

Health Futures Pty Ltd/ 1300 720 323
Newsletter Issue A26



Health Awareness Dates in March:

Worlds Greatest Shave

March for Melanoma

Brain Awareness Week

National Health and
Fitness Week

Seasonal Influenza
Vaccines (Combo)

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Welcome

March Madness, March Mayhem, March Mischief all sound wonderfully chaotic and exciting don't they? What about March Mammography, March Mobility, March Medical, March... have I lost you already?

All of the things we know we should do, the things we know will benefit our health, seem to be put on the back burner as time passes and we get busy with other things. It's understandable given how busy we have become, but we need to change it.

Welcome to our Autumn edition newsletter. We're naming it March Motivation.

Our aim is to get you thinking about your health, what it means to you, and how to bring about change.

So book that long overdue appointment for screening, dust off your favourite outdoor equipment and keep working towards a healthy future.

It is also the season for the influenza vaccine. If you are unsure of the pros and cons or need more information please read our article below.

Have a great month,

Carrie Rathbone and the Health Futures Team

Competition Time – 2010 Super 14 Season

As many of you are aware, one of our Health Futures Directors is former Australian Wallaby and ACT Brumbies player, Clyde Rathbone.

Clyde heads up our business development team and is based at our Head Office in the ACT.

Clyde will be hosting our corporate box at the Canberra Stadium when the Brumbies play each week, and would like to invite you to join him in cheering on the Brumbies. We are running a competition to give away 3 sets of 2 tickets each. Entry is easy.

Good Luck!

How to Enter

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All you have to do is answer one simple question and refer one or more friends for the newsletter (name and email) and you're into the draw to WIN!

The more referrals you make, the better your chances of winning!

Question: What health and wellbeing activities do you currently undertake at work, and what would you like to see offered in your workplace?

★★★★

Please email responses and referrals to: super14@healthfutures.com.au before 5pm on the 12/03/10. Winners will be notified by email and posted on our website.



“Look after it and it will look after you.”

-JIM PAPALOIS

Super-charged with Super-foods

Although the marketing of foods as “superfoods” is not legal, the fact is that not all foods were created equal. Some are so packed with vitamins, minerals, antioxidants, essential fatty acids and other beneficial substances that they are deemed “superfoods”. Essential if you’re going to fuel up for change.

Yogurt: It’s alive! Yogurt contains active cultures known as “friendly bacteria” that restore healthy balance in the digestive system. Just one cup contains 50 per cent more calcium than the same size serving of milk, and it’s also full of potassium, riboflavin, magnesium and phosphate.

Broccoli: This cruciferous vegetable is loaded with vitamin C, folic acid and carotenoids, which are packed with vitamin A and can protect your cells from the damage of free radicals, enhance immune system function and improve reproductive health. Just one serving (1 medium stalk) provides 175 per cent of the recommended daily value of vitamin K, which helps build strong bones and plays an important role in blood clotting.

Lentils: Among the most nutritious legumes, lentils are a great source of cholesterol-lowering fibre and lean protein. They contain lots of iron and B vitamins and are very filling, yet low in calories. Folate and magnesium also contribute to heart health and improve the flow of blood, oxygen and nutrients throughout the body.

Sweet potatoes: They’ll satisfy your craving for starches but are far healthier than their white, nutritionally lacking cousins. Carotenoids, vitamin C, potassium and fibre are just a few of the benefits of eating this savoury-sweet veggie, which is ranked among the highest vegetables on the nutrition scale.

Blueberries: Hidden within the juicy, deep blue-purple flesh of this tasty fruit is cancer-fighting ellagic acid. Blueberry extracts have also been shown to have anti-inflammatory properties and help

prevent infectious bacteria from clinging to the walls of the gut, bladder and urethra.

Acai: This exotic berry from the Amazon contains a remarkable concentration of antioxidants, amino acids and essential fatty acids. It’s considered one of nature’s best offerings to combat premature aging thanks to its high monounsaturated oleic acid content. Oleic acid helps omega-3 fish oils penetrate cell membranes, making them supple.

Wild salmon: Packed with omega-3 fats, wild salmon can help reduce the risk of sudden-death heart attacks and contains lots of vitamin D and selenium for healthy hair, skin, nails and bones. Wild salmon can be eaten with little fear of mercury or excess contaminants and is more nutritionally rich than farmed salmon. Wild salmon also has a smaller environmental impact.

Goji berries: They’ve been called the most nutritionally dense food on Earth, and they taste something like salty raisins. Lycium barbarum, commonly known as goji berries, contain more vitamin C than oranges, more beta-carotene than carrots and more iron than steak. The dried Himalayan fruit is also a great source of B vitamins and antioxidants and contains 15 amino acids.

Barley: This low-glycemic grain is high in both soluble and insoluble fibre, which help the body metabolise fats and promote a healthy digestive tract, respectively. Eating hulled barley on a regular basis is said to lower blood cholesterol levels, protect against cancer and keep blood-sugar levels stable. Barley is rich in niacin, vitamin E, lignans and phytochemicals that function as antioxidants.

Add these to your shopping list

Find your Motivation to Move -- Exercise

"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily." Zig Ziglar

We know that you know that exercise is good for you. The question is "why is something so fantastic for you so hard to get happening and keep happening?"

Often we view exercise as an 'extra thing', something to squeeze in when time allows or something that gets bumped for a meeting or taking the kids to sport. The thing is, *everyone* would benefit from you being less stressed and healthier.

If your Doctor said to you, "there is one change you can make that will influence your overall health, one that may increase your longevity and stamina, allow you to sleep well, better your mood, allow you to enjoy your family and workplace *and* decrease your risk of chronic disease" ...would you do it?

Knowing the benefit of exercise is an important motivational tool. Create your personal "reasons list." Keep a piece of paper and pen handy for a couple of days and jot down EVERY reason you can think of to start exercising. Some examples may include:

- To have more energy to spend quality time with your family at night
- To be able to live a long, healthy life
- To tone up your arms/leg/stomach
- To not become breathless climbing stairs

Make an extensive list. This may not seem important, but it is critical to be able to read this list when your motivation to exercise is waning. It's a powerful way to quickly get "re-motivated"!

Our lives are very busy so it's important to accept that something will have to change in your current schedule to allow regular exercise to fit in. Here are some suggestions around forming your action plan.

Goal setting is the first step. Goals need to be **S.M.A.R.T.**:

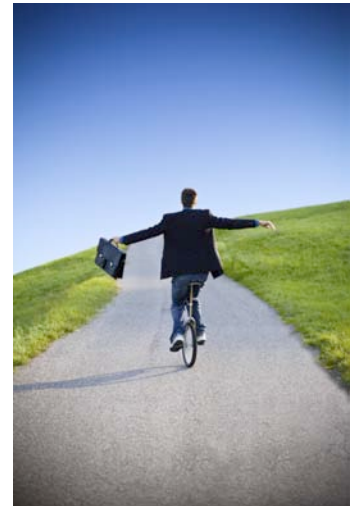
Specific,
Measurable,
Attainable,
Realistic and
Timely.

Some examples goal setting:

- Plan to move more everyday. Take the stairs, walk to another floor to use the facilities or wear a pedometer to monitor your progress.
- Make exercise convenient, enjoyable and simple.
- Purchase good shoes, and use the right equipment. Preventing injuries is an important part of any exercise regime.
- Adopt an exercise buddy, and motivate each other to show up.
- Block off 30-40 minutes in your daily planner. This is your time to commit to yourself.

Set goals and reward yourself when you reach them. Keep moving forward and talk yourself UP not DOWN.

See results and get compliments.
That's really motivating!
GO FOR IT!



"A wise man will make more opportunities than he finds."

FRANCIS BACON



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Seasonal Update: Immunisations for Influenza

This year's seasonal influenza vaccine is different in that it will contain both the influenza vaccine as well as the H1N1 (swine flu) vaccine.

This article addresses some common questions about the influenza vaccine. It does not contain *all* of the available information and it does not take the place of talking to your doctor or pharmacist.

What if I have already had H1N1?

Clinical trials have shown that the vaccine is safe to receive more than once, as long as the period between vaccinations is more than 28 days.

How is it administered?

Each influenza vaccine is administered in the form of an injection and contains fragments of three different types of influenza virus. Each year the Australian Influenza Vaccine Committee and the New Zealand Ministry of Health decide which three types of virus are most suitable.

Will I get the flu afterwards?

The virus in the vaccine is killed. Therefore the vaccine will not give you or your child "the flu".

This year (2010) the viruses are A/California/7/2009 (H1N1) – like strain, A/Perth/16/2009 (H3N2) - like strain and B/Brisbane/60/2008 - like strain.

Vaccination against influenza is recommended every year, for anyone wanting to lower his or her chance of catching influenza.

How does it work?

The influenza vaccine works by causing your body to protect itself against infection by the influenza viruses, types A and B, that are in the vaccine. The body makes substances, called antibodies. Antibodies fight the influenza virus.

If you have been vaccinated, when you come into contact with the influenza viruses killed to make the vaccine, your body is usually able to quickly destroy the virus. This prevents you from getting influenza.

Most people make satisfactory antibodies against the influenza virus. However, as with all vaccines, 100% protection cannot be guaranteed.

When shouldn't you have the vaccine?

Do not have the flu vaccine if you have or previously had an allergy to:

- * Any flu vaccine or any of the ingredients listed at the end of this leaflet
- * Eggs
- * The antibiotics neomycin or polymyxin.

For any further information or to arrange vaccinations at your workplace please contact Health Futures on 1300 720 323.

Notice Board: Special Announcements

This month we farewell John Szabo, a highly valued colleague from our Sydney office. Many of you may have met with John during your health appraisal over the past 10 years. We wish you all of the very best with future endeavours!

★★★

In Canberra we welcome on board Cheryl Cuthbertson and Cate Anderson. We look forward to working with you both on our vaccinations and health assessments programs. Welcome!