



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

MAY 2021

YOU QUIT, YOU WIN

Everybody's quit smoking journey is different. For some people, quitting is easy, while for others it can be much more challenging. For the greatest chance of success, it's helpful to be open to all evidence-based quit smoking methods. The good news is, if one quit method doesn't work out, you can always try another! There are lots of quit methods and strategies available, so you're sure to find one that works well for your situation. Plus, you can combine different methods to develop your winning quit formula.

At the start of your quit attempt, it's common to feel as though you're denying yourself some kind of reward or 'coping tool', especially when you see other people smoke and you get a craving. For example, say you've had a stressful day at work or are at a social event. You see someone outside enjoying their cigarette to relieve their stress or enjoy the event. You're likely to think "I want what they have!".

But here's the trick: Instead of viewing this as denying yourself a reward by saying "I can't smoke", why not see it as your choice to NOT smoke? In other words, the cigarette is still there for you to have...but now, you are choosing not to smoke.

Close your eyes and picture a typical scene where you might be around other smokers. Maybe at a party, or after a stressful day at work? You see someone else smoking. Suddenly you get a strong craving.

Now, say the following in your mind:



Join our team!

<https://www.thepushupchallenge.com.au/team/7561-mccolls-transport>

'We push for better mental health'

3,318 push-ups over 25 days. June 1 - 25.



Quit for cash

For a pack-a-day smoker, stopping smoking could mean an extra:



Clothes



A tablet or smartphone



Six months' rent



Looking after your pets



A relaxing holiday



Enrol in a course



Groceries for the family



Gym membership for a year



A second-hand car

\$189
a week

\$756
a month

\$9,855
a year

'I might feel like a cigarette, but I choose not to smoke. Now I've quit, I have the freedom to choose. The person smoking is addicted and doesn't have a choice. So I'm in control and the smoker isn't.'

After telling yourself this, you won't feel as though you're missing out. You can practice this exercise at any time to reinforce the thought that you are a non-smoker. Once you feel you have the willpower to start your quit attempt, it's a good idea to combine your mental strength with an evidence-based quit method such as Nicotine Replacement Therapy (NRT), using prescribed quit medications and accessing professional support and advice. For more information please go to www.icanquit.com.au or www.quit.org.au

McColl's are here to help and support all staff to be smoke free, we offer to pay 50% of any recognised QUIT program, just speak to your manager to get more information.

Story from: icanquit.com.au

#DRIVINGHEALTH

Megan Taylor, Health & Wellness Coordinator - 0437 600 421

What is a Paleo Diet?

The paleo diet is designed to resemble what human hunter-gatherer ancestors ate thousands of years ago. Although it's impossible to know exactly what human ancestors ate in different parts of the world, researchers believe their diets consisted of whole foods. By following a whole food-based diet and leading physically active lives, hunter-gatherers presumably had much lower rates of lifestyle diseases, such as obesity, diabetes and heart disease. In fact, several studies suggest that this diet can lead to significant weight loss (without calorie counting) and major improvements in health.

Over the past few years, the paleo community has evolved quite a bit. There are now several different versions of the paleo diet. Many of them allow some modern foods that science suggests are healthy. These include quality grass-fed butter and even some gluten-free grains like rice. Many people now think of paleo as a template to base your diet on, not necessarily a strict set of rules that you must follow.

There is no one "right" way to eat for everyone, you can adapt all of this to your own personal needs and preferences. The basic concept of the paleo diet is to eat whole foods and avoid processed foods. A simple guideline - if it looks like it was made in a factory, don't eat it.

Foods to Eat on the Paleo Diet

- **Meat** (Beef, lamb, chicken ect.)
- **Fish and seafood** (salmon, trout, shellfish ect.)
- **Eggs**
- **Vegetables**
- **Fruits**
- **Tubers** (Potatoes, sweet potatoes, yams, turnips, etc.)
- **Nuts and seeds:** (Almonds, hazelnuts, sunflower seeds, pumpkin)
- **Healthy fats and oils** (Extra virgin olive oil, coconut oil, avocado oil)
- **Salt and spices** (Sea salt, garlic, turmeric, rosemary, etc)

Foods to Avoid on the Paleo Diet

- **Sugar and high-fructose corn syrup:** Soft drinks, fruit juices, table sugar, lollies, pastries, ice cream and many others.
- **Grains:** Includes breads and pastas, wheat, spelt, rye, barley, etc.
- **Legumes:** Beans, lentils and many more.
- **Dairy:** Avoid most dairy, especially low-fat (some versions of paleo do include full-fat dairy like butter and cheese).
- **Some vegetable oils:** Soybean oil, sunflower oil, cottonseed oil, corn oil, grapeseed oil, safflower oil and others.
- **Trans fats:** Found in margarine and various processed foods. Usually referred to as "hydrogenated" or "partially hydrogenated" oils.
- **Artificial sweeteners:** Aspartame, sucralose, cyclamates, saccharin, acesulfame potassium. Use **natural sweeteners** instead.
- **Highly processed foods:** Everything labeled "diet" or "low-fat" or that has many additives. Includes artificial meal replacements.

Paleo Bunless Egg & Bacon Muffins

Recipe from: Delish

Serves: 1

INGREDIENTS

- 2 eggs
- 2 tablespoons water
- 1/2 avocado, mashed
- 1 rasher bacon, grilled
- 1/4 grated cheese

METHOD

1. In a medium nonstick frying pan, place 2 mason jar lids (centres removed). Spray entire pan with cooking spray including the lids
2. Crack eggs into centre of each mason jar lid (1 per lid) and lightly whisk with a fork to break up yolk.
3. Pour water around lids and cover pan. Cook letting eggs steam until whites are cooked through (approx 3 mins)
4. Remove lid and top one egg with grated cheese, cook until cheese is melted slightly.
5. Invert/flip egg without cheese onto a plate, top with mashed avocado and cooked bacon.
6. Flip cheesy egg bun onto the top with the cheese facing down.

Enjoy your low carb egg & bacon muffin!



EXERCISE - BODY PART OF THE MONTH

GLUTES

BODY PART: The Glutes/buttocks



Gluteus Maximus



Gluteus Medius



Gluteus Minimus

Why should you train these muscles? Strong glutes or buttock muscles are very important as they help control the movement of the pelvis, hips, legs and torso. Building these muscles helps to improve posture, improve athletic performance, decrease your risk of injury and possibly decrease back pain.

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 an exercise simply google it—there are hundreds of videos on YouTube. Don't stress if you cannot lift heavy weights, there are many ways you can do an exercise to build up strength. For more tips and advice speak to Megan Taylor,

BODY WEIGHT EXERCISES

- Body weight squat
- Curtsy squats/skaters
- Glute bridges
- Lateral steps ups (side)
- Clams
- Single leg deadlifts
- Fire hydrants
- Horse kick/kickbacks
- Lunges

EXERCISES WITH EQUIPMENT

- Deadlifts
- Weighted squats
- Back extension (with rounded spine)
- Cable machine kickback
- Hack Squat
- Leg press—wide stance
- Weighted hip thrust
- Banded clams, crab walks & hip thrusts
- Kettlebell swings



How long can you
hold 10kg?

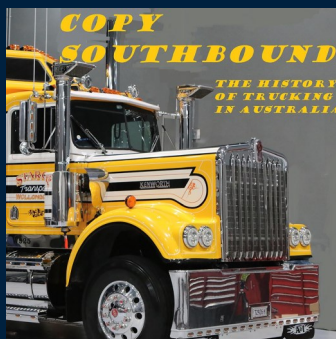
MAY FITNESS CHALLENGE

How long can you hold a 10kg plate in a front raise?

Grab a 10kg plate weight at the gym and hold it in a front raise for as long as possible to try and win the May fitness challenge. Just email your result to mtaylor@mccolls.com.au

April winners

Male: Adam Carlson Female: Fleur Sanderson



PODCAST OF THE MONTH

The Copy Southbound podcast series shares topics that cover all areas of the Trucking Industry in Australia. With guests sharing real-life stories and their experience in a demanding but rewarding industry. You can expect to hear from familiar names such as Bob McMillan, National Heavy Vehicle Regulator (NHVR), Don Turner, and many more.

This is a great one for those who have loads of time - episodes are 3 - 4 hours each!

Meet a McColl's Champion

Name: Zeth Copland

Job Role: Apprentice Mechanic

Depot: Geelong

Division: Fleet

Time at McColl's: 2.5 years

Tell us something interesting about yourself: I can ride a unicycle! Also I have 4 brothers and all our names start with Z.

What is IMPORTANT to you? Its really important that I love what I am doing, and that I always have a goal or something to work on and keep focused.

What are you listening to? I am a fan of old 80's rock music.

Current Favorite HEALTHY MEAL: My Dad's pork roast. It's so good!

Best food hack to keep healthy eating on track? I meal prep and make my lunches on a Sunday so I'm ready for the week ahead.

Favorite Healthy snack? My go to healthy snack would have to be carrot sticks with spicy capsicum dip and celery with peanut butter. Easy but tasty.

Quote that inspires you? Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all love of what you are doing.

How do you incorporate activity into your day?

Working as a mechanic is pretty physical and tends to keep the heart rate up. I'm pretty active on the weekends, most of my hobbies involve some kind of sport!

What is your favorite type of exercise? I participate in lots of sports but I love motor bike riding and jet skiing.

What do you do for SELF CARE? I go sailing as a way to de-stress and gather my thoughts.

Favorite Weekend activity? I love hanging out with the guys, whether its at the footy, sailing, motorbike riding or jet skiing.



Contact Us

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