

Good Sports

Are you bored by your gym routine, or keen to expand your fitness program? Be inspired by the Commonwealth Games in Delhi, and try a new sport this spring.

Archery is a versatile sport for all seasons and all people, whatever their age, gender or level of physical ability. The most important part of getting started in archery is to obtain correct advice and instruction. Contact your nearest club at www.archery.org.au to get started.

Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most popular sports in the world.

Badminton is the world's fastest racquet sport – speeds of over 300 kph have been clocked at shuttle impact. Any tennis or squash player will realise they have to move faster and much more in badminton! Yet it can be played by people of all ages, and is easy to play in a park or backyard.

Lawn Bowls is an outdoor and social sport for all ages and abilities. The goal of lawn bowling is to roll slightly asymmetric balls, called bowls, so that they stop close to a smaller ball called the "jack" or "kitty". You can play lawn bowls in most Australian towns.

Table Tennis is enjoyed by all age sectors of the community from Juniors through to Veterans. Table tennis is one of the quickest and most skilful sports played in the world. Contact Table Tennis Australia at tabletennis.org.au to find your nearest table tennis association.

Target Shooting involves tests of proficiency including accuracy and speed, using different types of guns such as firearms and airguns. As the sport caters for juniors and adults, the opportunity is given to families to be involved together.

You can try this sport by using a club firearm to reduce the costs. Simply contact the Australian International Shooting Organisation at www.ausshooting.org.

Synchronised Swimming is like dancing in the water, with most figures completed upside down, as a routine to music. Only women can compete in this sport in either solo, pairs, trios or as a team. The skills required to start this sport include: no fear of water, upper and lower body strength, good sense of balance and rhythm, and flexibility.



Sources: Australian Commonwealth Games Association at commonwealthgames.org.au; Badminton NSW at badmintonnsw.org.au; Bowls Australia at bowlsaustralia.com.au; Australian International Shooting Organisation at ausshooting.org; Table Tennis Australia at tabletennis.org.au; Archery Australia at www.archery.org.au; and Synchro Australia at synchro.org.au.

October 2010

Bright Ideas

- 2 **Look after your mental health**
Get help as soon as the first symptoms occur to avoid the risk of developing a mental illness.
- 6 **Improve your motivation at work**
Schedule regular breaks throughout your day to renew and refresh your creativity.
- 7 **Train your brain**
Complete the Sudoku and Word Find puzzles, and top it up with a few Trivia questions.

What's on this month

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------|-----|------|-----|-------|-----|-----|
| 31 | | | | | 1 | 2 |
| National Vegetarian Week | | | | | | |
| | | | | 7 | 8 | 9 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Walk to Work Day | | | | | | |
| | | | | 14 | 15 | 16 |
| World Sight Day | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| National Nutrition Week | | | | | | |
| World Mental Health Day | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| National Water Week | | | | | | |
| | | | | 21 | 22 | 23 |
| World Osteoporosis Day | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| National Safe Work Week | | | | | | |
| | | | | 28 | 29 | 30 |
| Pink Ribbon Day | | | | | | |

“I’ve seen many troubles in my time, only half of which ever came true.”

Mark Twain.

Out of the Blues

Did you know that one in five of us can expect to have some form of mental illness in our lives? Lower your risk by increasing your awareness.

Mental illness is a general term that refers to a group of disorders affecting the mind, in the same way that physical illness refers to a group of disorders affecting the body. The more common ones include:

Schizophrenia is one of the most misunderstood conditions that includes symptoms such as hallucinations, lack of concentration, and an inability to make decisions.

Bipolar disorder is also known as manic disorder, and results from an imbalance of chemicals in the brain that causes extreme fluctuations of mood, from the heights of mania to the depths of depression.

Depression is a severe and prolonged condition of persistent sadness, negativity and difficulty in coping with life.

Eating disorders are characterised by an unhealthy preoccupation with eating, exercising, and body weight or shape.

Anxiety disorders cover several different forms of abnormal and pathological fear and anxiety that include phobias, panic attack, obsessive-compulsive disorder, and post-traumatic stress.



Quiz:

1. Mental illness:

- a) is caused by personal weakness or frailty
- b) is inherited
- c) can affect anyone, regardless of intelligence, social class or income level.

2. Clinical depression is:

- a) sadness or disappointment
- b) depression brought on by frequent trips to a hospital or clinic
- c) severe feelings of worthlessness, sadness and emptiness that last for several weeks and begin to interfere with a person's work and social life.

3. The anxiety disorder involving persistent thoughts, ideas or images and repetitive behaviours is called:

- a) obsessive-compulsive disorder, or OCD
- b) repetitive syndrome
- c) panic disorder.

4. Mental health is defined as:

- a) a constant feeling of contentment
- b) striking a balance in all aspects of life – social, physical, spiritual, economic and mental
- c) achieving a period of 12-18 months without a psychotic episode.

Source: Canadian Mental Health Association
Answers: 1c, 2c, 3a, 4b

“The prevalence of mental illness decreases with age. The highest percentage of mental illnesses is reported for those aged 16 to 24 years and those aged 25 to 34 years.”

Australian Government.

The causes of these mental illnesses are still not fully understood. While a predisposition to schizophrenia and bipolar disorder can be inherited, triggers for other mental illnesses include stressful life events, drug abuse, physical illness or hormonal changes. Most mental disorders, however, seem to have no obvious cause.

The best approach to minimise your risk of being part of the 20 per cent of sufferers is early detection. Seek help as soon as any symptoms appear by contacting your GP.

10th October is World Mental Health Day.

Sources: Health Insite at healthinsite.gov.au; Sane Australia at sane.org; beyondblue at beyondblue.org.au; Australian Doctor; Good Health; and World Health Organisation at who.int.

Myth UNDERSTOOD

Is it necessary to take nutritional supplements?

Is it true that vitamin B12 can give you extra energy, that vitamin C can prevent you from having colds, that B-vitamins can reduce your stress level, and that vitamin E will protect you against heart disease and cancer?

In Australia, half of the adult population use some form of dietary supplements. However, recent studies have failed to find any benefits associated with the majority of supplements in supermarkets and health food stores. In 2009, the Journal of the National Cancer Institute published trial results showing no reduced cancer risks from taking supplemental vitamins. In some cases, studies have even shown unexpected harm from high doses of vitamin A, beta carotene and vitamin E.

Everyone needs vitamins, which are essential nutrients that the body can't produce on its own. But most nutrition experts agree that taking supplements is not an effective long-term solution.

People who have access to a balanced diet can usually obtain all the nutrients and vitamins required from their daily food intake. Only certain people, such as those with an inadequate nutritional intake, with a nutrient deficiency, or with specific and short term needs (including pregnant women, strict vegetarians, or athletes) should be taking supplements.

Sources: Food & Nutrition Australia at foodnut.com.au; Nutrition Australia at nutritionaustralia.org; The New York Times at nytimes.com; and Food Standards Australia and New Zealand at foodstandards.gov.au.

Safety Savvy

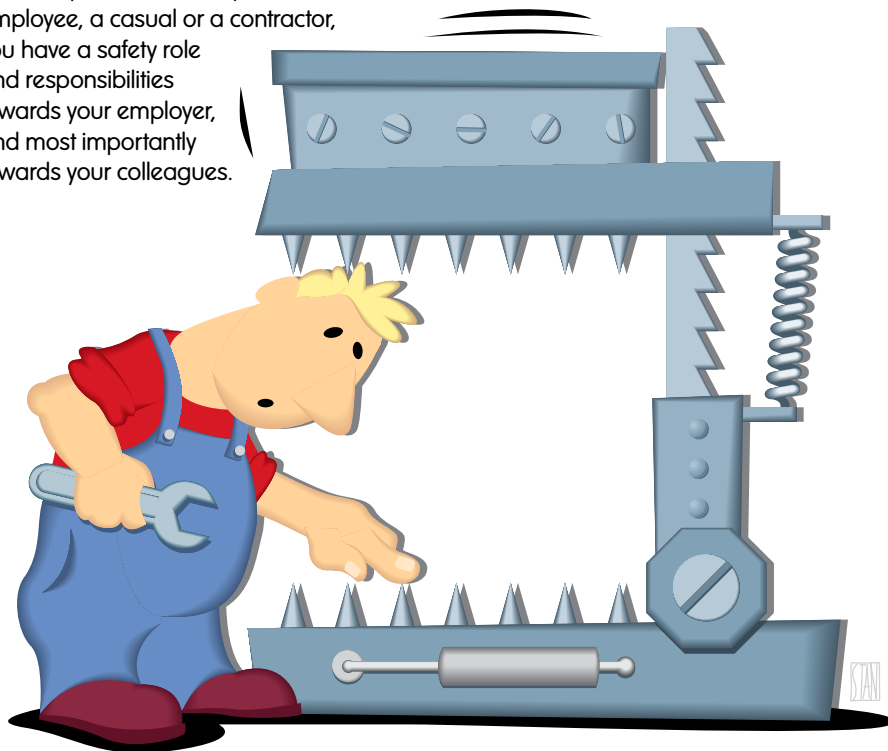
Do you know your health and safety duties as an employee? National Safe Work Australia Week in October encourages you to get more involved in your workplace safety.

The Australian Government has identified work health and safety as a priority area for reform. One of the key elements of the modification is the harmonisation of OHS laws – moving towards one set of work health and safety laws across the country by December 2011.

The major goal is to reduce the incidence of death, injury and disease across the country. Safe Work Australia reported in their 2009 report that a total of 453 work-related traumatic injury fatalities occurred in 2007.

The other main reason to harmonise the OHS laws is to provide a simpler system that reduces confusion and compliance costs. This will particularly benefit those businesses operating in different States and Territories using different legislations and regulations.

So even though employees won't be too affected by the implementation of these new laws, OHS reforms always give the opportunity to refresh health and safety roles and responsibilities in the workplace. Whether you are a full or part-time employee, a casual or a contractor, you have a safety role and responsibilities towards your employer, and most importantly towards your colleagues.



“The total economic cost of work-related injuries and illnesses to the Australian economy for the 2005-2006 financial year is estimated at \$57.5 billion (almost six per cent of GDP).”

Safe Work Australia.

These responsibilities involve:

- Taking care of your own health and safety.
- Taking care of your colleagues' health and safety by avoiding practical jokes that could harm them, and by not taking short-cuts which could compromise their safety.
- Following your workplace safety policies and procedures including reporting incidents and potential hazards to your OHS or Human Resource representative.
- Attending all the training offered and following the instruction provided.
- Using protective equipment supplied by your employer.
- Not recklessly interfering or misusing safety devices or controls.

National Safe Work Australia Week runs from 24th to 30th October.

Sources: Safe Work Australia at safeworkaustralia.gov.au;
Funded Agency Channel at fac.dhs.vic.gov.au.

St John
FIRST AID



Choking

A person chokes when the airway is partly or completely blocked.

The first aider's aim is to dislodge the object stuck in the throat, and to clear the casualty's airway.

Signs and symptoms of choking:

- Clutching the throat
- Coughing, wheezing, gagging
- Difficulty breathing, speaking or swallowing
- Making a whistling or 'crowing' sound or no sound at all
- Face, neck lips, ears and/or fingernails turning blue
- Collapsing or becoming unconscious.

Management of choking:

1. Remove object:
 - Encourage the casualty to relax and breathe deeply
 - Ask the casualty to cough to remove the object.
2. If coughing does not remove blockage – give back blows
 - Call 000 for an ambulance
 - Bend the casualty well forward
 - Give up to five sharp blows with the heel of one hand in the middle of the back between the shoulder blades
 - Check if the obstruction has been relieved after each back blow.
3. If the blockage is not relieved after five back blows – give chest thrusts
 - Place one hand in the middle of the casualty's back for support
 - Place the heel of the other hand in the CPR (Cardiopulmonary Resuscitation) compression position on the chest
 - Give five chest thrusts – slower but sharper than CPR compression
 - Check if the obstruction has been relieved after each chest thrust
 - If the blockage is not relieved, continue alternating five back blows with five chest thrusts until medical aid arrives.
4. If the casualty becomes unconscious:
 - Remove any visible obstruction from the mouth
 - Commence CPR.

©St John Ambulance Australia. This information is not a substitute for first aid training. St John recommends that everyone is trained in first aid. For more information on St John first aid training and kits visit www.stjohn.org.au or call toll free 1300 360 455.

ADDRESS Your Stress

Sleep Soundly

If you find it hard to fall asleep at night, the culprit could be unresolved stress. In fact stress is considered by most sleep experts to be the number one cause of short-term sleeping difficulties, because it prevents the brain from switching off.

Whether it's school or job-related pressures, family or relationship difficulties, or an illness or death in the family, stress is likely to cause some degree of insomnia.

Anything that helps you to relax will reduce insomnia. Jessica Alexander, spokeswoman for the Sleep Council (UK) explains "there are many ways, but it is about what works best for you. Some people meditate, but the old case of counting sheep is based on good reasoning.

"You do something so mundane and boring, and it can block out other thoughts. Just don't end up in bed and worry about not sleeping – that is the worst thing."

Here are some further tips to help you get the kip you need.

- Go to bed and get up at the same time each day.
- Get regular exercise.
- Be comfortable and relaxed; warm hands and feet are particularly important.
- Avoid caffeine-containing drinks in the evening and late afternoon.
- Don't engage in stimulating activity just before bed. An exciting movie or important discussion will overflow to the bedroom, keeping your brain active.
- Avoid looking at the clock!

Sources: Sleep Disorders Australia; sleepsoundly.com.au; and The Sleep Council (UK).

NEWS BITES

Watch your Facebook

If you think your Facebook page is only interesting to your friends, think again. According to Careerbuilder.com, increasing numbers of employers are checking out potential staff's social networking profiles before they decide to hire or not.

The job-search website surveyed employers, and found that 20 per cent of companies admitted to checking out a candidate's profile on social-networking sites such as Facebook and MySpace before making a decision. A further nine per cent confirmed they planned to start reviewing potential employees' social-networking pages in the future.

The research also revealed that while 24 per cent of employees hired a staff member on the basis of the Facebook profile, 33 per cent didn't like what they saw, citing inappropriate behaviour such as the use of drugs or alcohol, or the posting of photographs deemed 'provocative'.

The best advice? If you're a job hunter, or even concerned your current employer might want a peek at your social-networking pages, either ensure there is no negative content available, or make them 'private'.

Source: pcworld.com.



“They say time changes things, but actually you have to change them yourself.”

Andy Warhol.

Beer for bones

Next time you're offered a glass of wine or a stubby of beer, you might want to opt for the beer.

Researchers recently found that the bones of women who regularly drank beer were less likely to become brittle as they aged, thus decreasing the risk of osteoporosis.

It seems beer contains significant amounts of orthosilicic acid, a form of silicon believed to be important for the growth of bone and connective tissues. Beers containing high levels of malted barley and hops are the richest in silicon.

Source: Journal of the Science of Food and Agriculture, cited in Australian Doctor.

“An imaginary shelf labelled INDULGENCES is a good idea. It contains the best butter, jumbo-sized eggs, heavy cream, marbled steaks, sausages and patés, hollandaise and butter sauce, gooey chocolate cakes, and all those lovely items that demand disciplined rationing. Thus, with these items high up and almost out of reach, we are conscious that they are not everyday foods. They are for special occasions, and when that occasion comes we can enjoy every mouthful.”

Julia Child, *The Way to Cook*, 1989.

What's your RHR?

Your RHR, or resting heart rate, can tell you a lot about how healthy you are. In general, a slower RHR is better than a faster one, because a faster rate puts more stress on your heart and blood vessels.

Faster RHRs are linked to increased risk of heart disease and death from all causes, independent of fitness level and other cardiovascular risk factors such as high blood pressure, high cholesterol, and being overweight.

A normal RHR is between 50 and 100, although most people's hearts beat 60 to 80 times per minute. Above 100 is considered a rapid pulse. Your RHR will vary over the day, becoming faster when you are excited, anxious, angry, in pain, or have a fever, or if you smoke or drink a lot of alcohol or coffee.

Measure your heart rate by holding a finger gently over the carotid artery in your neck; count the beats in 15 seconds, then multiply that number by four to get the beats per minute. If your RHR is at the high end of normal, and especially if it's over 100, you should talk to your doctor about your overall health and your other risk factors for heart disease.

Source: UC Berkeley Wellness Letter.

Water aids weight loss

Sipping on water before, during, or after a meal can make you feel fuller, and can be just the help you need to shift those few extra kilos.

In a study of men and women over 50, a large 500ml glass of water with meals suppressed appetite. Further studies showed that those who drank this amount of water with food experienced double the weight loss of the non-water drinkers over a period of three months.

Source: International Journal of Obesity, cited in Choice Health Reader.

Miss out on misunderstanding

When you say one thing and your listener hears something quite different, you know you're in trouble with your communication technique!

You can cut down on such misunderstandings by using a method called contrasting: first, state what you **do not** want; second, state what you **do** want. Doing so will give you two communication opportunities, meaning your message is twice as likely to sink in.

Example: "I don't want anyone to rush into hasty decisions that are not in our best interest. What I do want is to consider our options carefully, and to make the best choice without undue delay."

Source: Communications Briefings.

Unlock that chain

Did you hear about how criminals use drug-soaked business cards to incapacitate their victims? Are you convinced leaving out sliced onions will ward off the flu? What about that nasty virus, ready to burn through your precious hard drive?

Visit snopes.com before believing anything you receive via a chain email, as likely as not it will turn out to be a hoax.

Run by a husband and wife team, snopes.com is the go-to web site for debunking the hottest rumours, hoaxes, and urban legends, attracting roughly five million visitors a month. It's essential viewing before you open or forward any dubious-sounding email.

Source: snopes.com.

Life LESSONS

Make time for Friends

Next time you see your doctor, you could do worse than walk away with a prescription for good mates.

A recent study published in the Public Library of Science Medicine has revealed that people with a good social network had a 50 per cent better survival rate than those with poor or insufficient social relationships.

The researchers, from Brigham Young University in Utah, United States, discovered that the health impact of being lonely and isolated was on a par with smoking 15 cigarettes a day or being an alcoholic, as harmful as not exercising, and twice as bad for the health as being obese.

Yet as important as friendships are, many people find it difficult to find, make, or keep friends, particularly during major life events such as moving to another neighbourhood, or perhaps due to shyness or poor social skills.

To make good friends, you need to be a good friend, in the following ways:

- Accept that others have a right to be different from you in their attitudes, beliefs and behaviour.
- Treat others in the same way that you would like to be treated.



- Don't expect instant results. Good friends are not made quickly, so don't share your deepest secret with a new friend. This might actually drive the other person away!
- Resist criticising. When you gripe or gossip about the failures and weaknesses of others, your listener might become wary of you, and think you might be complaining about their flaws to others.
- Don't compromise yourself. We all have our own standards of morality and behaviour; don't abandon these just so you can 'fit in' with a group.

Sources: ABC news at abc.net.au; The Guardian (UK) at guardian.co.uk; and Better Health Channel at betterhealth.vic.gov.au.

Ask The Expert

My wife found a lump in her breast. Does it mean she has cancer?

Professor Ian Olver, CEO of Cancer Council Australia, replies:

"First of all, we encourage women of all ages to know what their breasts feel like normally.

"Some women have breasts that are lumpier than others, depending on whether they are menopausal or at certain stages in their cycle. It's important to have a feel regularly, monthly perhaps, to understand your breasts.

"Once women know their breasts, and find a lump or feel something they've never felt before, they should go and have it checked as soon as possible. There is no need to worry about it as it does not mean it is cancer. No doctor or gynaecologist will have any issues reassuring a woman when a lump is benign.

"We recommend that partners and husbands offer their support to their spouses and encourage them to have any lump checked out. It is reassuring for women to go for a screening or mammogram with someone, especially when they are anxious about the results. It can also motivate women to go to the doctor instead of ignoring the issue.

"It is very difficult to diagnose breast cancer using mammograms in younger women (20 to 40) as the breast tissue is less fatty, making it difficult to pick up a lump. MRI or ultrasound can be used instead, but no screening program is offered to the younger female population as the number of cases is too low.

"Once given the all clear, women should continue checking their breasts on a regular basis and have a mammogram once every two years if over 50, or if there is a family history of breast cancer.

"My final advice is that the earlier it is detected, the better, so don't delay if you are worried."

27th October is Pink Ribbon Day.

Love your job again



Motivation is intrinsic, coming mainly from within us, which could be why many of us have difficulty staying motivated all the time. The good news is that motivation is a skill you can learn.

"The economic pressure of 2009 has led to demotivated staff across corporate Australia," says Aequalis Consulting Director Simon Boulton. Employees tend to lose their drive when they can't improve themselves and move forwards.

Research and observations show that motivated employees tend to be happier, more creative, and more willing to take on new tasks. However, it is normal to lose your motivation from time to time.

Here are a few strategies to energise yourself in your workplace:

1 Try to see the value in the projects you are working on. If you are involved in a particularly tough task, look for an aspect of it that you are more interested in, such as a presentation you could work on, or a new skill you could learn.

2 Recall a time when you loved your job. Remind yourself what it felt like. The more vividly you can recall it, the more you can use that memory as a springboard to action.

3 Alternate projects. If you find yourself 'stuck' in a particular project, see if you can switch to a different one for a while.

Choose another task that uses a different part of your skill set, and you will feel re-energised, with fresh ideas.

4 Request a job review with your manager. If your motivation is decreasing because you can't see any progression in your role, review your position with your boss to reactivate your passion for your job.

5 Surround yourself with colleagues who think positively. Your motivation level will be boosted if you work with friendly, jovial, helpful and sincere fellow workers.

6 Schedule regular breaks throughout your day. Tell yourself that you are going to take ten minutes off once you've completed a task. When it's break time, get up and take a walk to renew and refresh your creativity.

7 Find what is keeping you from working. You might be tired, afraid, angry, or bored. By isolating the issue, you may be able to fix it and boost your motivation again.

Sources: Harvard Business Review at hbr.org; Communication Briefings; Human Capital Magazine at hcamag.com; Motivate at motivate.com.au; and Work Relationships at workrelationships.co.uk.

“The word impossible is not in my dictionary.”

Napoleon Bonaparte.

Nourish your Brain

Keep your mind in shape by challenging it with the workout below.

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 8 | | 5 | | | 3 | 6 |
| 5 | | | 3 | | | 9 | 7 | |
| | | | | 1 | 9 | 8 | | 2 |
| 6 | | | 4 | | 8 | | | |
| | | 5 | | | | 6 | | |
| | | | 1 | | 5 | | | 9 |
| 7 | | 1 | 5 | 9 | | | | |
| | 6 | 2 | | | 1 | | | 5 |
| 8 | 5 | | | 7 | | 1 | | |

Source: Web Sudoku at websudoku.com

Search Words

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | D | W | I | N | E | S | M | A | S | S | A | G | E |
| I | C | E | D | U | C | A | T | I | O | N | O | T | X |
| F | N | L | S | T | R | E | S | S | B | V | M | N | A |
| A | I | N | E | R | H | P | O | Z | I | H | C | S | M |
| T | A | E | M | I | W | U | P | T | P | I | L | L | S |
| I | R | S | L | T | K | J | A | A | O | H | C | E | O |
| G | A | S | P | I | N | M | G | S | L | D | V | E | U |
| U | H | U | A | O | I | L | E | C | A | L | A | P | L |
| E | C | I | R | N | P | E | G | A | R | S | E | Y | C |

| | | | |
|---------------|-----------|---------------|----------|
| Words: | kilo | pills | stress |
| bipolar | massage | pink | today |
| echo | meat | rage | vitamin |
| education | nutrition | rice | wellness |
| exams | oil | schizophrenia | wine |
| fatigue | palace | sleepy | yes |
| gas | peas | soul | |

Word search directions: across, down, up, diagonal, reversed.

Source: Healthworks

Trivia

1 What falling fruit supposedly inspired Sir Isaac Newton to discover the Law of Gravity?

2 Is spilling salt considered good luck in:

- (a) Austria;
- (b) Japan;
- (c) Mauritius, or
- (d) Chile?

3 How many World Cups have been won by the Australian cricket team up to now?

4 Name the two cultural Australian sites inscribed on the World Heritage list?



Source: Reader's Digest Trivia

Solutions:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 | 9 | 2 | 7 | 6 | 1 | 4 | 3 |
| 3 | 6 | 2 | 8 | 4 | 1 | 7 | 9 | 5 |
| 7 | 4 | 1 | 5 | 9 | 3 | 2 | 6 | 8 |
| 2 | 7 | 4 | 1 | 6 | 5 | 3 | 8 | 9 |
| 1 | 8 | 5 | 9 | 3 | 7 | 6 | 2 | 4 |
| 6 | 9 | 3 | 4 | 2 | 8 | 5 | 1 | 7 |
| 4 | 3 | 7 | 6 | 1 | 9 | 8 | 5 | 2 |
| 5 | 2 | 6 | 3 | 8 | 4 | 9 | 7 | 1 |
| 9 | 1 | 8 | 7 | 5 | 2 | 4 | 3 | 6 |

Sudoku

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | I | N | E | S | M | A | S | S | A | G | E | | |
| I | C | E | D | U | C | A | T | I | O | N | O | T | X |
| F | N | L | S | T | R | E | S | S | B | V | M | N | A |
| A | I | N | E | R | H | P | O | Z | I | H | C | S | M |
| T | A | E | M | I | W | U | P | T | P | I | L | L | S |
| I | R | S | L | T | K | J | A | A | O | H | C | E | O |
| G | A | S | P | I | N | M | G | S | L | D | V | E | U |
| U | H | U | A | O | I | L | E | C | A | L | A | P | L |
| E | C | I | R | N | P | E | G | A | R | S | E | Y | C |

Search Words

1. An apple; 2. (b) Japan; 3. 4 (1987, 1999, 2003, and 2007); 4. Sydney Opera House (Sydney) and the Royal Exhibition Building and Carlton Gardens (Melbourne).

Trivia

“Happiness is not a place to arrive at – it is a manner of travelling.”

Margaret Runbeck (American Author 1905–1956).

Well at work[™]

Published by: **Healthworks**[®]
 PO Box 615, North Sydney
 NSW 2059 Australia
 ACN 002 553 291
 Phone: 1300 90 10 90
 Website: www.healthworks.com.au

Editorial Team:
 Director: Ken Buckley MSc DipPE
 Editor: Delphine Caprez-Cunningham
 Deputy Editor: Jenny Boss
 Design: Trina Hayes
 Illustrations: Stan Farbman
 Printing: Lewis Printing (02) 9672 1053
 Subscriptions: Rashelle Bautista
 Email: well@healthworks.com.au

Healthworks[®] wellness, health, and safety products and solutions are a trademark of WorkLife Solutions Pty Limited (ACN 002 553 291), registered in Australia.

Well at Work[™] ©2010
 All rights reserved. No part of this work may be re-sold, reproduced or copied in any form. Some of the quotes are provided by Bits & Pieces. The Economics Press Inc 12 Daniel Rd. Fairfield NJ 07004 (973) 227-1224.

The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional.

Well at Work is printed on an environmentally responsible paper. The pulp for this paper is sourced from certified, well managed sustainable plantations and the paper mill is ISO 14001 accredited.



The TUCKERBOX

Lentil Burger



1 small onion, finely chopped
430g can brown lentils
1 tsp Vegemite
2 Tbsp crunchy peanut butter
2 Tbsp tomato paste
½ tsp mixed herbs
½ tsp dried basil leaves
½ cup grated carrot
½ cup finely chopped celery
1 egg, lightly beaten
1 cup dry breadcrumbs
½ cup dry breadcrumbs, extra
2 cups cooked brown short-grain rice
2 Tbsp oil
Salt and pepper to taste

Place all the ingredients, except the extra breadcrumbs and oil, in a large bowl. Mix well.

Shape the mixture into 14 burgers using a ¼ cup measure. Coat with the extra breadcrumbs and refrigerate for 30 minutes.

Heat 1 tablespoon of oil in a non-stick frying pan, and cook half the burgers over medium heat, for 5 minutes each side, or until golden and crisp.

Repeat with the second batch of burgers, using the remaining oil. Serve in wholemeal burger buns with lettuce, tomatoes, and onion rings.

Makes 14 burgers.

National Vegetarian Week runs from 27th September to 3rd October.

Sources: Recipe adapted from Vegetarian Week Website at vegetarianweek.com.au.

Simply Red

Meat has long played an important role in the diet of humans. But what do we mean by red meat, and how healthy is it?

In Australia, the term 'red meat' is used by the meat industry to refer to meat from cattle, sheep and goat – beef, veal, lamb, mutton and goat meat. It does not include meat from pigs, such as pork, ham, and bacon, or kangaroo meat.

According to the Victorian Department of Primary Industries, each Australian consumes an average of 110 kilograms of red meat a year, putting us among the biggest meat eaters in the world. We actually eat about three times as much as recommended by current nutritional guidelines.

Red meat provides many essential nutrients, in particular iron and zinc. The Heart Foundation recommends eating small serves of lean red meat – 65 to 100 grams per serve, or the size of a deck of cards – maximum three to four times a week.

Yet it is difficult to ignore the results of a recent study conducted by the World Cancer Research Fund (WCRF), showing

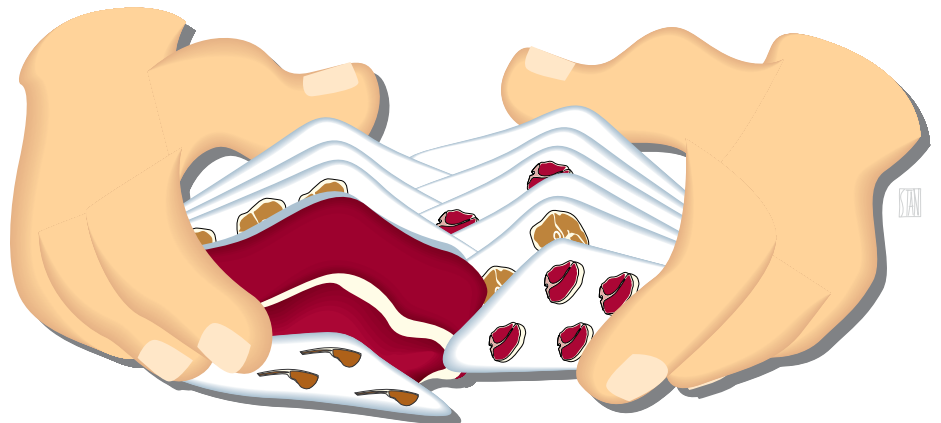
a relationship between red meat and higher risks of colorectal cancer.

It seems that red meat contains substances that are linked to bowel cancer. For instance, haem, the compound that gives red meat its colour, has been shown to damage the lining of the colon. Red meat consumption has also been associated with cardiovascular disease, possibly due to its high content of saturated fat.

However, Professor Graham Giles, Director of the Cancer Epidemiology Centre in Victoria challenged the results of the WCRF study, stating that the risks were so modest that they were difficult to argue causality from.

So the good news is that you don't need to give up meat altogether, but you should pay closer attention to your portion size, and choose the leanest cuts.

10th – 16th October is National Nutrition Week.



Sources: National Heart Foundation at heartfoundation.org.au; Vital; News website at news.com.au; World Cancer Research Fund at wcrf-uk.com; and Red Meat & Nutrition at redmeatandnutrition.com.au.

“Eating red meat three times a week results in between 164kg to 258kg of carbon dioxide equivalent emissions a year.”

Red Meat Green Facts at redmeatgreenfacts.com.au.

Nutrients in Red Meat

Red meat provides a unique bundle of nutrients and amino acids essential for our health, such as:

- **Iron:** carries oxygen around the body. People with iron deficiency may feel slow in thought and action.
- **Zinc:** helps to keep the immune system strong, and is an essential nutrient for growth and wound healing.
- **B group vitamins including vitamin B12:** are important for energy release and the nervous system.
- **Omega 3 fatty acids:** support normal brain function, and play an important role in heart health.
- **Proteins:** release essential amino-acids for growth and development. The human body can't store amino acids, so they must be supplied daily from the food we eat.

Source: The Heart Foundation Tick