

"Worry is interest paid on trouble before it falls due"

DEAN INGE
1860-1954

Don't Forget:

Plenty of dietary fibre keeps you healthy on the inside.

- include a couple of pieces of fruit each day.
- have plenty of vegetables and/or salad with the main meal.
- choose wholemeal or whole grain bread
- prefer wholegrain breakfast cereals (read the labels and avoid those with excess sugar)
- try dishes with pulses (beans and lentils). That can be as simple as baked beans on toast.

Welcome

I hope you had an enjoyable Christmas period and that 2004 is turning out as you hoped.

As a health consultant there are moments when I feel like a priest in a confessional. I say "Hi, how are you?" -- the responses: "Great, except my cholesterol has crept up" or "Okay, but still can't fit in some physical activity, it's been busy" or "Christmas was great, but I put on a couple of kilograms!". My usual response to the "extra couple of kilograms" is: "Well done -- so did I". For many of us the festive season results in more food (and often the really good stuff -- taste wise that is!) and less physical activity. That's part of the fun. Of course you don't want to go overboard and leave yourself with a major restoration job in February, but getting back to generally healthy eating and some regular physical activity, the weight should have returned to pre-Christmas levels by March. If the weight loss is proving a little stubborn, try the 10% Rule: eat 10% less and increase your physical activity by 10%.

Slip Slop Slap! -- we have all heard this message a thousand times over. Yet many people still have not got it. I am involved in our local surf lifesaving club and still do the occasional beach patrol. It's our job to pluck people out of the water if they get into trouble, but the statistics show very clearly that most are much more likely to kill themselves by lying on the beach. I am amazed at how many people still bake themselves and irresponsibly, their children. It might be a bit of a dull old message, but Aussies are still the skin cancer world record holders -- so it's a message that we can't forget. Also, be careful if you go to the snow -- both the direct and reflective UV radiation can damage your skin.

Before and after! The last page of this newsletter includes a table of important health considerations. Take a minute or three to consider how you rate for each. If you identify areas that could be improved, set yourself a goal and invest some time to achieve it. The benefit return from such investments is likely to be far greater than the best superannuation policy you will ever find.

Please note: you did not miss the "Summer" edition! We renamed the "Spring" issue as the "Summer" edition. The reason for this is that we sent the last issue in the middle of the period and some new people joining the program felt they missed out. Thus the newsletter is now sent at the beginning of the period rather than in the middle (it's practical that we only do one mail out). Appraisal reports in the future will contain previous issues of the newsletters.

We hope you find this of value.

Rob Edwards and the Health Futures Team

Did you make a New Year's Resolution?

Many of us set noble resolutions which sound inspiring at the time BUT a few months down the track they are faded memories. Here are 7 steps for converting resolutions into life-long actions:

Set specific goals: Instead of "I will get fit this year" try: "I will get fit by having 4 or 5 brisk 30 minute walks each week."

Be realistic: Make sure the goals are achievable. Instead of "I will lose 2 kilos a week" try: "I'll lose 4 kilos by September. I will be happy with my effort and set a new goal if necessary."

Write down the goals: Putting ideas on paper converts good intentions into clear objectives.

Consider the benefits: Ask yourself: "What will I get out of this?" Write the answers (benefits) beside your goals. For example: "When I quit smoking I will feel better, have more money and live longer."

Review your goals: Write the note "Check Goals" in your personal diary at two-monthly intervals.

Reward yourself: When you succeed, give yourself a treat such as a weekend away, dinner out or a new bike.

Remember: You're on the road to success when you realise that failure is merely a detour.

"The great dividing line between success and failure can be stated in five words:

I did not have time"

HENRY
DAVENPORT

Don't Forget:

A small amount of alcohol is okay, but excess can cause high blood pressure, liver damage, elevate triglycerides and much more. So don't forget:

The Rule of "Twos"

Two a day is plenty

Two MAD* days a week

Two x Twos is a treat

Two treats a week is too many.

*Miss A Drink

Worth a Look

As a busy person I am often frustrated by health books that could easily deliver their message more simply and in a third of the number of pages. I guess a book has to be a particular thickness to sell for more than twenty dollars. Thus I am delighted to recommend the book series produced by Media 21 in association with Womens Weekly. You will find the books of high quality, yet very brief and to the point. Most have referral information for relevant organisations. They are exceptionally good value.

Titles include: Cancer Prevention, Constipation, Irritable Bowel Syndrome, Arthritis, Anxiety, Eating Disorders, Insomnia, Depression, Headaches, Incontinence, Menopause and Stress, Soon to be released: Sports Injuries, Blood Pressure, Living With Loss and Grief. September releases: Teeth, Diabetes, Asthma, Women and Heart Problems, Youth Depression.

Full list and cost are available from: booktitles@healthfutures.com.au

Lamb, Eggplant and Lemon Stew

Serves 4

1410kJ/336 calories per serve; 16g total fat; 4g saturated fat; 145mg sodium

Ingredients:

2 tablespoon extra virgin olive oil
600g diced lean lamb
1 tablespoon plain flour
1 eggplant, cut into 2 cm pieces
juice and rind of 1 lemon
250g mushrooms, chopped, (try swiss brown, portabella, button, or a mixture)
1/2 cup white wine
1 cup low salt chicken stock
flat-leaf parsley leaves, to garnish

Method:

Preheat oven to 160 degrees Celsius.
Heat an ovenproof pan over high heat. When hot, add the oil, and sear the lamb on all sides until brown. Sprinkle with flour and cook 1 minute, stirring constantly. Add the eggplant, juice and rind of 1 lemon, mushrooms and white wine and stir in well. Add the stock, bring to a simmer and cover with a lid. Bake for 1.5 – 2 hours or until lamb is tender and cooked through. Stir the stew to distribute the juices a few times during cooking.

Rob's tips: 1. don't let any lemon seeds get into the dish. 2. Leave it over night and reheat to serve.

Reproduced from *The Victor Chang Cardiac research Institute Cookbook #3: "Simply Sensational"*. The book is available from www.healthbooksmedia21.com

10 Quick Stress Management Tips For Work

1. Start your work day with a 'day plan' -- prioritize tasks. Tick off done tasks and if you don't get to the end of the list don't beat yourself up. Don't forget to include time for your most important asset -- you!
2. Tidy your work area at the end of the day. It is a positive start to the next day.
3. Talk less and listen more.
4. Accept advice and criticism calmly -- use the information for personal development.
5. If your gut feeling is that you should say no -- then say 'no'.
6. Avoid time wasters (activities and people).
7. Limit caffeine and alcohol and don't smoke.
8. Be a realistic optimist.
9. Make a list of the things that cause you to feel stressed, then put in place a realistic and objective plan to improve the situation. If you can't change something -- work on your acceptance skills.
10. Identify work skills you might improve to become more professionally effective and, in turn, be a better stress manager.

Good Health -- Great Future

Issue A2

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat wholemeal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose wholegrain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

Have a great day

How Do You Rate Yourself?

	Rating	Goals and Actions
Physical Activity		
Body Weight		
Alcohol		
Cigarettes		
Dietary Fibre Intake		
Dietary Fat Intake		
Sugar Intake		
Fluid Intake		
Stress Management		
Time to Relax		
Back Care Exercises		
Cholesterol/Triglyceride		
Skin Self Checking		
Check Stools for Blood		
Breast/Testicular Self Check		
PAP Test		
Mammogram		
Dental Check Up		

Replies and Replacement Reports

To unsubscribe please reply and indicate your intention. The newsletter goes to many thousands of people so it is difficult for us to respond to all health related inquiries although some topics may appear in future editions.

If you have lost your appraisal report we will gladly replace it, but due to the number of people have taken part in the program, it is not feasible for us to provide replacement reports without charging a small fee. The fee is \$40 to cover production and postage of a CD report (approx. 1000 pages of resources). Reports are only prepared after payment (by cheque) to: Health Futures Pty Ltd, Level 1, 44-52 Townshend Street, Phillip ACT 2606. Please indicate date of birth and if your name has changed.