

fitbits

» burn baby burn

» energy to burn

FRIED BACON AND TWO EGGS

TO BURN off the extra energy the body receives from fried bacon and two eggs, you would need to:

- Play lawn bowls for 47 minutes
- Play table tennis for 40 minutes
- Stretch for 39 minutes
- Play softball for 29 minutes
- Stand still for an hour and 53 minutes

Source: fitness2live.com.au energy balancer



» rrp

Premax range, \$15.95 to \$19.80

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A success: Fiona Coote, Australia's youngest heart transplant recipient, this year celebrated 25 years of her new heart.

» this just in

AUSTRALIAN scientists have found a way to extend the time a donated heart can be kept on ice and available for transplant, in a globally significant breakthrough.

Researchers at Sydney's Victor Chang Cardiac Research Institute (VCCRI) have reformulated the protective solution into which a freshly donated heart is packed before it goes on ice.

Prof Peter Macdonald says tests in animals showed the new solution could more than double the time a donor heart remains viable, from only five hours to up to 14 hours.

The development could revolutionise organ transplant processes around the world, allowing more operations to be done with reduced risks and using donor hearts flown from hospitals across the country.

» the big event

SUNDAY, January 3, marks the 30th year of the Rip to River fun run at Ocean Grove.

The event features the Classic 10km Run (and Walk) from Point Lonsdale to Ocean Grove, as well as the 5km Run and the 1.5km Nipper Ripper Fun Run.

Entries open tomorrow at www.riptoriver.oceangroveslsc.asn.au

» what is

OSTEITIS PUBIS

AN INFLAMMATION of the joint where the pubic bone meets at the front. Symptoms include pain in the groin when running, doing sit-ups and squatting. It can be mistaken for a muscle strain because pain comes on slowly. Seeing a sports doctor is a good first step. After that, rest is the best treatment.

» 1237 The number of kilojoules in a herb and garlic focaccia

» extrawell - directory

COLLEGES & TRAINING

MESSAGE - Its better to give than receive! Become a qualified Massage Therapist or update your qualifications.
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