



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

FEBRUARY 2021

Working Together to Improve the Health of the Transport Sector

Healthy Heads in Trucks & Sheds has been created to promote the prevention and understanding of mental health issues in truck drivers, distribution centre and warehouse staff, and other road transport industry participants, as well as to support healthier options around diet, exercise and individual wellbeing.

HHTS is a registered not-for-profit charitable foundation, and exist for the benefit of the broader supply chain industry. The patron of HHTS is Lindsay Fox who has a focus on speaking up about issues around mental health, just as the industry has done on safety.

HHTS aim to be the mental health umbrella body for the entire road transport industry. With aims to achieve this by facilitating and coordinating the creation of a single national mental health strategy.



Healthy heads is built on 3 key pillars

- Training – increasing the number of people trained at transport and mental health logistics facilities.
- Standards – standardisation of policies and regulation at transport and logistics facilities.
- Wellness – helping the individual be healthier in diet and mental health perspective.

Working groups have been created across all three pillars and have been meeting across December and January to contribute to the development of the mental health strategy for the sector. The groups consist of participants across the road transport, logistics and mental health experts. McColl's is represented in these groups by Health and Wellness coordinator Megan Taylor who has been appointed the Chairperson of the Wellbeing working group. The HHTS launch an industry blueprint strategy, guidelines and charter early this year.



Track using ANY
app or device

FEB FITNESS CHALLENGE

How fast can you walk 4km??

Track yourself walking 4km this month and send a screenshot of your timed walk to be in the running to win February's fitness challenge. Just email your result to mtaylor@mccolls.com.au

NO RUNNING! Male & Female winners, No MAX number of attempts - beat your time as often as you like.

SMART FOOD SWAPS

Whether you are participating in this years Feb-fast and giving up sugar, alcohol or another vice, or just looking to make changes in your diet so you can feel and/or look better it is key to remember that not all food is created equal. We take a look at some easy food swaps you can make with supermarket foods that will dramatically reduce your calories and you probably wont even notice the change in taste!

Pesto



Calories per 100g: 506



Calories per 100g: 199

Oat Bars



Calories per bar: 432



Calories per bar: 112

Cheese



Calories per 100g: 416



Calories per 100g: 303

Crackers



Calories per 20 crackers: 379



Calories per 20 crackers: 127

Chicken Kiev



Calories per 1 150g Kiev: 392



Calories per 1 x 150g Kiev: 289

Indian Sides



Calories per serve: 216



Calories per serve: 44

Meat Pies



Calories per 1 x pie: 428



Calories per 1 x pie: 375

Sweet Biscuits



Calories per 1 x biscuit: 95



Calories per 1 x biscuit: 46

Strawberry Cheesecake



Calories per 100g: 320g



Calories per 100g: 196

BBQ Sauce



Calories per 100ml: 226



Calories per 100ml: 72

Greek Yogurt



Calories per 100g: 130



Calories per 100g: 57

Butter



Calories per 100g: 722



Calories per 100g: 364



For more tips and smart switches check out these great Instagram pages.

@Equalution

@Smartfoodswaps

Sweet Potato Waffles with Eggs and Avocado

Recipe from: australianeggs.org.au
Servings: 4

INGREDIENTS

- 1 ½ cups firmly packed grated sweet potato
- 1 cup milk
- 1 ½ cups wholemeal self-raising flour
- 2 eggs, separated
- 50g feta, crumbled
- 2 teaspoons extra virgin olive oil
- 4 extra eggs
- ½ cup baby spinach leaves
- 1 avocado
- ¼ cup toasted pepitas

METHOD

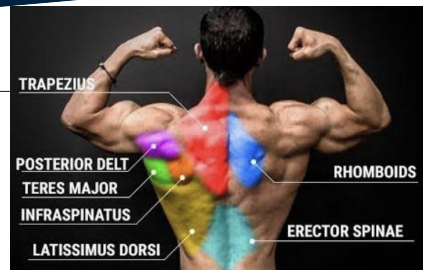
1. Place grated sweet potato and 1/2 cup of milk in large microwave bowl, cover with plastic wrap and microwave on high for 6 mins or until soft.
2. Mash roughly with a fork and whisk in remaining milk and eggs.
3. Place flour in a large bowl, stir in sweet potato mix to make a thick batter. Add the feta and season to taste.
4. In a separate bowl, whisk egg whites into soft peaks. Fold into batter.
5. Working in batches pour small amounts of mix onto a greased waffle maker. Cook until golden brown.
6. Top waffles with spinach, fried or poached eggs avocado and pepitas.



EXERCISE - BODY PART OF THE MONTH

THE BACK

BODY PART: The Back Muscles (Trapezius (traps), Rhomboids, Latissimus Dorsi (lats))



Why should you train these muscles? It is important to train the muscles of the back to not only improve your physical strength but also reduce back pain and improve posture. By strengthening the muscles of the back, you are keeping the back healthy, reducing stiffness and building the main support structure for your entire body.

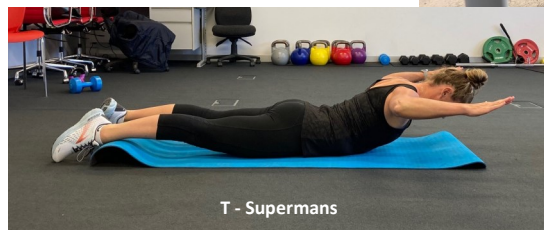
How to train these muscles: see the exercise list below and utilise what equipment you have access to, if you are not sure on how to perform and exercise simply google it—there are hundreds of videos on YouTube. Don't stress if you cannot lift heavy weights or complete a chin up—there are many ways you can do an exercise to build up strength. For more tips and advice speak to Megan Taylor, McColl's personal Trainer.

BODY WEIGHT EXERCISES

- Body weight chin ups - hand grip can face forward, backwards or into the middle (hands facing back to the body is generally the easiest position)
- Superman's (Y, W, T and pull up variations)
- T— push ups
- Australian Chin up/Inverted Row
- Plank Rows
- Scapular Push ups
- Hindu push ups



Australian Chin Up



T - Supers



Dumbbell Reverse Fly



Single Arm Row

EXERCISES WITH EQUIPMENT

- Barbell Rows
- Single arm dumbbell rows
- Lat pull down machine
- Seated row machine
- Assisted chin ups (machine/resistance band)
- TRX rows
- Reverse fly (dumbbell or machine)
- Back extension (Swiss ball or machine)



PODCAST OF THE MONTH

Little Bad Thing - Each week, philosopher Eleanor Gordon-Smith interviews real people to revisit a moment in their life when they felt they didn't do the right thing. What unfolds are honest stories of lying, cheating, consent, blame and forgiveness that ultimately reveal the complexities of being human.

Meet a McColl's Champion

Name: Doug Owen

Job Role: Operations Manager

Depot: Tongala

Division: Farm Pick Up

Time at McColl's: 3 ½ years

Tell us something interesting about yourself: I've worked in the dairy industry for nearly 45 years starting as a lab assistant at the Finley MG Factory washing bottles then moving up to Lab technician and then moving to Rochester working in many different parts of the factory, from driers, evaporators, separators and pasteurisers before moving onto the transport department driving and then helping implement and administrate the computer scheduling system from 1996 to 2017 at Murray Goulburn. Industry downturn and layoffs allowed me to move onto something new here at McColl's, helping bring the north up from about a dozen or so farms with legal access to around 75% of northern farms with legal PBS 26M Byford tanker access.



What is IMPORTANT to you? I believe customer service is very important for both the companies we carry for, as well as the farmers we service, trying to reduce the cost of picking up the milk and keeping the customers happy at the same time.

What are you listening to? I like to listen to middle of the road music with a little bit of head banging stuff from the 70's, and nearly always listen to Casey Kasem, American Top 40 from the 70's (replays)

Current Favourite HEALTHY MEAL: Just about anything my wife cooks for us! (although not always strictly healthy)

Favourite Healthy Snack: Fruit, mostly Bananas.

How do you incorporate activity into your day? Go for a walk for about 40mins through the day and again after I get home, I usually walk about 10-12 km's each day.

What is your favourite Sport? Favourite sport is cricket - when the Aussies win!

Favourite weekend activity? Trying to get time and energy to finish doing my old school bus up.

**NOMINATE SOMEONE WHO YOU THINK
DESERVES TO BE OUR FEATURED CHAMPION**
Email: mtaylor@mccolls.com.au