munch on through the day: celery or carrot sticks, apples slices with peanut butter, cucumber and hummus, some sliced fruit or some mixed nuts.
- If you're taking a picnic to the races, pack some healthy options: salads, chicken and avocado sandwiches, hard boiled eggs, thinly sliced salmon or prawns (make sure they stay cold!).
- 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, prawns or salmon, and a fruit platter or fruit salad are all great options.
- Alcohol, sugary drinks and caffeine are dehydrating so drink lots of water – especially if it's hot!
- If you're going to several events, especially on consecutive days, consider making one of them alcohol free so your body has time to recover.

What About Hangovers?

- Many people will wake up the next morning feeling seedy – especially after Melbourne Cup Day! There is no 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?

- Get a good night's sleep! It helps you handle any stress plus you'll look better!
- 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!
- Wash your hands often! Lots of people – coughing and sneezing – means lots of germs so always wash them before eating. Carry some antiseptic handwipe in case you can't get to a sink easily.

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