



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

MAY 2020

Maximise Your Health

Over the last 8 weeks Australians have been restricted in our social activities due to the COVID crisis and during this time we have been bombarded with information on how to have a good immune system, how to workout from home and how to keep mentally healthy during this time. One message that has been consistent and clear is around smoking and the affect it has on your health.

Smoking is expensive, and you pay for it with your looks and your health. It causes bad breath, yellow teeth, wrinkly skin, unhealthy lungs and a poor immune system. While it's not certain that people who smoke are more likely to get COVID-19, they are at a higher risk of getting respiratory infections in general. This means that it's more likely than not that people who smoke have a higher risk of getting COVID-19 compared to people who don't smoke. Also, the hand-to-mouth action of smoking and e-cigarette use means that people who smoke may be more vulnerable to COVID-19, as they are touching their face and mouth more often.

The best thing you can do for your health is to stop smoking. The best way to stop smoking is to use a tailored quit counselling service such as **Quitline 13 7848**, plus stop smoking medications, for instance nicotine patches and gum.

This May we have a number of challenges happening at McColl's; The Push Up Challenge to support Mental Health, the May50k raising awareness for Multiple Sclerosis and World No Tobacco day on May 31st, so if you are a smoker, why don't you take up the challenge to pledge to Quit alongside one of our other health challenges? We know that we may still be restricted from social events and 'trigger' situations over the upcoming weeks, so now is a great time to start your Quit journey.

Please contact the People and Culture department (formally HR) for more information on how McColl's can support you in your efforts to stop smoking.

Even through the COVID-19 government restrictions are starting to lift, please remain cautious to protect your family



To help with cravings after you've quit **try the 4Ds**

Quitline 137848

Delay for at least five minutes, the urge will pass

Deep breathe slowly and deeply

Do something else to keep your hands busy

Drink water to take 'time out', sip slowly

#DRIVINGHEALTH

Megan Taylor, Health & Wellness Coordinator - 0437 600 421



Dr Andy McEwen from the National Centre for Smoking Cessation and Training explains what effect smoking has on health and fitness and how quitting can add years to your life...

Q . How does smoking affect the tastebuds?

Smoking supplies the brain with nicotine, altering and suppressing a smoker's ability to taste flavours. The reduced oxygen supply from inhaling tobacco smoke also contributes to the dulling of flavour recognition in the mouth. When smokers stop they regain the sense of taste they had before they smoked and food really does taste better.

Q: When you stop smoking how does your sense of taste return?

By stopping smoking the levels of nicotine in the body fall. Nicotine can be completely out of a person's system within hours and once the nicotine has left your body, food begins to taste better and flavours are more noticeable.

Q: How does smoking affect your sense of smell and what effect does this have on diet & nutrition?

Smoking irritates the nasal passage which can cause inflammation and impair your sense of smell. This is unlikely to directly affect diet and nutrition but will undoubtedly influence your enjoyment of food.

Q: What effect does smoking have on your absorption of nutrients? Which nutrients suffer the most?

Smoking affects the body's ability to absorb a variety of vitamins and minerals including calcium and vitamins C and D. Smoking also affects the body's circulation by causing blood vessels to narrow and become blocked because of an increased build up of fatty deposits. Stopping smoking is an effective method of helping avoid deficiencies of vitamins.

Q: How does giving up smoking affect your energy and fitness?

Stopping smoking has a hugely positive impact on a person's health, energy and fitness. The first two or three weeks of quitting can feel very difficult to get through for many smokers due to experiencing withdrawal symptoms and learning to cope with strong urges to smoke. However, after 48 hours the lungs are clear of carbon monoxide and by the end of day three breathing should become easier, bronchial tubes begin to relax and energy levels increase. After stopping smoking your circulation will also improve.

Compared to smokers, ex-smokers can expect to live longer, have fewer days of illness, have better fitness and energy fitness levels, and be healthier and happier.

Mexican Prawn Soup

This prawn soup is an easy mid-week meal, is packed with flavour and is under 300 calories per serve!

Serves 4

Recipe from Olivemagazine.com

INGREDIENTS

- 1 Tab Olive oil
- 1 carrot
- 1 stick celery
- 1 green chilli (finely chopped)
- 1 red onion (finely chopped)
- 3 cloves Garlic
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tab tomato paste
- 1 sweet potato (chopped into cubes)
- 400g tin chopped tomatoes
- 180g raw king prawns
- 1 Avocado (chopped)
- Small bunch coriander Torn up
- 1 Lime

METHOD

1. Heat the oil in a large pan and cook the carrot, celery, chilli and $\frac{3}{4}$ of the red onion with some seasoning for 10-15 minutes or until soft.
2. Add the garlic, spices and oregano, and cook for 1 minute, then stir in the tomato paste and cook for another minute.
3. Tip in the sweet potato, chopped tomatoes and 350ml of water, simmer gently for 25-30 minutes or until the sweet potato is completely tender.
4. Add the prawns and a little seasoning, and simmer for 5 minutes until they have turned pink and are cooked through.
5. Stir the remaining red onion through and spoon soup into bowls, Serve with avocado, coriander and lime wedges.





Kettlebell Exercises

You don't always need a huge amount of equipment to get a good full body workout. A single kettlebell is a small piece of equipment you can easily keep stored at home or while travelling.

The Kettlebell Swing

The kettlebell swing is one of the best moves you can use to get bang for your buck. This exercise will help you to loosen tight hips from sitting all day while strengthening your glutes (buttocks) engaging your back muscles, all while providing a massive cardio workout.

TIP - the swing is powered from thrusting the hips forward and letting the arms swing, not by using the arms to lift the weight.

Single Leg Deadlift

This deceptively challenging exercise is a great way to work on balance and coordination all while strengthening a huge number of muscles including glutes, abdominals, hamstrings and back plus provides mobility through the hips and legs.

TIP - Keep this move slow and controlled, focussing on the hips staying straight, back flat and standing all the way up at the top.

Kettlebell Squat

This full body movement works the quads, calves, glutes as well as the back and upper body as you are holding the weight. In the picture on the left, the model is squatting then extending his arms in front before reversing the move to stand up. This is a key way to get a more intense workout by pairing 2 exercises together, the squat and front press.

TIP - Start with a basic squat before progressing to this harder move.



Plank Row

This challenging movement activates the core more than a normal plank, particularly the obliques while also working the back, arms and quads. This exercise can create some serious muscle and metabolic conditioning (fat burning) so it's a great addition to any workout program especially if you are looking for some advanced options.

TIP - try not to rotate hips in this movement.



Overhead Press

The overhead press is a full body movement, even when its single sided. Your shoulders and arms press the weight overhead while the legs, lower back and core stabilise you. You can complete this with a weight in each hand or a single side like shown.

Tip - make sure you keep your core strong and active so you don't feel any pain the lower back. If it hurts the lower back, reduce the weight or try a seated position.

Bicep Curls

The main benefit of bicep curls is pretty obvious; to increase the strength and size of the biceps. Isolation exercises like this and triceps are great for the end of a workout to help train the smaller muscle groups.

TIP - ladies you don't need to worry about looking like a man if you train biceps! You will get stronger, leaner arms that look great!



Triceps Extension

Its essential to train the triceps (back of the upper arm) to increase strength and bring stability to the shoulders and arms. Make sure you train the triceps if you are training the biceps, so you don't have an imbalance in your body.

TIP - be careful not to arch your lower back when doing a triceps exercise as pictured, this not only protects the back but ensures you get the maximum work in your arms.

APP OF THE MONTH



This one is a no brainer! If we want to get back to living our lives as normally as possible we all need to download the COVIDSafe app as soon as possible! While the new COVIDSafe app is completely voluntary, downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus.



Meet a McColl's Champion

Name: Carlee Glanville

Job Role: Parts Administration Assistant

Depot: Tongala

Division: Fleet

Time at McColl's: 14 Months

Tell us something interesting about yourself: I have two kids, they keep me on my toes pretty well 24/7, I'm loud, crazy and love to talk and I have a ridiculously stupid laugh, but other than my silly quirks I'm just a plain Jane, mum and partner

What is one of the challenges with COVID-19 that you have overcome? I'm a very social person so not being able to visit family and friends has been hard but we've been facetimeing each other pretty regularly so that makes it slightly easier.

Current Favourite HEALTHY MEAL: I don't really have a fav but will always go for a stir fry if I'm short on time or undecided on a meal.

Best food hack to keep healthy eating on track: I try to plan our dinners weekly so when I do grocery shopping I buy what I need, and I try to never go shopping whilst hungry. Oh and Coles click & collect stops me buying lollies!

Quote that inspires you: 'Whenever you find yourself doubting how far you can go, remember just how far you've come, everything you've faced, all the battles you have won and all the fears you have overcome.'

How do you incorporate activity into your day especially now in isolation? I've been trying to get out each day and walk, it's nice to get out and clear the head after work.



**I'M LEAVING MY
LIMITS BEHIND.**



CATCH ME IF YOU CAN!

THE MAY 50K

What motivates you to exercise and eat well? I usually struggle with motivation to exercise but recently have found it's pretty helpful to switch off from the world and have some time to myself so I'm really enjoying it again.

Carlee and a bunch of other McColl's people are supporting MS to walk or run 50k this May. Support them by donating to our page

<https://www.themay50k.org/fundraisers/mccollstransport>

Contact Us

Megan Taylor
Health & Wellness Coordinator
92-96 Barwon Terrace
South Geelong, VIC, 3220
0437 600 421
mtaylor@mccolls.com.au
Like us on Facebook & Instagram

