



# HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

OCTOBER 2020

## What does Christmas mean to you?

Is it sitting down to a traditional roast dinner, watching kids or adults open gifts you have purchased, or is your ideal day having a summer BBQ with some prawns, a game of backyard cricket and a lazy afternoon snooze? Whatever it is, for most it revolves around sharing food and gifts with the people you love.

Sure, no one (in Victoria at least,) knows what Christmas in 2020 is going to look like, but regardless, the ability to actually participate in the festivities of your choice is something that comes from you returning safely home from work after each and every shift.

Some simple safety measures we now take for granted, such as putting a seatbelt on or wearing sunscreen to protect our skin are at times an inconvenience, however the benefits ALWAYS outweigh the minor annoyance of following it through—to be honest, when was the last time you actually remember putting on your seatbelt, now it's an instinctive habit? Funnily enough these now common habits were not always there. It took people who were passionate about changing the current practice and creating or implementing new methods in order to make our lives and workplaces safer to bring these to our normal.

This month as we celebrate National Safe Work month lets all take a moment to think about what is important to us and how we can help to create change to make sure everyone stays safe at work. Don't fight change, most often change in safety measures is simply there to protect the most important assets in the company. You.



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# HOME COOKED v FAST FOOD

It's been a strange year, one that has completely changed the way we do pretty much everything and cooking or eating fast food is certainly one of them. Many people may be spending more time at home so have time to cook amazing meals for yourself, on the flipside there are now many more food choices on offer for takeaway or delivery so you may have some difficulty going back to cooking!

As the weather improves, restrictions begin to ease and we get out and about, it's a good time to take a look at what is better, healthier and cheaper in the home cooked v fast food battle. Don't get me wrong, I know a lot of businesses are struggling to stay open and are relying on takeaway sales, however take the time to stop and look at when and how you spend your money in support and how it affects your overall health.

## 1. IT IS HEALTHIER

Yes! Research has shown that home cooking will often include less sodium, (salt) fats and overall calories than takeaway meals. While you can still cook calorie loaded foods at home, the simple act of having control over what goes into your food can make the world of difference to your health. The average fast food order contains around 1,000 to 1,200 calories which is a huge chunk of your recommended 2000 daily intake (this range depends on a number of factors). These days most online recipes come with the nutritional information included which makes it easier to choose healthier versions.

## 2. ITS CHEAPER IN THE LONG RUN

While the total cost of all the ingredients may seem higher than a take away meal, remember you are often getting many more portions which will feed the family or give you leftovers to freeze and enjoy later, essentially saving you time and money down the road.

## 3. YOU GET MORE CHOICE

Essentially how you want it cooked, how spicy you like your food, or even taking out ingredients you don't like (like coriander!) all comes down to you when you cook at home making your meal much more personalised than fast food or even in a restaurant. Plus the added benefit of cooking together with your partner or kids makes it more fun and a way to connect to each other. Some of my favourite takeaway swaps are:

- Pulled pork rolls (see recipe on side) - this is such an easy one, and if you pair a homemade coleslaw with some fresh warm rolls you will be in heaven!
- Steak sandwiches & hamburgers—what could be better than choosing your own cut of meat and not ending up with soggy toast or rolls and limp veggies!
- Nuggets or popcorn chicken—imagine eating freshly cooked quality chicken that is healthy! Pair with chips from the air fryer and salad and have ZERO guilt! Recipe at [www.rasamalaysia.com/asian-popcorn-chicken/](http://www.rasamalaysia.com/asian-popcorn-chicken/)

## Healthy Pulled Pork

A great recipe to cook when you are at work and have dinner ready when you get home or to have pre-prepared meals for during the week.

Recipe from [thecleaneatingcouple.com](http://thecleaneatingcouple.com)  
Servings: 6

### INGREDIENTS

- Pork Loin roast (fat removed)
- 1/4 cup olive oil
- 1 Tab paprika
- 1 Tab garlic powder
- 1 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1 Cup chicken stock
- 1/2 cup low sugar BBQ sauce

### METHOD

- In a bowl whisk together olive oil and spices. Marinate pork in spice and oil mix overnight if possible.
- Place marinated pork into slow cooker.
- Pour chicken stock into slow cooker.
- Cook on low for 6-8 hours or high for 4-6 hours.
- When cooked, use forks or tongs to pull meat apart, allow meat to soak up juices.
- Serve with coleslaw and sourdough or freshly cooked vegetables of your choice.
- This recipe can also be done in a pressure cooker in about 18mins—just add an extra cup of chicken stock.





# 5 YOGA POSES FOR PEOPLE WHO SIT ALL DAY

Sitting hunched over a keyboard or steering wheel all day can contribute to tightness in the body, especially the shoulders and back. The spine supports our bodies all day long, so it's important to realign your spine and bring balance back to your body.

These five poses will counteract compression from long-term sitting by creating length and space in the spine. Practice them everyday to improve your back health.

## Cat and Cow Pose

Start in tabletop position with a neutral spine. As you inhale, arch your spine drawing your belly to the floor and your head and tailbone up to the ceiling. As you exhale, pull your belly in as you round your back upward, tucking your head and tailbone down and inward. Continue to move through these poses, gracefully transitioning in sync with your breath.

## Upward-Facing Dog

Lie face-down on your mat with the tops of your feet on the mat, hip-width apart. Place your palms flat on the ground alongside your chest and lift your body off the mat. The only things touching the mat should be the tops of your feet and the palms of your hands. Make sure your arms are fully extended with your wrists, elbows and shoulders aligned. Look straight ahead with a neutral neck, breathing deeply.

## Ragdoll Pose

Standing hip-width apart, fold down at your hips and reach for your toes, keeping a micro bend in your knees. As you inhale, lift and lengthen your torso; and as you exhale, release further into the bend. Grab opposite elbows and let your head hang loose.

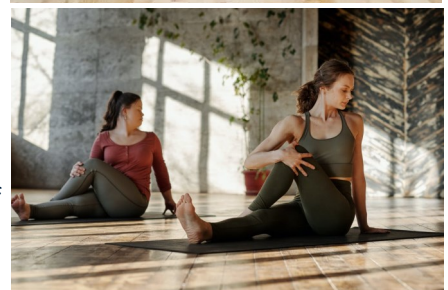
## Seated Half Spinal Twist

Start in a seated position with your left leg extended and your right foot flat on the ground on the outside of your left knee. Place your left arm on the outside of your right leg to use as leverage as you exhale and twist to the right. Your right arm can reach behind you. As you inhale, lengthen your spine and as you exhale, twist a little deeper. Repeat on other side.

## Child's Pose

Start on your hands and knees in tabletop position. Separate your knees hip-width apart and exhale as you sit your glutes back toward your heels. Fold your torso over your thighs and reach your arms straight out in front of you or resting along the sides of your body. Allow your forehead to relax on the mat or a block as you rest in this pose.

Article credit: yogafitstudios.com



## the imperfects

Hosted by  
Hugh van Cuylenburg  
& Ryan Shelton

THE RESILIENCE PROJECT

### PODCAST OF THE MONTH

We're all imperfect. On this podcast, one of Australia's most successful comedians, Ryan Shelton, Josh van Cuylenburg, and The Resilience Projects Hugh van Cuylenburg, put together a podcast which is all about how perfectly imperfect we all are. Constantly comparing ourselves to others can not only be exhausting, but extremely harmful. However, when we share our struggles, we start to realise that everyone, no matter how successful, has something they are battling with.

### Meet a McColl's Champion

It's hard to imagine Diesel Mechanic Shane Capuano as a 7 year old pulling apart his dad's lawn mower and not being able to fix it, but that is the beginning of what has turned into a passion for machinery and making sure it runs perfectly.

Changing jobs and joining McColl's Tongala workshop has been an unequivocal success for Shane, who in just 9 months has been promoted to Leading Hand.

McColl's is making significant investment in technology, and the Tongala workshop has been leading the way transitioning to the new Trimble software. A task that has not been easy but will change the way Mechanics record and capture essential data in a far simpler way.

So, it has been a huge learning curve for the 25 year old father of two who has grasped the new technology and fresh new challenges of becoming a leading hand well.

Mark Mackison, Workshop Manager says 'there is no doubt that Shane is very knowledgeable, but it's his "can do" attitude that makes a real difference'.

Shane's friendly nature and "can do" attitude has enabled him to fit well with the team and is fondly known as a man who 'calls a spade a spade' and earned himself a reputation as an exceptional Mechanic.

Mark goes on to say 'A huge part of being a safe and effective workplace is about working together as a team so that we can all go home to our families at the end of the day'.

Shane agrees, he loves coming home to see his daughter running at him with cuddles and being able to put her into bed each night and reflects on his kids being one of his biggest and most rewarding accomplishments. The 4 on / 4 off roster and having extra time off to spend with his kids is why this role is perfect for Shane.

What started as tinkering on cars and machinery with his dad has now led Shane to being a valued member of the McColl's team.

The Tongala workshop is currently seeking qualified Diesel Mechanics, if you know of anyone interested in this great lifestyle please email the People and Culture team on [HR@mccolls.com.au](mailto:HR@mccolls.com.au).

