

# Workin' Life

WORKPLACE HEALTH CHALLENGE NATIONAL NEWS



➤ HELPFUL TIPS AND TECHNIQUES TO IMPROVE YOUR HEALTH, FITNESS AND WELL-BEING

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Workplace  
Health  
Challenge  
(WHC)



## SO WHAT'S YOUR OPINION OF THE WHC SO FAR?

Challenging isn't it! I never said it would be smooth sailing. In fact, life's all about ups and downs but it's about how you manage these two facts of life that make the difference. No doubt you are finding there's more to changing certain aspects of your mental and physical wellbeing than just joining a gym.

It takes massive commitment and determination to cross that finish line in the WHC. Crossing that finish line without quitting is the primary mission. I'm very big on not quitting. Quitting is never an option on the WHC. There will be times when that mind of yours says "na, I'll just come up with a few excuses and I'm off the hook and off the WHC". Well sorry, it's not that easy. Regroup, refocus and get back into it.

Due to popular demand around the country we will be officially launching the next Workplace Health Challenge (WHC) at 8:45 am Monday 7th March 2005 concluding at 5pm Sunday 29th May 2005.

Thank you for all your continued support.

Drink more H2O...

- Julian Smith

# BACK TO BASICS WITH NUTRITION

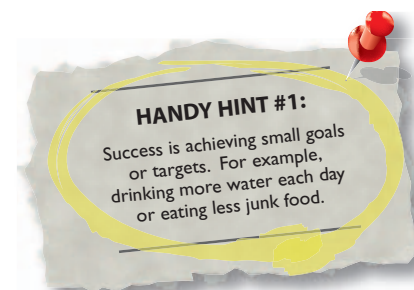
Your body is like an engine. In order for it to perform at its peak performance it needs hi-octane fuel. Your body demands the correct mixture of nutrients eaten in correct quantities and at proper intervals to function effectively.

We all need to get back to the basics to keep our bodies healthy, energetic and at the desired weight level.

For a start let's eat healthy food. This means plenty of natural and fewer processed and junk foods. During your working life, minimise consuming processed meals such as pre-packed meals and avoid take away foods accept as an occasional treat. Such food is high in saturated fat, calories and sodium. Moderation is the key!

Eat a large variety of natural foods. Introduce different fruits and vegetables 2-3 times a day. In addition, switch from white processed flour products to wholegrain or wholemeal.

Generally reduce the intake of sugar.



### HANDY HINT #1:

Success is achieving small goals or targets. For example, drinking more water each day or eating less junk food.

This means minimising foods containing sugar, reduce consumption of soft drinks, cakes and sweets. Sugar provides your body with a rapid supply of energy and soon after creates a need for you to eat more food.

As for the consumption of dairy foods, this is fine, as long as you eat low fat cheeses, yoghurts and drink low fat milk.

Finally, eat 5-6 healthy meals each day. Remember you need to eat more frequently but consume smaller meals.

Enjoy your food and keep your body's engine running smoothly.



Eating fruit and vegetables 2-3 times a day provides the proper nutrients to help you function effectively.



IN THIS ISSUE ➤

INTERVIEWS, SUCCESS STORIES, HANDY TIPS AND MUCH, MUCH MORE!

FEEDBACK ➤

Hey, we would love to hear from you (tips, OH&S issues / articles, recipes or personal / workplace stories). Please feel free to comment on this issue to: [info@workplacehealthchallenge.com](mailto:info@workplacehealthchallenge.com). Or write to: The Editor C/O National Office (Melbourne), Workplace Health Challenge, Level 1, 27 McLochlan Street, Mount Waverley, Victoria Australia 3149. Or fax your article to 1300 665 305.



## WE NEED CHOLESTEROL!

That's right, however, too much of the wrong kind can be unhealthy. Cholesterol flows through the body in two kinds, eg. giant molecules – High Density Lipoproteins (HDL) which form the “Good Cholesterol” and Low Density Lipoproteins (LDL) which forms the “Bad Cholesterol” causing plaque build-ups. The HDL keeps the LDL levels in check and limits plaque deposits.

Triglycerides – when these are too high your level of “Good” HDL is often too low. This is an unhealthy combination. These three (3) fats are often called THE GOOD, THE BAD AND THE UGLY.

To lower your cholesterol levels, you must eat less saturated fat which comes from dairy products, fatty meats, margarines etc. You need to eat more vegetables, salads, fruit, fish etc. These measures will help you to reduce your cholesterol level and with daily exercise can reduce your cardiac risks.

**Bev is a Registered Nurse and forms part of the developing team for the Workplace Health Challenge. She's fantastic.**

# HEADING FOR DISASTER

I was heading for disaster. In fact, I believe I was already there. Drinking every night (excessively) was taking a powerful toll. I experienced difficulties sleeping and getting up out of bed for work, not to mention problems (fights) with my wife and stupid arguments with people at work for no reason. I was burning out.

I used to drink approximately 12 beers a night (that was on a bad night) before I started the WHC. I didn't even believe I had a problem. Was I wrong! It was not until I sat down and listened to Julian Smith's seminar at work (thanks to my employer) that it really hit home and boy did it really hit home. I was destroying myself and I didn't even know it.

I have a couple of work colleagues (manufacturing industry) that have lost everything – wife, kids, home and even their employment due to excessive drinking and the problems associated with it. You were right Julian and I thank you for the opportunity of listening to you and for giving me that wake up call that I truly deserved. I'm definitely a new person and employee now. I'm on the right track.



For privacy reasons please omit my name and employer. I wrote this after reading your October issue in hope that my story and personal struggle will inspire and give hope to other workers out there with similar problems.

It's amazing that once I cut the grog out and started exercising, my quality of work and personal life has dramatically improved.

Thank you to the WHC team.

**Note:** *Please seek professional help if you believe you have a drinking problem.*

*You're personally invited to...*

## THE END OF YEAR WHC PARTY



**Date:** Thursday 9th December 2004  
**Time:** 6:00 pm to 10:00pm  
**Location:** Purple Turtle Hotel  
 166 Johnston Street, Fitzroy  
 (Melbourne Australia)

**Partners Welcome!**

**Finger food and drinks supplied**



# ENERGY...

*where does it go and how can you reclaim yours!*

By Damien Coonan - WHC Coach

BACHELOR APPLIED SCIENCE PHYSICAL EDUCATION, POST GRAD DIP SPORT AND EXERCISE SCIENCE.

**E**nergy exists in a number of forms. Some are obvious and visible while others exist on a deeper level. Eastern and Western cultures view energy differently; however, both agree that optimum energy comes from optimum health and well being.

A lack of energy exhibited by general fatigue and excessive on-going tiredness is common at work and often regarded as a part of everyday life. Ironically one of the most common reasons given for a lack of physical activity is a lack of ENERGY. Here science can help us by identifying that whilst activity does have an energy cost, it then pays us back with an increase in energy production. Quite simply the right amount of exercise or activity will boost your energy levels physically and mentally!

More good news is that one of the main causes of a lack of ENERGY is stress (and there's plenty of that from the workplace). This will punish your nervous system like nothing else. We all know that stress (both at work and in personal life) is a killer – literally! It significantly increases the risks of heart disease, cancer, stroke and diabetes ... all the big ones. When I said earlier that this was good news I wasn't being facetious. It is good news because stress can be defined as an INTERNAL reaction to EXTERNAL pressure. That's right, you control how you think about a situation, therefore you control how you feel! You just need to be aware of your thoughts. Are they helping you or are they hurting you. This is your choice.

Sounds simplistic I know but it works. Simple techniques solve a major killer. I can just see the headlines now!



The type and amount of food we eat also significantly affects our ENERGY levels. Have fish and chips on a Friday night and then see how much energy you have after the meal. Fish and chips sounds like a great idea at 6pm on a Friday but at 6.30pm you are left feeling terrible and knowing that you have made a less than wise choice. It's human to make mistakes but making the same ones over and over again means we might be best served by looking for an alternative.

See your WHC Coach for more details.

**Good luck,  
Damien Coonan**

## Q&A

## “SHEDDING SOME LIGHT!”

*“SHEDDING SOME LIGHT!” is a terrific platform for any query you may have in your quest to improve your health, fitness and well-being. Feel free to contribute in the future!*

**Q.** *Any tips on getting others from my workgroup involved?*

**A.** You need to lead by example. Set the game yourself. Be a leader and demonstrate that others will be noticing changes – both physically and mentally. It takes time to bring others on board. The WHC's are run twice around the country each year. If you only help one person at work change their attitude then your mission is complete.

**Q.** *There's a few smart a...ses at work who think this is all a load of bull, what's your advice?*

**A.** Stick to your guns. Remain focused and don't be bothered by what others say about you in your quest to improve yourself. As they say “you don't have to sleep with them, so why worry about it”. This is all about improving the mental and physical health at the workplace. It's all positive.

**Q.** *I've quit the program, what do you say about that?*

**A.** If you've quit now, you'll always quit. The problem with quitting anything especially when it comes down to your health and fitness program is that all you're doing is strengthening your 'quitting' mind set. Nothing comes easy in life. You need to work on it again and again. It's all about a long term strategy. I don't know what you are searching for but you need to take a deep look at yourself. So, just because you had a bad day at work doesn't mean you should quit your job. The same approach must be taken with the WHC.

**Now it's your turn to send in the hard questions!**

Simply email to: [info@workplacehealthchallenge.com](mailto:info@workplacehealthchallenge.com)  
or write to: The Editor C/O National Office (Melbourne), Workplace Health Challenge, Level 1, 27 McLochlan Street, Mount Waverley, Victoria Australia 3149. Or fax your article to 1300 665 305.

## TOOLS DOWN... & have a look at this



### HAMMERTIME

8 WEEK UPDATE

*That light at the tunnel is getting brighter by the day. Continue the journey with Angus Hamilton as he enters the 9th week!*

Less than four weeks to go, and haven't the last 8 weeks thrown up some unique challenges.

**First:** Started out doing the 18 MAS (Advanced Program) and old football injuries flared up with knees causing all sorts of trouble. On to plan B. Federal election proved the inspiration, watching Little Johnny power walking showed me the way. Started with 40 minutes each morning, with gradual increments, have got it up to 1 1/2 to 2 hours each morning. 5.00am start is the killer, but the knowing nods to the other "hard core" walkers make it worthwhile. The thought of walking initially felt like a "cop out" as I have always considered running better. That fact that walking has allowed me to exercise each day is a benefit.

**Second:** The discovery of "Campbell's Chunky Soups". In my first Workplace Health Challenge (WHC), TUNA was my mantra. Well this time I made a discovery that has made lunches much more enjoyable. The "Chunky" soup fits the bill in fat content and has many variations, Braised Steak and Onion, Chunky Beef and Vege's and my personal favourite, Spicy Meatballs. Soup is the New Tuna!

As in previous challenges the 7th week has proved to be my toughest. Motivation dropped, food intake was not as it should have been, and generally slipped a bit. Happy to say that I have managed to arrest the slide and am looking forward to coming home with a wet sail.

Today is the first time I have stepped on a set of scales since day 1, so it will be interesting to see the results.

4 WEEKS TO UNVEILING...



## THE IMPORTANT NUMBERS

**Weight at Start:** 89 kgs

**Weight at 8 Weeks:** 82 kgs

**Aim for Finish:** 79 kgs

**Send your support to:**  
[angus@orchard-mfg.com.au](mailto:angus@orchard-mfg.com.au)  
He'd love to hear from you!

RECIPE FOR SUCCESS!

### Lamb Kofta – by Susannah Lanyon (WHC Chef)



[Serves 4]

#### Ingredients

- 500g lean lamb mince (or beef)
- 125g cooked rice
- 1 egg
- 1/2 teaspoon ground cumin
- 1/2 teaspoon thyme
- 2 tablespoons mint (shredded)
- 2 tablespoons parsley (chopped)
- 1/4 teaspoon cayenne pepper
- 1/2 bunch coriander (chopped)



#### Method

1. Mix altogether in a large bowl
2. Roll into small bite size balls
3. Seal and cook in a lightly oiled pan (use spray oil)
4. Serve with salad and tazatziki
5. Drink with a glass of chilled H2O with slice of lemon
6. Don't be greedy by overeating



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- Fulfill your OH&S legislative requirements and minimise your exposure to risk by controlling the allocation of sunscreen
- The one use tube assists with the implementation of a proactive, systematic approach to protect the health and safety of your employee.
- By issuing an employee the sunscreen tube, the employer discharges their OH&S responsibility.
- Give your employees access to an Australian made product that is of the highest quality suited to all skin types and sensitivities.
- Each application provides up to 4 hours protection in normal conditions.



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