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## **Macquarie University Sport and Recreation Inc.**

### ***Success & Well Being***

Staff News No.13 2005

#### **Staff Mates News**

Welcome back for semester 2! We hope all staff had a great break and are recharged and ready for a fantastic second half to the year. With the weather getting warmer and days getting longer it's the perfect time to start thinking about getting in shape for spring and Staff Mates can help you do exactly that! So take the plunge and get involved in these great activities available to you.

#### **Sport & Leisure Centre Specials**

Thinking of joining the gym but need a bit more incentive? How about one extra month for free! That's right when two friends join together on either one of our 4, 6 or 12 month memberships each get an extra month free. Need more incentive? All our health and fitness memberships include regular fitness programs and appraisals with our experienced and friendly staff.

For more information on health and fitness memberships visit [www.musr.mq.edu.au](http://www.musr.mq.edu.au) and click on the Sport and Leisure Centre tab. Alternatively pop in and see us.

#### **City to Surf—Only Days Away!**

The count down to the World's Biggest Fun Run (and Walk) has begun. On Sunday 14 August the crew from our Sport and Leisure Centre will be hosting a busload of Macquarie students and staff to this year's event and we are dedicated to making it a great experience for everyone who comes along. So, if you're keen to take part you still have time to join in with us. For only \$30 for members and \$35 for non-members you'll get this great package:

- Team shirt
- Transportation to the race from the Macquarie University Sport and Leisure Centre and back again
- Post-race chill-out room at the Biltmore on Bondi
- Light refreshments and drinks
- Use of shower and bathroom facilities post-race

- A post-race massage.
- Team water bottle
- One free visit to a Pilates, body balance or yoga group fitness class in the week following the race.

For more information on the City to Surf, visit our website [www.musr.mq.edu.au](http://www.musr.mq.edu.au), phone x7636 or stop in and see us at the Sport and Leisure Centre during your lunch hour.

#### **The Home of Sport at Macquarie**

Macquarie University Sport and Recreation is now offering staff and students a new place to escape to for that quick break or evening meal. The **Club House Bar and Grill** is located within the University's Sports Fields complex on the corner of Culloden and Talavera Roads and offers great quality meals and drinks at reasonable prices. Surrounded by nine hectares of the University's Sports Fields and fringing the Lane Cove National Park, the Club House is the perfect setting to take time out and enjoy some fantastic live sport with friends. We welcome all staff to pop in for a visit! For more information on the Club House check out [www.musr.mq.edu.au](http://www.musr.mq.edu.au) or contact Zhann on (02) 9850 7635.

#### **Mascot Competition**

Macquarie University Sport and Recreation is in search of a new mascot to lead its sporting teams, clubs and athletes to future success! Do you have a great idea of what our mascot should be? If you have a creative flair enter our Mascot Design Competition by Friday 16 September for your chance to win an Apple IPOD. For more information including competition guidelines and conditions visit [www.musr.mq.edu.au](http://www.musr.mq.edu.au). Get drawing!!!

#### **Healthy Bones Week**

August 7–13 is National Healthy Bones Week a joint initiative of Osteoporosis Australia and Dairy Australia to help raise awareness of how to build and maintain strong healthy bones.

**[www.musr.mq.edu.au](http://www.musr.mq.edu.au)**



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#### **Focus On: Osteoporosis**

Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures (breaks or cracks) than normal bone. Osteoporosis occurs when bones lose minerals such as calcium, and the body cannot replace these minerals fast enough to keep the bones healthy. As a result, bones become thinner and less dense. Any bone can be affected by osteoporosis, but the most common sites are bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis has no signs or symptoms usually until a fracture occurs—this is why osteoporosis is often called a silent disease.

Osteoporosis can lead to changes in posture (e.g. developing a stoop), muscle weakness, loss of height and deformity of the area affected. Fractures can lead to long-term pain and disability, loss of independence, and may even contribute to premature death.

Both men and women are affected by osteoporosis; one in two women and one in three men over the age of 60 will have a fracture due to osteoporosis. However, women are at a greater risk of developing this condition because of the hormonal changes that occur at the time of menopause.

Oestrogen is a hormone that is important for maintaining healthy bones, and when oestrogen levels decrease during menopause, the bones lose calcium and other minerals at a much faster rate than they did before. While men also lose bone density as they age, it tends to remain adequate until much later in life.

You can lower your chances of developing osteoporosis by looking after your bone health. Several factors contribute to healthy, strong bones:

- Good nutrition (especially calcium and vitamin D)
- Healthy lifestyle (not smoking, low alcohol intake)

- Exercise (keeps bones and muscles strong)
- Hormones (e.g. oestrogen)
- Weight-bearing exercise, such as walking, stair climbing, aerobics or jogging, build up bone and muscle strength. The conditioning from the exercise can also help prevent falls, and thus fractures. Individuals with osteoporosis already can reduce bone loss and regain bone strength through diet and exercise.

Source: Information courtesy of [www.osteoporosis.com.au](http://www.osteoporosis.com.au)

#### **Recipe of the Month:**

##### **Banana and Passionfruit Custard Tart**

Need a bit more calcium in your diet? Why not try this yummy dessert that's also low in fat!

##### **Ingredients**

12 sheets filo pastry  
Australian Light Evaporated Milk, for brushing  
3 eggs  
2 tablespoons castor sugar  
2 ½ cups Australian Light Evaporated Milk  
extra ¼ teaspoon cinnamon  
2 bananas, sliced  
¼ cup fresh or canned passionfruit pulp

##### **Method**

Layer filo sheets together, brushing in between with milk.

Press into a quiche dish and trim the edges with scissors.

Beat the eggs, sugar and milk together, pour into filo case and sprinkle with cinnamon. Bake at 180°C for 45 minutes or until custard has set. Allow to cool.

Top with combined banana and passionfruit before serving.

Slice into wedges and serve.

Serves 8 people.

Source: Recipe courtesy of Dairy Australia:  
[www.dairyaustralia.com.au](http://www.dairyaustralia.com.au).