



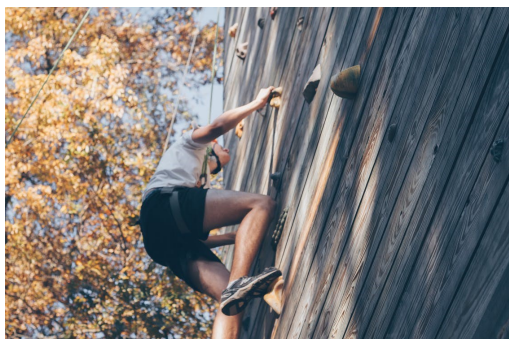
HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

APRIL 2021

5 fun ways to be active this April

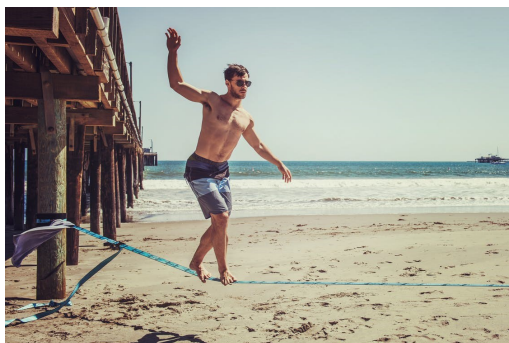
- ◆ **Walking meetings** - If you are still sitting in front of a computer for all your Teams meetings now is the time to take them walking! Download the app onto your phone, put your headphones in and let your team know you are out walking. Walking meetings have been proven to stimulate creativity and improve communication.



- ◆ **Rockclimbing** - Challenge your strength and experience the adrenalin rush of defying gravity as you scale a rock wall. Find an indoor gym or an instructor that will show you the ropes in one of our Australia's outdoor climbing locations.



- ◆ **Hula Hoop** - Hula hooping was a bit of fun as a kid, but as an adult it can be a serious workout. Grab a hoop and work those abs!



- ◆ **Slacklining** - Did you ever dream of running away to join the circus? It's not quite a high-wire, but slacklining is about as close to tightrope walking as you can get in your own backyard. Originally created by rock climbers as a way of getting between peaks, you can rig up a slackline (made of slightly elastic webbing) between two trees or poles and wobble your way across. You can buy them at places like Kmart or online.



- ◆ **Jump on a trampoline** - Jumping on a trampoline can be a great way to relax, have some fun and do moderately strenuous activity at the same time. If you don't have a trampoline in the yard, you can head to a trampoline centre to have fun on Olympic-sized trampolines, long tumbling runs and even trampolines that run up the wall.
- ◆ **Play Golf** - a game of golf is great exercise, make an effort to ditch the cart and walk for an even better result. Check out the next page for some of the McColl's team playing golf in Cobram recently.



2021 McColl's Industry Day Golf



What is the best diet?

Paleo, Vegan, Mediterranean, Keto, Gluten free, Flexible dieting are all some of the common diet approaches that are thrown around at the moment, but what do all these mean and how do we know which one is best for us?

Some people believe their diet is better or 'optimal' than others based on their personal experience and results. However is there any evidence that a certain diet may be more beneficial than others?

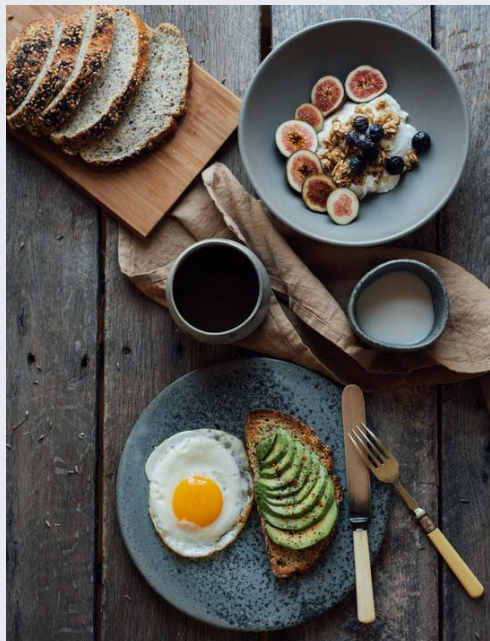
Overall different dietary choices can all be beneficial in reducing body-weight if; a) you are consuming less calories than you are burning (calorie deficit), b) you are eating enough of each macronutrient carbs, fats and particularly protein to meet your bodies needs and c) most importantly you are adhering or sticking to it!

Dietary adherence is one of the single most successful way of losing weight and is largely influenced by your lifestyle and dietary preferences. In fact, your ability to stick to your diet is more strongly correlated with successful weight loss than the type of diet you choose, so choosing a diet that is appropriate and sustainable for yourself is key to achieving results.

Understanding your dietary preferences is really important if you want to achieve results, if you love certain foods, cutting them out of your diet completely leads to crashes and binge eating. Rather than removing foods, try to limit the quantity you eat or fit them into your daily calorie goals. Studies prove that people stick to their diets when they actually enjoy them so take the time to research fully the diet approach you are thinking of taking and see if it fits with your preferences.

Over the next months we will look into what a few of the common diets involve and the pros and cons of each so that you can make choices around your lifestyle and preferences to achieve your goals. Diets covered in order will be:

- Paleo
- Plant based/Vegan/Vegetarian
- Keto
- Gluten Free/Dairy Free
- Flexible Dieting
- Mediterranean Diet
- Intermittent Fasting



Easy Mongolian Beef

Recipe from: The Recipe Critic

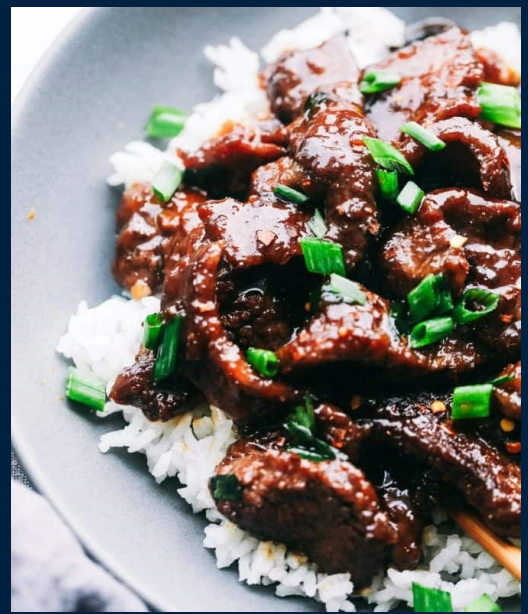
Serves: 4

INGREDIENTS

- Flank steak sliced thin
- 1/4 cup corn flour
- 3 tablespoons vegetable oil
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup water
- 1 teaspoon minced garlic
- Pinch red chilli flakes
- Sliced spring onions for garnish

METHOD

1. Add steak and cornflour to large zip-lock bag and toss to coat evenly.
2. Heat a large frying pan to high heat and add vegetable oil. Once heated, add the steak in a single layer and cook on each side for about a minute until the edges just start to brown. Once steak is cooked, remove and set aside on a plate.
3. In a small mixing bowl combine soy sauce, brown sugar, water, ginger and garlic.
4. Add the sauce to the pan and bring to the boil. Add steak to the sauce and allow the sauce to thicken for a couple of minutes.
5. Toss with the chopped green onions and sprinkle with red pepper flakes.
6. Serve with steamed vegetables and rice.



EXERCISE - BODY PART OF THE MONTH

SHOULDERS

BODY PART: The Shoulders

Why should you train these muscles? Training shoulders is important to improve posture and help prevent injury. The shoulders are a diverse range of major muscles to small stabilisers, when they are strong they can handle a lot of stress well - which is particularly important considering how much we rely on them in daily activities.

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

Front Raise



Pike Push Up



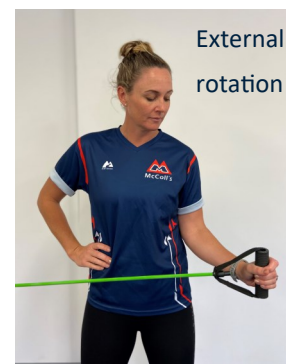
BODY WEIGHT EXERCISES

- Pike push up
- Crab walk
- Push - back push up
- Plank to down dog
- Military plank
- Wall walk up
- Side plank
- Wall handstands



EXERCISES WITH EQUIPMENT

- Dumbbell/barbell shoulder press
- Lateral raise
- Front raise
- Upright row
- Single arm external rotation
- Arnold press
- Pull up
- Reverse fly
- Barbell shrugs



APRIL FITNESS CHALLENGE

How fast can you row 500m?

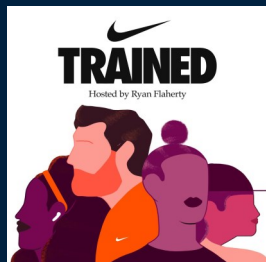
Use an indoor rower at work or the gym to time how fast you can row 500m to win April's fitness challenge. Just email your result to mtaylor@mccolls.com.au

Set your level to L7 if possible and aim to complete this a couple of times a week to see how much you can improve over the month

March winners

Male: Joe Boras Female: Fleur Sanderson

PODCAST OF THE MONTH



TRAINED, by Nike—Mindset. Movement. Nutrition. Recovery. Sleep. Turns out the same five tools that pro athletes use to break records can help us all stay healthy, happy and strong. On “Trained,” Nike senior director of performance Ryan Flaherty sits down with these athletes — along with psychologists, researchers, physicians, trainers and other experts — to reveal the most powerful, practical and surprising lessons in holistic fitness. With each episode, they dig deep, offering new insights to help us play a better game, run a better race, or just live a better life.

Meet a McColl's Champion

Name: Cameron Bendall

Job Role: NSW QLD Operations Manager - Food

Depot: Bomaderry

Division: BFGD

Time at McColl's: 11 years

Tell us something interesting about yourself: I've captain/coached a local Rugby union team to a undefeated grand final win.

What is IMPORTANT to you? Family is the most important thing to me. I have three teenage daughters and being fit, health and active is a must to keep up with them and their many activities such as soccer, mountain bike riding, dirt bike racing, snowboarding, skiing.

What are you listening to? Anything the girls put on Spotify! My middle daughter wanted to put her list out there—Spotify @jemma.bendall beach playlist

Current Favorite HEALTHY MEAL: I'm not into quinoa, kale or vegan foods, I just try to eat a balanced diet. Some of my faves are chicken schnitzel and salad, Sunday roast and when I go out surf and turf all the way.

Best food hack to keep healthy eating on track? My family get Hello Fresh meals 3 times per week, this works well for us as a busy family of 5 with both myself and my wife working full time and our girls having many after school activities.

It provides healthy meal options with minimal wastage and prevents over eating with appropriate meal serving sizes. I have started using Manshakes for breakfast and I also take mixed nuts, trail mixes and dried fruits and fresh fruit for lunch/snacks. I try to drink more water during the day by keeping a water bottle on my desk.

Favorite Healthy snack? Trail mixes, 'Tom and Luke' protein balls, dried apricots and dates

Quote that inspires you? 'Lose the beer gut without losing all the beers'

How do you incorporate activity into your day? I try to go for a walk in my lunch break and when I get home my wife and I will go for a walk or a run though the bush or at the beach with our 2 year old chocolate Labrador.

What is your favorite type of exercise? Walking, running, mountain bike riding, rugby training with the golden oldies.

What do you do for SELF CARE? I go mountain biking through some local tracks with a group of mates on a Wednesday afternoon. I try to get to touch football with the golden oldies once a week for a run around.

Favorite Weekend activity? Camping, motor bike riding, snowboarding during winter Also watching the greatest game in the world rugby league—go Sharkies!



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