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inside



GREAT SCOTT

As a star player for the West Coast Eagles, Scott Selwood knows a thing or two about passion, teamwork and healthy living.

Growing up with three older brothers, Scott Selwood caught the footy fever early. "Generally when you're young I think you tend to follow what your brothers and family do, so most of the time besides trying to beat me up they were usually having a kick of the footy," he remembers. "That's pretty much where my love for footy and love for exercise started, and I haven't really looked back since."

From those early days kicking the footy around in the backyard, the four Selwood brothers have all gone on to the AFL – Troy played for the Brisbane Lions from 2005–2010, Adam plays for West Coast with Scott, and Joel is captain of the Geelong Cats.

"Troy and Adam got drafted when I was twelve and from there I sort of realised that the dream to play AFL footy could be a realistic one," Scott says. "So that's when I tried to start picking up on little tips from them and tried to focus

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Win!

We have an iPad mini to give away to one lucky Thrive reader.



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Travel

Explore the world's best cycling destinations.



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Jamie Oliver's veggie chilli

Warm up your winter with this veggie chilli, crunchy tortilla and avocado salad.

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on setting goals to become a better player."

His determination paid off, and after playing under-18 football for the Bendigo Pioneers, he was selected by West Coast in the 2007 draft, making his debut with the team in round three of the 2008 season. Now, at age 23, he has firmly established himself as one of the team's most valuable players, having been awarded West Coast's Club Champion Award as the best and fairest at the club last year.

Being part of a team is something Scott cherishes for the support and camaraderie that comes along with it. "At West Coast we've got an unbelievable culture – it really does feel like a brotherhood," he says. "You feel as though you're part of one big tight-knit group and there's nothing better than coming to work when you know you've got fifty of your good mates who you can hang around with all day."

His brother Adam has been a big part of making the team

experience for Scott. "I'm lucky to have my brother in the club," Scott says. "He's about six years older than me and he has always been really honest and guided me in the right direction with the little things I had to do to get better as a football player and also as a person."

Want to know more about how your favourite footy players stay healthy? Visit westcoasteagles.com.au and check out the HBF Health Centre. We've got the weekly injury list, plus some interesting health facts about the players – what they eat, how they train, calories they burn and more.



"Matty Priddis was also a big influence on me when I first got here. He has a great attitude and made me feel really welcome, and he still does to this day."

Striving for personal success both on and off the field is an important part of the culture at West Coast, and Scott keeps balanced by studying commerce at Curtin University in his downtime. "It takes my mind off football for a few hours a week, which can be pretty hard to do as a football player," he says. "I'm majoring in management at the moment, but I'm just taking it as it comes and trying to keep myself open to all possible roles so I can see what I might enjoy doing in the future."

Reading is another interest of Scott's, which gives him a chance to unwind after

a hard day of training. "I'll read pretty much anything that gets thrown my way," he says. "We have a couple of development coaches who love their reading as well, so we're constantly stealing from each other's library and flicking each other books. It's good."

As for this year's footy season, Scott is keeping his focus on one game at a time. "It's a week-by-week thing, just trying to make sure we stay successful on and off the field," he says. "From where we've been in the past to where we are now, we really feel as though we're on the right track and there's a really strong belief within the group."

"As long as we're developing and becoming better each week I'm sure that will take us where we want to go at the end of the year and in years to come."

(HEALTH Q&A WITH SCOTT)

HOW DO YOU STAY HEALTHY DURING THE FOOTY SEASON?

Obviously we exercise most days, but it's also thinking outside the square a little bit and things like what you're eating, how much you're sleeping and how much recovery you're doing comes into it as well. It's just trying to find the best way to get the best out of yourself. For myself personally, I think sleeping and recovery is the biggest key.

WHAT DO YOU DO TO RELAX?

Mostly just hanging out with mates. I'm a big coffee man – I love to go out for coffee and try different cafes. University and reading are also good for getting my mind off footy all the time.



WIN!

Win a box at the footy for you and your friends! Or win one of two double passes to the Derby. To enter head to hbf.com.au/thrive for all our footy competitions, terms and conditions.



Joondalup Private Hospital opens its doors

A new hospital in Perth's northern suburbs – Joondalup Private Hospital – is now open. This means northern suburbs residents can now enjoy the benefits of having access to new, modern facilities close to home. "We've put a lot of thought into design, layout and finishes to ensure patients are as comfortable as possible," said Kempton Cowan, Joondalup Health Campus CEO. "The obstetrics department includes rooms with double beds to enable partners to stay the night following the birth of their baby."