

# IT'S TIME TO GET FIT AND HEALTHY



RM1946167

# Organ donation on the rise

**HEALTH** Minister Skinner has welcomed news of a significant increase in organ donation and transplantation rates in New South Wales following a 16 per cent rise in donors in 2013.

Mrs Skinner said 102 people donated their organs in NSW last year, compared to 88 in 2012.

The latest figures confirmed by the Australia and New Zealand Organ Donation Registry (ANZOD) show that NSW experienced a 16pc increase in actual donors in 2013.

This resulted in a 20pc increase in the number of organs transplanted in NSW, while nationally organ transplantation increased by just six per cent.

Mrs Skinner said it was pleasing to see more families discussing organ donation, as these

conversations lead to more lives being saved every year in NSW.

In August 2012, the NSW Government released Increasing Organ Donation in NSW: Government Plan 2012 to bolster low rates of organ donation in the state.

Initiatives of the plan included: The closure of the NSW Roads and Maritime Services (formerly RTA) organ donor register, moving to the single national Australian Organ Donor Register administered by Medicare; Increasing community education and awareness campaigns to encourage people to have discussions with their families about organ donation; Employing specialists doctors and nurses in hospitals to support families through the donation process and promoting living donor programs.

"It's encouraging to see that the NSW Government's Increasing Organ Donation in NSW: Government Plan 2012 is successfully bolstering donation rates in our state," Mrs Skinner said.

"Up until now the most donors NSW has had in a single year is 88.

It is clear from the 2013 increased figures that more people are having the conversation about organ donation.

"Organ donation is a rare event," Mrs Skinner said. "Only about one per cent of people who die in hospital can be organ donors, which is why it is so important for families to know their loved one's wishes.

"I urge all families to discuss organ donation and register their decision on the Australian Organ Donor Register," Mrs Skinner said.

For more information, visit [www.donatelife.gov.au](http://www.donatelife.gov.au).



One organ and tissue donor can transform the lives of ten or more people.

# Shape up this summer

SUMMER is a very popular time to get into shape but one of the biggest problems I see in my line of work is people using the wrong product for their body type.

It's either a result of getting bad advice or following what someone else uses without checking it's right for you.

Just because the person you want to look like is taking a certain supplement or doing a certain workout program doesn't mean it's going to work for you.

Matt Van Dyk at DHF has seen the wrong combinations. "I've had customers come in who are looking to build lean muscle but have been taking supplements aimed at building bulk," he said.

"Obviously this is frustrating for them because they're working hard and not achieving the results they're after. I've been able to get them on the right product for their body type and help them reach their goals."

Getting the right advice will ensure you can get the body you want a whole lot faster.

For further information call Matt at DHF on 6101 7760.



Discount Health and Fitness owner Matt Van Dyk at his Crawford Street shop front.

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# Smart fitness at Gym Victus

GYM Victus in Queanbeyan has taken a unique approach to fitness by utilising practical combat and boxing training for the benefit of increased fitness, strength, agility and self-confidence.

Programs at Gym Victus follow build over six-week periods, and aim to develop

individuals over the course of each program, whilst also encouraging clients to take the next step in their training.

Gym Victus is fully equipped for combat training with eight boxing bags of various sizes, speed balls and an array of combat conditioning equipment.

Strength and conditioning

(weights and fitness) also play a vital role in our approach with all members being guided with training programs.

Gym Victus is an 'old school' gym with memberships being limited and exclusive as such.

For further information call Gavin on 0406 687 893.

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