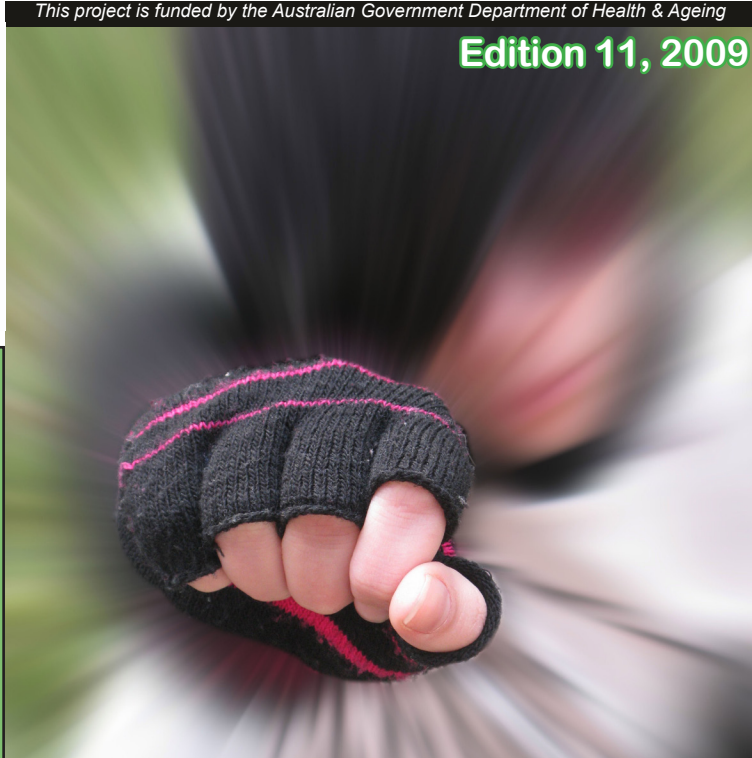




WHAT'S ON THE CD?

1. Hard Facts about smoking
2. QLD Cricket's Joe Marsh encourages kids to play cricket
3. Talk over your problems with Child and Youth Mental Health Service
4. Low on energy? Eat a healthy breakfast to start your day!
5. Swine Flu Facts
6. How to get 'your 30' in for this Winter
7. Fun Food Facts! A little insight into the food you eat
8. Healthy Cherbourg kids
9. Surprising Sport Facts
10. Body Image and how you feel about the way you look
11. Gone Walking for walking enthusiasts!
12. Healthy treats - try out these mini pizzas!



Everyone faces problems in life, and talking about them can often help.

But where do you go, and who do you talk to?

The Child and Youth Mental Health Service - CYMHS, pronounced as 'KIMS', is a place where you can yarn with people who understand what you're going through.

Whether that be stress, depression, anxiety, mood problems, relationship or family problems, CYMHS can help you with your difficulties, decisions, choices,

feelings, thinking and behaviour.

So if you are under 18, come and talk to someone. It's free.

There are three community clinics you can visit which are open Monday to Friday 8.30am to 5pm.

Greenslopes Clinic
Phone: 3397 9077

Yeronga Clinic
Phone: 3848 8011

Inala Clinic
Phone: (07) 3372 5577

Fun Food Facts

INTERESTING



Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.



Carrots were originally purple in colour! By the 17th Century new varieties were introduced and orange became popular.



It takes more energy to eat celery than what's stored in it.



Lemons contain more sugar than strawberries.



Lettuce is the only vegetable or fruit which is never sold frozen, canned, processed, cooked, or in any other form but fresh.



Eggplants are actually fruits, and classified botanically as berries.

YUMMY!

- Coffee is the most recognized smell in the world.
- Cherries are a member of the rose family.
- Honey is the only edible food for humans that will never go bad.
- Strawberries are the only fruit which has its seeds on its outer skin.
- Peanuts are one of the ingredients in dynamite.
- Pear is a fruit that ripens from the inside out.

GROSS!



Egg spills can be fixed by sprinkling a generous amount of salt on the egg and let it dry. Then sweep the egg up with a broom.



Gelatin, the stuff you find in jelly, is actually made from boiled skin and bones from animals! (But they say it's still good for you).



Chicken is one of the few things that we eat before it's born and after it's dead.



Smoking Stinks!

EVERYONE SAYS SMOKING
IS BAD FOR YOU

WHY?

Smoking is one of the worst things you can do to your body. Yet every single day kids between the ages 12 and 17 start smoking.

But why are they taking it up?

There isn't just one simple answer.

Some kids start smoking because they're curious, and others like the idea of doing something risky. Or it might be because the young person knows others who smoke and thinks it's a way to be accepted, especially as an adult.

But cigarettes contain nicotine, a chemical that causes a tingly or pleasant feeling, and is highly addictive. It means that if you start to use nicotine, your body and mind will become so used to it that you'll need to have it just to feel OK.

The nicotine and other poisonous chemicals contained in cigarettes cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up.

It also can make it

more difficult for blood to move around in the body, so smokers may feel tired and cranky.

The longer you smoke, the worse the damage becomes.

How does it affect me?

Smoking might affect kids more quickly, and cause:

- bad breath
- yellow teeth
- smelly clothes
- more colds and coughs
- difficulty in keeping up with friends
- an empty wallet - it's an expensive habit!

To find out more visit www.oxygen.org.au

GONE WALKING

Did you know that 21 per cent of children aged 5 - 17 are overweight or obese and levels of obesity in Queensland adults increased by 45 per cent between 2001 and 2006?

With the growing concern of fatality in Indigenous health, it is vital that you, as a healthy, active Murri kid, should start taking care of yourself and encourage those around you to get active and eat healthy.

To overcome obesity and disease all you have to do is exercise regularly and eating healthy, nutritious foods.

At least 60 minutes of moderate-intensity physical activity is needed daily to remain fit and healthy.

Moderate-intensity physi-

cal activity includes activities such as:

- Walking briskly
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

Moderate-intensity could be described as just enough physical activity to get your breathing at a steady pace and heart rate pumping.

You can also split up your 60 minutes of exercise that suits you and your lifestyle to make it easier.

If you work during the

day – you could do thirty minutes in the morning and thirty minutes in the evening. Or if you go to school you could do twenty minutes in the morning, twenty minutes at lunch and twenty minutes when you get home in the afternoon.

If you haven't exercised for a while, a good way to start building your strength, energy and fitness is to start walking.

So why not try some of the great walking tracks around Brisbane?

Healthy Active Murri Kids is managed by the Brisbane Indigenous Media Association. Call 3892 0100 for more info.



Brisbane City Council's Gone Walking program

Gone Walking provides about 80 free walks across many Brisbane suburbs. All the walks are conducted and planned by trained volunteers and walk organisers.

Ring the Brisbane City Council Call Centre on 3403 8888.