

## Latest News:

It's the quarter in which flu vaccinations begin.

Contact us if you would like more information for your organization.

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Health Futures Pty Ltd/ 1300 720 323  
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## Welcome

2009 is well and truly under way. With a new year comes renewed hope, clean slates and fresh opportunities. It's a good time to think of the things we hope to achieve before the pace picks up and, more importantly, set up the infrastructure / support to ensure success.

Often our goals revolve around health and fitness. This makes perfect sense. When we are fitter, we are healthier, and we feel happier. The challenge comes with finding consistency and maintenance of our chosen plan.

Planning becomes your closest ally. Be sure to log into your personal health

## Prevent Skin Cancer.

Sun, Surf, Sand, BBQ's and outdoor sports! All the wonderful things we associate with summer.

It's easy to get caught up in the warm weather and holiday-like atmosphere and forget our safety with regards to sun protection.

It may come as a surprise that skin cancer is the most common form of cancer in Australia. In summer, more so than any other time of year, we leave our skin exposed to the sun.

There are over 200 types of skin cancers known to us. And since 1994 there has been a 40% increase in the incidence of these cancers. Is the sun safe message not getting through? Are testing centres,

planner and record your goals and progress. The graphical and numerical feedback is a great tool, and can often provide that little extra motivation you might occasionally lack.

Our goal this year at Health Futures is to help you not only to achieve, but transcend your health and well-being goals! We look forward to working with you again this year.

Best wishes,

*Carrie Rathbone and the Health Futures Team.*

products and other prevention methods not accessible enough? Or, are we just not listening?

Make 2009 the year for self-checking. Write into your diary, on one day each month, a reminder to do a skin self-check. The brochure included in your resources kit contains pictures and descriptions. While you are at it be sure to perform your breast, stool and testicular checks too.

Although it is recommended you stay out of the sun between 10am and 4pm daily, you are in danger throughout the day (and not just when it is hot outside). You only require a few minutes of sunshine each day to ensure your vitamin D is in good supply.

## Get up and Go! And then keep it up!



*“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.” - AJ Reb Materi*

Does this sound like you? Take solace in the fact that you are not alone. For many people the challenge lies in motivation.

Starting a new health and fitness regime is often the easier part, maintaining it proves to be much trickier. What you need are some proven methods for maintaining motivation and keeping you on track. Here are 9 methods for '09!

1. Create your own personal “Reasons List”. Use this to list the main reasons for staying healthy and fit. You may have children with which you want to keep up during play. You may want to be able to climb stairs without becoming breathless. You may want to fit into an old pair of jeans. Whatever your reason, write every last one down. If you feel your motivation declining, read through it - it’s sure to get you back on track.
2. Pair up! Research shows that we are more likely to maintain a routine if we have someone to whom we are accountable, and who can encourage us.
3. Pick something you will enjoy. You are far more likely to keep up with your routine if you are having fun when you do it. Team sports can be social, and great fun. You may also consider doing something less conventional like ultimate Frisbee or Capoeira (see our previous 2 newsletters).
4. Keep it interesting by trying different activities. You may want to alternate indoor and outdoor sports, or strength training exercises with cardiovascular exercises. Changing it up is also a great way to ensure all-round fitness and strength. Music is also a great motivator if you have an mp3 player to accompany you during sessions.
5. Exercise first thing in the morning. Before the day has an opportunity to sap you of energy or present obstacles to training, get out there and complete your session. You will also have a lot more energy throughout the day.
6. Wear the right gear. Making sure your equipment (e.g shoes) are the right type for your activity will go a long way to avoiding strain or injury.
7. Reward yourself. If you stick to your program for a period, treat yourself with a book, or even a massage. Avoid making fatty foods the treat, as you’ll only undo your hard work. Remind yourself that nothing tastes as good as health and vitality feels.
8. Day of rest. Make sure your routine has a day or two of rest incorporated. This gives you time to recover and relax.
9. Keep a record. Use your online health planner to list girth measurements, minutes of exercise, weight or distance. The improvement with time is a great motivation to keep going.

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*“The first wealth is health.”*  
- RALPH EMERSON

**Enjoy!**

## Recipe: Szechwan Chicken / Prawns



(Serves 4-6) \*contains peanut product

### Ingredients

2 teaspoons Szechwan peppercorns  
 2 tablespoons soy sauce  
 2 tablespoons Chinese cooking wine or sherry  
 3 chicken breast fillets, trimmed and cut into thin strips  
 or  
 150gm King Prawns raw & peeled  
 2 tablespoons peanut oil  
 2 teaspoons corn flour  
 1 red capsicum, seeded and thinly sliced  
 1 carrot, sliced diagonally  
 2 teaspoons white vinegar  
 2 teaspoons sugar  
 1 tablespoon chilli sauce  
 2 green onions, sliced diagonally

### Method

Heat a small frying pan over medium heat. Add the peppercorns and dry fry for 1 minute or until fragrant. Remove from heat and place in a mortar and pestle or spice grinder. Add a pinch of salt and grind until it forms the consistency of finely cracked black pepper. Set aside until needed.

Place the soy sauce, Chinese cooking wine and chicken or prawns in a non-metallic bowl. Cover and refrigerate for 15 minutes to marinate.

Heat half the peanut oil in a wok or large non-stick frying pan. Drain the chicken or prawns from the marinade and reserve the marinade.

Cook chicken / prawns in batches, for 3 minutes or until browned. Remove from heat and keep warm.

Combine the corn flour and 2 tablespoons of water and whisk until it forms a smooth consistency. Set aside until needed.

Heat the remaining peanut oil in the wok. Add the capsicum and carrot and cook for 3 minutes or until tender.

Return the chicken / prawns and any cooking juices to the wok, along with the reserved marinade, corn flour mixture, vinegar, sugar, chilli sauce and ground peppercorns. Cook for another 3 minutes, and then toss through the green onions.

Serve immediately with rice or noodles.

***Bon Appetit!***

*“There are many paths to the top of the mountain, but the view is always the same.”*  
 - CHINESE PROVERB

## Stress – Do you know your level?

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**We're on the Web!**

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Stress is a word that is difficult to define. What is a stressful event for one person may not cause difficulties for someone else. A good definition of stress takes into account the relationship between your problems and your ability to cope with them. If a big difference exists between the problems and that ability, stress arises.

Stress is part of life because there will always be difficulties to be faced. Some of these will be more upsetting to you than others, depending on your experience, personality and personal circumstances. Only you can figure out whether you have too much stress in your life.

A useful exercise is to ask yourself "What job, family, or personal stress do I have?"

Stress can be caused by an ongoing personal situation such as problems in your family or with a relationship, caring for a family member who is elderly, has chronic health problems, or is disabled. Stress can be a result of your job, or dealing with a family member who is under stress.

Life changes such as getting married, moving to a new city, or losing a job can also be stressful. You can't always control these things, but you can control how you respond to them.

Nearly all the techniques of stress management fall into these broad groupings:

- Recognising the problem
- Helping yourself
- Solving problems

The level of stress you are experiencing must determine the strength of the resource utilized to combat that stress. For example, a brisk walk and some fresh air might be the answer to a stressful meeting at work, but it may not do much to ease the stress of someone who has been retrenched from their job. As the stress intensifies, one must have the skills and professional help required to match that level of stress.

When we leave stressful situations to manifest themselves they can have a physical impact on us. Sleep deficiency, headaches, dizziness, loss of appetite etc are all symptoms of stress and must be dealt with promptly.

If you would like further information on coping with stress, please log in to your online resources and read through our stress resources.

If you have not previously done our program we would be happy to send you an article snippet. Please respond to this newsletter email with "Stress Resources" in the subject.

### Notice Board: 2009 Influenza Vaccination program

We are now scheduling bookings for our 2009 Influenza Vaccination Program. Please be sure to enquire and book early to avoid disappointment. Please see our website [www.healthfutures.com.au](http://www.healthfutures.com.au) for the "Vaccine" link and information. Alternatively email: [vaccine@healthfutures.com.au](mailto:vaccine@healthfutures.com.au) or call 1300 720 323.