



# HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

AUGUST 2020



## Are you eating enough Vegetables?

*Did you know, only 4% of Australians eat their recommended five serves of veg a day?*

There is nothing like a global pandemic to give us more time, opportunity or reason to do some more home cooking, and with our August theme of 'Try for 5' a Nutrition Australia campaign to encourage Australians to eat more vegetables daily we have included a bunch of tasty recipes to help you increase your vegetable intake.

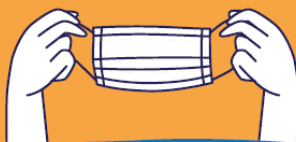
Current research shows that mental health and diet are closely linked, and a diet high in vegetables and fruits has a long term benefit in protecting our brains, increasing our mood and keeping our memory sharp as we age. Our tendency to reach for convenience foods is resulting in many of us not meeting basic dietary requirements, this in turn increases the risk of health related issues such as obesity and diabetes.

While we understand that for many McColl's people long work hours and travelling interstate with minimal facilities and changing work schedules, we hope that some of the hand picked recipes that can be easily stored, frozen and pre made, along with the inspirational story of truck driver Tyne McPhersons weight loss can assist in helping you make some small changes in your diet.

So this August challenge yourself to add more vegetables to your diet, try for 5 serves a day as recommended by the Australian Dietary Guidelines and make some big health gains for yourself and your family.

### How to Safely Wear a Medical Mask

Source: World Health Organization



#### Do's

- ✓ Thoroughly wash hands with soap and water before touching the mask
- ✓ Check the mask for any tears or holes
- ✓ Find the top side where the metal piece or stiff edge is
- ✓ Ensure that the colored side faces outwards
- ✓ Bend the metal piece/stiff edge over your nose for a better fit
- ✓ Cover your mouth, nose, and chin.

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#### Do's

- ✓ Adjust the mask without leaving gaps on the side
- ✓ Avoid touching the mask
- ✓ Use the straps to remove the mask
- ✓ Keep the mask away from you or any surface when removing it
- ✓ Discard the mask immediately after use, preferably into a closed bin
- ✓ Wash your hands after



#### Dont's

- ✗ Don't use a ripped or damp mask
- ✗ Do not wear the mask just over your mouth or nose (both must be covered)
- ✗ Do not wear a loose mask
- ✗ Do not touch the front of the mask
- ✗ Do not do other things that will require touching the mask
- ✗ Do not leave used mask within the reach of others
- ✗ Do not re-use the mask

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# Tasty ways to eat your veggies

Getting your vegetable intake in doesn't have to be bland and boring. Here are some fantastic and tasty ways to eat your vegetables and really enjoy them!

## Vegetable Pancakes

### Ingredients

- 1 carrot (grated)
- 1 potato (grated)
- 1 zucchini (grated)
- 2 eggs (beaten)
- 1 tablespoon self-raising flour
- 1 tablespoon parsley (finely chopped)
- 1 tablespoon chives (finely chopped)
- 1/2 teaspoon nutmeg (ground)
- Pepper (to taste)

### Instructions

1. Mix carrot, potato, zucchini, eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
2. Heat one teaspoon of oil in a non stick frypan and add spoonfuls of mixture to the pan.
3. Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
4. Drain on absorbent paper, set aside and keep warm.
5. Heat remaining oil and repeat with remaining mixture.



## Teriyaki Chicken & Vegetables

### Ingredients

#### Sauce

- ¼ cup soy sauce
- ½ cup water
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 2 tab honey
- 1 tab brown sugar

#### Stir Fry

- 2 tsp toasted sesame oil
- 1 tab+ 1 tsp corn flour
- 500g chicken breast cut into 1-inch pieces
- 2 cups broccoli florets
- 1 red capsicum cut into 1-inch pieces
- salt and pepper to taste
- 1 tablespoon vegetable oil
- 1 tablespoon sesame seeds



Recipe: realhousemoms.com

#### For the sauce:

Place the soy sauce, water, garlic, ginger, honey, brown sugar and sesame oil in a small pot over medium-high heat. Cook for 2 mins. Turn up the heat to high and bring to a boil. Mix the cornflour with 2 tabs of cold water until dissolved. Add the cornflour mixture to the sauce and boil for 1-2 minutes or until sauce has thickened. Set sauce aside.

#### For the stir fry:

Heat 1 tsp vegetable oil in a large pan over medium-high heat. Add the broccoli and red peppers and season with salt and pepper. Cook for 4-5 minutes or until the vegetables have started to brown and soften. Add 2 tabs of water and cook until water has evaporated. When your vegetables are crisp & tender, remove them from the pan and set aside; cover to keep warm. Wipe out the pan. Heat the remaining 2 tsp of oil in the pan over high heat. Place half of the chicken in the pan and season with salt and pepper. Cook for 3-4 minutes on each side or until cooked through. Set the first batch of chicken aside and repeat the process with the rest of the chicken. Add all of the chicken and vegetables back to the pan. Pour the sauce over the top and cook for 2-3 minutes over medium-high heat until warmed through. Sprinkle with sesame seeds and serve.

## Sweet potato Brownies

Recipe from detoxinista.com

Servings: 16

### INGREDIENTS

- 3/4 cup mashed sweet potato (steamed, then mashed with a fork)
- 1/2 cup almond butter
- 1/2 cup cocoa powder (unsweetened)
- 1 cup brown sugar
- 1/3 cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup dark chocolate chips

### METHOD

1. Heat the oven to 180 degrees and line a square tin with baking paper.
2. In a large bowl, combine the mashed sweet potato, almond butter, cacao powder, coconut sugar, flour, baking powder, vanilla extract, and salt.
3. Stir well, until a relatively smooth batter is formed.
4. Fold in the chocolate chips, if using. Transfer the batter to the prepared pan and use a spatula to smooth the top.
5. Bake until the edges look dry and the centre of the brownies have puffed up, about 35 to 40 minutes.
6. Let the brownies cool completely before slicing, or they will be too soft. Cut them into 16 small squares, and store the leftovers in an airtight container in the fridge.



## Healthy Corn Bread

Recipe: [livelighter.com.au](http://livelighter.com.au)

- olive or canola oil spray
- 1/2 cup polenta
- 1/2 cup wholemeal self-raising flour
- 1 cup self-raising flour
- 2 tbs caster sugar
- pepper
- 1/2 cup low-fat natural yoghurt
- 3 eggs
- 420 g can creamed corn
- 3/4 cup low-fat milk
- 2 spring onions (including green tops), thinly sliced
- 2 tbs sundried tomato, drained and chopped
- 1/4 cup parsley, roughly chopped

1. Preheat oven to 200 °C (180°C fan-forced).
2. Spray a 12-cup capacity muffin pan with oil.
3. Combine dry ingredients and mix well.
4. Add the rest of the ingredients and mix gently until just combined.
5. Pour into greased muffin tray.
6. Bake 20 -25 min or until a skewer poked into the centre of a muffin comes out clean.



## Roast pumpkin, chicken and honey mustard salad

- 1kg Kent pumpkin, cut into wedges.
- 3 tablespoons olive oil
- Salt & pepper
- 2 cups baby spinach
- 2 cups rocket leaves
- 2 small chicken breasts, grilled & sliced
- 1 tablespoon toasted pine nuts
- 100g Greek style feta, crumbled



### Honey Mustard dressing

- 1/2 cup olive oil
  - 2 tablespoons honey
  - 2 tablespoons white wine vinegar
  - 1 tablespoon wholegrain mustard
  - 1 tablespoon Dijon mustard
  - Salt & pepper to taste.
1. **For dressing**, fill ingredients into a jar, shake and pour.
  2. **For salad**, preheat oven to 180°C. Line an oven tray with baking paper. Arrange pumpkin wedges in a single layer and drizzle with olive oil. Season. Bake for 25 minutes or until golden and tender. Set aside for 15 minutes to cool.
  3. Put spinach and rocket in a large bowl and add 2 tablespoons of the dressing. Toss well to coat. Arrange spinach mixture, pumpkin and chicken on a serving board or serving platter. Scatter over pine nuts and feta then drizzle with a little of the dressing. Season with a little black pepper.



## Broccoli Tots

Recipe: [theleangreenbean.com](http://theleangreenbean.com)

### Ingredients

- Bag frozen broccoli (or 3 cups fresh)
- 1 egg
- 3/4 cup breadcrumb's
- 1/2 tsp paprika
- 1/2—1 tsp garlic powder
- 1/2 cup grated cheese.
- Salt & pepper to taste.
- Tomato sauce to serve.

### Method

1. Steam broccoli in microwave.
2. Drain excess water and put in food processor. Pulse until chopped.
3. Add egg, breadcrumbs, paprika, garlic and cheese and process until combined.
4. Form into ball shapes squeezing tightly and place on baking paper on a tray.
5. Bake at 180 degrees for 20 mins, flipping halfway.
6. Serve with sauce.

# WORKOUT APPS

Victorians are back into COVID restrictions, with gyms closing and face masks mandatory working out in your home and at a time that suits you has never been so appealing. We have collected a number of fitness apps that you can utilise to get some activity in during your day.



## Nike Fitness Club

Try free workouts, including HIIT, invigorating yoga classes, bodyweight workouts you can do with minimum to no equipment and cardio that gets your heart rate pounding. Switch it up with 185+ free expertly designed workouts from our world-class Nike Master Trainers, for athletes of all levels.

## Crossrope

Crossrope gives you access to quick and effective workouts that fit your busy schedule. Experience a fun new way to get a full-body workout, anywhere. Crossrope workouts are built around different combinations of jump rope and bodyweight exercises to help you burn calories, build strength, and improve endurance. Workouts range from 15 to 30 minutes. While the workouts are designed around the crossrope weighted ropes, you can still use a regular skipping rope to follow along.



## Yoga Studio: Mind and Body



Yoga Studio is a subscription based app, with a free 7 day trial, but if you are keen to consistently do yoga the 90+ ready-made yoga videos & 15 + meditations and relaxation practices are a great choice. Plus there are frequent class updates so there's always something new. Perfect for all levels, beginner to advanced, plus you can use the app without internet connection—once the class is downloaded to your account.

## Centr By Chris Hemsworth

If you are looking for a little of everything, nutrition, workouts and mindfulness, this is a good option. With a 7 day free trial, plus subscriptions being a VERY low cost right now the app has a range of workout options including, HIIT, Yoga, Pilates, Strength, and MMA. The guided meditations and simple tasty nutrition planning are reported to be fantastic.



## Relaxation exercises

**Finding a sense of peace and calm in our day-to-day lives can be difficult. Relaxation techniques can help to relax the mind and body and also manage some of the symptoms of anxiety and depression.**

There are many types of relaxation, including breathing exercises, progressive muscle relaxation, visualisation, meditation, mindfulness, and gentle physical activities such as yoga and Tai Chi. And the good news is, many of these techniques can be practised almost anywhere and at little or no cost.

Learning to relax can take a bit of practise but the more you practise the more helpful the relaxation technique will be.

Beyond Blue have downloadable MP3 files that can be saved on your phone or computer to use at any time. These include Breathing exercises, Muscle relaxation and Guided Visualisation. Go to <https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises> for more information.





## PODCAST OF THE MONTH

**Bounce Back** is a new podcast series to help Australians who are facing adversity or feeling lost as we deal with the COVID-19 pandemic. **Bounce Back** is about promoting wellbeing and good mental health by showing that even in the most difficult times there are people you can turn to for support. As an advocate for encouraging positive change – whether that's our attitude towards alcohol consumption or mental health – and recognising that a lot of us are feeling a bit lost or struggling at the moment.

## Meet a McColl's Champion

'I have never felt healthier in my life.'

Words like this from a former bodybuilder & martial arts trainer are pretty powerful but in the midst of a global pandemic where mental health cases are on the rise and many are experiencing slightly tighter clothing (or the 'COVID- chunk' as its affectionately known in the Geelong office) hearing positive stories of our people who are thriving is an inspiration.

Starting at 128kg 3 months ago, McColl's subcontractor Tyne McPherson used weight loss company Optifast to assist him drop 16.5kg's so far after trying a number of other options and speaking to his doctor (who recommended Optifast) and while he is planning to wean himself off the shakes in time, the convenience of having everything on hand while driving trucks away from home has been important to staying on track. 'When I'm driving I can wake up, make myself pretty and hit the road with my Optifast bar, at lunch I have my shake and then I have a really good quality dinner at the end of the day. I don't have to think about it and I don't get hungry!'

The most important thing in life to Tyne is his family, so along with wife Jackie & daughter Bryonie joining the program they worked together to achieve their goals, supporting each other and have all lost a considerable amount of weight. My goal was to lose weight for a wedding I was attending in Germany in October unfortunately that has now been cancelled due to coronavirus but I have kept on losing weight'. While losing a consistent 500g a week, Tyne is a firm believer in still treating yourself and not being too strict 'Jackie had a craving for apple pie & ice-cream the other day, so the next day I went out and brought some to surprise her, we all had some and really enjoyed it. We certainly don't do things like that all the time, but it's important to enjoy food sometimes or you will just crash.'

Tyne clearly cares about the health of his fellow drivers, earlier this year putting out a challenge to McColl's drivers over Facebook to lose the most weight over a year, unfortunately he only had one other driver interested but since others have seen his amazing transformation many have since approached him for advice 'I love McColl's and I'd love to see some of our truckies really start to look after themselves, many of them don't realise just how dangerous it is to have high sugars and cholesterol'.

While the former chef admits Optifast isn't for everyone and can be an expensive option, he welcomes other drivers to chat to him about food and what to eat while driving 'there are so many fast, healthy and delicious meals you can cook on the side of the road while driving trucks. I even created a YouTube channel to show other guys how it can be done.'

**Check out Tyne's YouTube channel at [youtube.com](https://www.youtube.com) – Truckies On-Road Reviews.**



## Contact Us

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

