



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

JULY 2020

A Message from the CEO

As you are all aware there has been a large increase in the number of COVID-19 cases in Victoria and as a result the government has enforced further restrictions from 8 July.

McColl's will continue to keep the business running as safely and smoothly as possible. Our tankers will continue to operate as essential services and we ask that everyone continue to follow the hygiene and social distancing protocols.

Anyone visiting the locked-down area should take special care to avoid any possible contact with people there – no hand-shaking, keep 1.5m apart, wash hands regularly, use sanitiser, don't touch surfaces that might have germs, wipe down high-touch areas in trucks with sanitiser, wear face masks as requested on customer sites, avoid high-traffic areas....these things are the new normal for the COVID-19 era.

We have 3 sites in the metro Melbourne region – please be very conscious of this at Altona, Pakenham and Brooklyn if you have to go there. We are especially conscious of lunch rooms and other shared areas.

Regional sites outside of the lock-down area will continue as they have been for the last 2 months. Other disciplines of the COVID-19 era still apply: social-distancing and good hand hygiene. Remember, if you can work from home then please do so.

As always, if you are sick, stay home and seek medical advice if necessary.

Stay safe everyone!

Simon Thornton

Employee Assistance Program provided by

D'Accord
psychological health services

1300 130 130
NZ 0800 SELFHELP

Smart food swaps

Whether you are diabetic, pre-diabetic or just looking to make healthier choices, these food swaps will give you some ideas to think outside the box and make smarter choices so you don't feel like you are missing out at meal times.



Try swapping your regular carbohydrates in a meal to an alternative. For example: swap taco shells or wraps to lettuce wraps, spaghetti pasta to zucchini noodles or change your pizza bases to eggplant or a cauliflower base.



Swap fatty cuts of meat for lean choices such as lamb chops for lean steak or regular mince to 5 star mince. Fish turkey and chicken are also great choices that have a lower saturated fat content.



Swapping your regular white bread for a whole grain, lower carbohydrate alternative is important when you have diabetes. While you still need to manage how many serves you are having, you don't have to miss out on having toast or a wrap when you feel like it.



There are so many lower sugar or sugar free alternatives popping up on the supermarket shelves these days it is really worth taking the extra time to look it there are some better choices of your favorite things like hot chocolate or cakes so you can still enjoy treat without your blood sugar increasing



Diabetic friendly Banana Cake

When you feel like a sweet treat but trying to stay healthy, try this tasty banana cake. Make on the weekend and freeze portions for the week ahead.

Recipe from LiveLighter Victoria
Serves 8

INGREDIENTS

- Olive Oil Spray
- 2 eggs
- 1/2 cup margarine
- 1/2 cup sugar
- 2 cups self raising flour
- 3 ripe Bananas
- 2 Apples grated
- 1/2 cup low fat milk

METHOD

1. Heat the oven to 180 degrees.
2. Spray cake tin with oil spray.
3. Beat the margarine and sugar with a whisk until creamy.
4. With a whisk beat in one egg at a time until mixed well.
5. Sift the flour into the mixture and stir gently.
6. Add bananas, apples and milk to the mixture and stir until just combined.
7. Pour the mixture into the greased pan and bake for 50-60 mins until just golden.



EXERCISE & DIABETES

Regular physical activity is one of the most important things you can do to improve your health and help manage your diabetes. The more physically active you are, the greater the health benefits will be. However, any activity, even at a slow pace, can have health benefits, and some activity is better than none at all.

There are many good reasons to exercise and do more activity. When the body starts to exercise, the muscles need energy to move. This energy comes from glucose in the blood as well as glucose stored in the muscles and, occasionally, from stores in the liver. Physical activity plays a vital role in helping the body use this glucose as fuel for the working muscles, which in turn lowers blood glucose levels.

In short for the person with type 2 diabetes, physical activity helps the insulin that your body makes, work better and lowers blood glucose levels (Some people may need less glucose lowering medication to prevent hypos so speak with your diabetes team).

How much exercise is enough?

You need to exercise for a least 30 minutes on most days of the week. This can be broken down into shorter sessions of 10 -15 minutes each 2-3 times per day. If your goal is to lose weight, you need to exercise for at least 60 minutes on most days of the week and manage your diet to achieve this.

Many people have noticed moving less during the COVID situation, others however are enjoying the freedom of being able to exercise during the day. Whatever your situation, it is important to make your activity fun to keep yourself motivated and not to give up. It is also important to make physical activity a regular part of your daily life.



Try using the stairs instead of the lift, getting off the tram a stop earlier or park on the far side of the supermarket carpark. Doing a combination of different types of physical activity has proven benefits for managing diabetes. There are two main types of physical activity: aerobic exercise and resistance exercise.



Aerobic exercise:

Aerobic exercise is any activity that involves large muscle groups working at a pace that can be sustained for more than a few minutes. It gets your heart and lungs working harder. Examples include walking, dancing, aerobic exercise classes, cycling and swimming.

Resistance exercise:

Resistance exercise involves working your muscles against a load or resistance. This can be your own body weight (such as moving from sitting to standing or doing squats or wall push-ups) or using equipment to provide resistance (such as machine weights, dumbbells, cans of food or resistance bands). If you are unsure or new to resistance exercise speak to a qualified exercise professional about a resistance program to suit your needs.

For more information visit www.diabetesvic.org.au/Physical-activity



APP OF THE MONTH

Fooducate is your healthy diet toolbox. Eat Better. Lose Weight. Get Healthy.
Eat tasty, healthy, real food. Track your calories, macros, and workouts.
Free health & diet tips from nutrition professionals and motivation & support from the community
Fooducate also analyses and recommends foods based on their ingredient quality.



Meet a McColl's Champion

Name: Darren Boyd

Job Role: General Counsel (McColl's lawyer)

Depot: Home? I started during the COVID-era so have only been to the South Geelong office twice!

Time at McColl's: Just over two months

Tell us something interesting about yourself: I was lucky enough to commentate sport professionally for a few years (including AFL, Big Bash cricket, international basketball, and a few overseas trips to Paralympic Games).

What are you currently listening to? I love music and the radio is tuned to Triple J or Double J no matter where I am in Australia or around the world! My podcast library is overflowing – lots of US-sport content, but also “The Daily” (from the New York Times), and – on a local level – I’ve really enjoyed “Naked City” which is new true crime series from John Silvester of The Age.

What is one of the challenges with COVID-19 that you have overcome? I have been running consistently for a few years now, but I set myself a COVID challenge to train for and run a fast (for me!) half marathon – which I did last weekend, running my best time over the distance by about two-minutes.

Current Favourite HEALTHY MEAL: Pretty simple: steak, Greek salad and sweet potato mash

Best food hack to keep healthy eating on track: My wife and I try to stay organised and keep a freezer full of delicious, healthy, well-priced meals that we get from a company called Dineamic here in Melbourne. When we are rushed or stuck at dinner time, one of those is perfect.

How do you incorporate activity into your day especially now in isolation? I love watching the city wake and the sun rise, so an early morning workout is the perfect complement. Plus, I’m often back before our 3yo son wakes, so it keeps the family happy too!

What motivates you to exercise and eat well? This is hard for me to answer because, as exercise and decent eating is part of my lifestyle, I find I feel “off” if I miss a few days. On the other hand, now I’m a father, I am particularly conscious to ensure I’m fit, active and setting a good example for Franklin as he grows. But I never, ever forget that a hard training session is the perfect excuse for a beer and a burger!

What is your biggest accomplishment in health and fitness? Going back a few years, I was unhappy with my health and fitness so I committed to easy – but meaningful – diet and exercise changes. No fads, just better and consistent choices. I lost about 15kg in six months, got fit, and now it’s just part of my lifestyle.



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