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Return to Work programs	Pre-Employment Screening
Business Outreach	Private Membership
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8th Edition

Swap It, Don't Stop It!

In 2007/2008, 61% of Australian adults were overweight or obese. To combat this threat, the Australian government launched the **measure up** campaign in 2008 as a part of the Australian Better Health Initiative.

The first phase of the measure up campaign was successful in explaining **why** Australians need to keep their waist measurement in check. The Australian government has now launched the next phase of it's measure up campaign to show Australians **how** they can take steps to help reduce their waist measurement and improve overall health and wellbeing. The new **swap it, don't stop it** campaign highlights the fact that you can lose your belly without losing all the things you love. It encourages people to

consider small nutrition and physical activity swaps they can make in everyday life that may benefit their health and wellbeing. Some examples of swapping include:

Swap big for small

- Don't overcrowd your plate.
- Think twice before going back for seconds.
- Share dessert rather than having your own.

Swap often for sometimes

- Swap fried food for fresh.
- Swap soft drink for water.
- Swap take-away for home made.

Swap sitting for moving

- Walk and deliver a message rather than sending an

email.

- Get off the bus one stop early and walk the rest of the way.

Swap watching for playing

- Join a local sports team.
- Swap a family movie for bowling.

Once you become a swapper, you'll find your always discovering new swaps that can help reduce your waistline.

The ultimate aim of the new campaign is to make healthy change desirable and achievable—an objective that has the potential to help reduce the risk factors for chronic disease in Australians.

For more information visit australia.gov.au/swapit



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START THINKING LIKE A



THINK ABOUT ALL THE SWAPS YOU CAN MAKE IN YOUR EVERYDAY LIFE - AT WORK, AT HOME OR OUT SHOPPING.

Quote Of
The Month:

“All your desires can be unearthed, the magic lies in choosing the right shovel.”

**EXCUSES
BEGONE!**

It's time to take care of yourself

\$45

Membership trial month

Then...

NO joining fee

NO admin fee

NO cancellation fee

NO contracts

NO bother!

Call in and see us today or contact us on 4353 0310.

Quiz

- | | | |
|--|---|--|
| <p>1. What is the swap it, don't stop it campaign attempting to do?</p> <p>A) Show Australians how they can take steps to reduce their waist measurement.</p> <p>B) Show Australians how they can improve their overall health and wellbeing.</p> <p>C) Both A and B</p> | <p>2. Which isn't an example of swapping?</p> <p>A) Swap big for small</p> <p>B) Swap often for never</p> <p>C) Swap watching for playing</p> | <p>B) Jump rope for heart</p> <p>C) Don't be a tosser</p> |
| | <p>3. What was the name of the campaign the swap it, don't stop it campaign arose from?</p> <p>A) Measure up</p> | <p>4. Can you come up with your own swap? List it below.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |

Jumping To Improve Bone Strength

Jumping and hopping happen to be two of the best ways to help kids stave off osteoporosis once they grow up. Experts estimate 90% of bone growth occurs between the ages of 10 and 20. The amount of bone a person has later in life depends on how much bone that person accumulates during youth and how well that bone is maintained. For exercise to be effective in building strong bones, the activity has to "load" the bone enough to stimulate growth. Simple hops and side to side

jumps result in impact that's 3.8 times a person's body weight, which can stimulate growth.

Just 10 minutes of jumping exercises per day, 3 times per week is enough to increase bone strength. Ideally you should spend 1.5—2 minutes doing each exercise before progressing to the next one. **B e g i n n e r s** should start with 10 jumps per station, slowly progressing to a maximum of 20 jumps per station once you get used to the

exercises. Once used to the exercises, you can switch from the basic 2 footed jumps to tuck jumps and more advanced movements.

It should be noted that it's easy for kids to overdo physical activity so look for the following signs; injury, loss of appetite, mood changes and fatigue.



Carrots—Only Good For Your Eyes?

All our lives our mums have told us to eat our carrots, they'll help improve our eyesight. Like always mum was right. Beta-carotene (found in carrots) is converted by the body into vitamin A which helps improve vision, particularly in dim light.

Beta-carotene is also associated with a reduced risk of heart disease. Studies have found that by eating at least one serving of carrots each day had a 60% reduction in their risk of heart attacks compared to

those who ate less than one serving.

Carrots have excellent antioxidant properties. Extensive human studies suggest that a diet of as little as one carrot per day could conceivably cut the rate of lung cancer in half. Researchers believe that vitamin A's protective effects may help explain why some smokers do not develop emphysema. High carotenoid intake has also been linked with a 20% decrease in postmenopausal breast cancer and

up to a 50% decrease in the incidence of cancers of the bladder, cervix, prostate, colon, larynx and esophagus.

Furthermore, high intake of carotenoids may be beneficial to blood sugar regulation. Research has suggested that dietary intake of carotenoids may be inversely associated with insulin resistance.

