

# LUNCHCATION

Can't afford a holiday? Try turning your lunch hour into your own mini vacation and rejuvenate your mind, body and soul.

By **David Smiedt**

All too often, those precious 60 minutes in the middle of the working day are given over to either the practical (bill paying, banking and so on) or the prosaic (mindlessly flicking through the holiday photos of someone you once went to school with on Facebook). It is, however, possible to transform this time into one that rejuvenates mind, body and spirit; to take a holiday from the daily grind. Welcome to your very own "lunchcation".

### **Music therapy**

In terms of pure escapism, there are few things to rival live classical music, especially if it's free. Melbourne and Sydney conservatoriums, the University of Western Australia's School of Music and the Brisbane City Temple often all offer free lunchtime performances. A reasonable \$7 gets you into a concert at the University of Adelaide's beautiful Elder Hall.

If music is not your thing, you can have your knowledge of art, design, culture, politics and more enhanced with occasional free lectures provided by councils such as the City of Sydney and establishments such

as the Perth Cultural Centre, Melbourne's RMIT University, the University of Queensland and the Tasmanian Museum and Art Gallery. Go online to check for upcoming talks.

### **There's the rub**

At upwards of a dollar per minute, a lunchtime massage can feel like a rather costly indulgence. The good news is all those therapists had to start somewhere and if you're happy to submit to the hands of a student, there are bargains to be had.

At the NSW School of Massage in Sydney, Melbourne's Victoria University student clinic, Queensland's Q Academy, Perth's Australasian Academy of Wellness Therapies and Adelaide's Natural Health Academy, among other places, you can enjoy an hour of bliss for \$20 to \$30.

### **Get snappy**

Chances are, you have a smartphone. Chances are it has a camera boasting a serious amount of megapixels. A creative way to divert yourself from the stresses of work is to set up a photo project.

### **Cheers**

Nothing says "holiday" like a cocktail at lunchtime, but heading back to the office smelling of anything that ends in "tini" is probably best avoided. You can have (almost) the best of both worlds by cutting out the booze factor. Take yourself off to the fanciest bar of a big hotel, peruse the cocktail menu and instruct the barperson to make you a virgin version of whatever takes your fancy. It shouldn't cost you more than \$10, but you're not merely paying for a drink, you're paying for a treat to be lingered over in beautiful surroundings away from the sounds and sights of the office. Salut!





**Did you know?** Tourism Australia says Australians have built up 118 million days and \$33 billion in accrued annual leave.

Aside from getting you out of the office – a good lunchcation start in itself – it will have you looking at familiar places and objects in a whole new way.

You can share the results with as many or as few people as you like – it's more about personal fulfilment. Create a collection of themes – be it architecture, birds, trees, buskers – or even take the same picture in the same place over a given year and build a unique collage. The possibilities are limitless.

Websites such as [www.365project.org](http://www.365project.org) abound with ideas and free apps such as Pixlr-o-matic can add a new dimension with finishes and tints.

**What she's having**

One of the best things about travelling is it broadens your culinary horizons, yet come lunchtime on a work day and we often defer to the tried and tested, quick and easy meals.

Bring a holiday to your plate by trying a new type of cuisine or

new lunch spot at least one day during the working week. And while you're there, don't take the safe option. Ask the proprietor for their recommendation or speciality. It may not always be great, but it often will be and your lunch will become one to remember.

**The om factor**

The benefits of meditation are well known and many practitioners maintain that a session can make them feel as relaxed and centred as a mini-break.

Once a week, the Melbourne Buddhist Centre and Sydney Buddhist Centre offer drop-in lunchtime classes that run for 45 minutes, during which



**More lunchcation ideas**

- + Visit a travel agent to talk about your holiday ideas. In this era of internet booking, they'll be glad of the company.
- + Visit the cosmetics department of your biggest department store. One of the brands will be offering free makeovers or at least a makeover when you purchase a product.
- + The volunteering vacation is gaining in popularity, but there's not much volunteering you can do in an hour, right? Wrong. Register for free with [www.sparked.com](http://www.sparked.com) and you can match your skills with projects that require them, from proofreading a document to helping a charity come up with a new campaign.

time you will be guided through what is essentially a holiday from at least some of your workaday stresses. Classes cost \$15.

The Australian School of Meditation and Yoga, which has branches in South Australia, Queensland, Victoria and NSW, also offers guided lunchtime meditation classes called "Deep Peace" and fees are by donation.

**Clear the schedule**

Holidays signal a time when you don't have to be anywhere or do anything.

Channel a bit of that freedom by designating one lunchtime out of every week a task-free one. Accomplish what you need to

on Monday to Thursday – even if it means rushing around that little bit more – so that Friday from 1pm to 2pm can be entirely yours to window shop, sit in a park with your feet on the grass, stroll around a gallery or whatever else you feel like doing.

**Liberate holiday traditions**

Whether it's ten-pin bowling (visit [www.strikebowlingbar.com.au](http://www.strikebowlingbar.com.au) for locations in Queensland, NSW and Victoria), visiting the local aquarium or blowing \$20 at a video game arcade (for the kids of course), we all have certain activities we enjoy but usually end up doing only when we're on holidays. Break the shackles one workday lunchtime and you'll find they are perhaps even more enjoyable this way. **b**

**bodyandsoul.com.au**  
Damien Kelly shares the best workouts to do in your lunch hour at [bodyandsoul.com.au](http://bodyandsoul.com.au)

# Sales are BOOMING for clinical "liquid" appetite control

Swedish secret to portion control now helping Australians eat less!

Over 1 million doses have been shipped to dieters so far, and sales continue to climb every day for the appetite suppressing portion controller Slim Stix.

"Unbelievable, that's all I can say," said Myles Unwin, Sales Director at NutriStix, the company that developed the clinically tested portion controller. "We knew we had a great product, not only because it is clinically proven to help you eat less by promoting feelings of satiety, but the pocket sized liquid sachets make them the most convenient appetite suppressant around. People just keep placing orders, it's been pretty amazing," he said.

But a closer look suggests that maybe the company shouldn't have been caught off guard by its success. There are some very good reasons for Slim Stix's surging popularity. To begin with, the clinical test results were very impressive. Participants taking Slim Stix's formulation as directed ate up to 30% less than those taking a placebo during one clinical study. Remarkable results were achieved without additional exercise or diets.

**Natural wonder food** Slim Stix comes from a natural edible plant source. It's safe, as well as easy to use as you simply drink one small sachet per day and the

effect lasts all day long. There are no drinks to mix, this liquid portion control is meant to be consumed directly from the sachet.

Slim Stix can actually begin working the very first day. And since researchers believe Slim Stix works to suppress appetite and help you eat less, most people can eat what they want and still see themselves losing weight. "By suppressing their appetite, most people will consume fewer calories which can

lead to weight loss," said Ivan Leibowitz, head of Research and Development at NutriStix "Consumers should always keep in mind that there is no substitute for proper diet and exercise when it comes to losing weight.

**Impressive clinical results** Slim Stix's active formulation has a known ability to help control hunger pangs. This allows people to eat the foods they want and always seem to be craving because they'll just want to eat less. Numerous clinical studies have been conducted in Europe by the Northern Ireland Centre for Diet and Health at the University of Ulster, as well as Maastricht University in The Netherlands, and The Swiss Federal Institute of Technology. These studies have been published in high profile, peer reviewed scientific journals – a fact that separates Slim Stix from its competition. In one study, participants ate an average of 30% less calories for at least 8 hours after one single dose, which may even last up to 36 hours. While we all know that no diet or supplement works for everyone,

a remarkable percentage of users of Slim Stix have seen amazing results, which were achieved without changes in lifestyle. All they did was take a tiny 7.5 mls of the liquid once a day.

**Professional support** Industry trends along with professionalism, support in the weight loss and fitness industries indicate that Slim Stix is the real thing. This amazing liquid food is being recommended to companies and clients across the country. Sally Thompson, a personal trainer, has had some of her clients use Slim Stix with great success. "When I'm working with my clients I can control what they're eating," said Sally, "But when they leave they're on their own and that's when the tendency to cheat comes into play," she continued. "I heard about Slim Stix, so I checked out the facts then decided to try it as a part of my training program," Sally said. "It's really helped some of my clients to control their eating. I've watched people get some amazing results while taking Slim Stix," said Sally. "Sign me up, I'm a believer."

Mr Leibowitz was impressed with the quality of the clinical trials as well as the International Patent WO99/02041. This patent protects the technology which helps the liquid pass through the small intestine without being digested. This process is what the developing scientists believe is the key to the active ingredient's effectiveness. "When I read the clinical results, the worldwide patent and all of the other scientific support, I immediately knew we needed to use this compound," said Leibowitz. "The results are real; Slim Stix is a great product that's been shown to help people achieve their weight loss goals by helping them to eat less."

## Sales skyrocketing; news of its amazing results spreads across Australia

Real Aussies are achieving their weight loss goals with the help of Slim Stix



Before 90 kg



After 65 kg

"I wish I had known about this product years ago!... Once I had children in my thirties I put on so much weight and my lifestyle changed and I found it really impossible to lose this weight. Now that I have been able to control my portion sizes more easily I have regained my energy levels, my self confidence and can be a more active mum for my children. I feel like I used to in my twenties again!"

**Claire James, Tasmania lost 25 kilos**



Before size 16



After size 10

"I tried 12 different diets. One by one. And failed them all. Then I discovered Slim Stix. It helped me control how much I eat and the kilos just dropped away. I eliminated thousands of calories every week and lost 15 kilos and 3 dress sizes in 11 weeks."

**Sabine Gruchet, Sydney lost 15 kilos**



Before 99 kg



After 88 kg

"I've tried shakes before but the never worked. The inconvenience made it hard to keep up. When I saw these take anywhere liquid sachets I had to try them. With the help of Slim Stix, I ate less and lost 11 kilos and now I not only fit back into my suits – they are even a little big on me!"

**George, Sydney lost 11 kilos**

**1300 SLIM STIX (1300 75 4678) [www.slimstix.com.au](http://www.slimstix.com.au)**

Free recipes, diets and exercise tips plus BMI calculator!



\* Remember to exercise for your health and wellbeing. It also burns more kilos! Publications • International Journal of Obesity (2000) 24, 1419-1425 • International Journal of Obesity (2001) 25, 1487-1496 • European Journal of Clinical Nutrition (2002) 56, 368-377 • European Journal of Clinical Nutrition (2006) 60, 1081-1091