



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

JUNE 2021

Join the McColl's Blood Drive

1 June – 31 August

We're proud to be part of Lifeblood Teams, the group blood donation program from Australian Red Cross Lifeblood.

Aside from saving lives through blood donation, Lifeblood Teams is about friendship, a little healthy competition and being part of something bigger than yourself. It's a unique opportunity for all of us to band together and give something more powerful than money.

And that is why we have created the McColl's Blood Drive. We have an ambitious target to give **50 blood** and plasma donations in 3 months. So, book your appointment today and get your friends and family on board with us too!

Donated blood can be used to help people in all sorts of life-giving ways. The need is constant and the person receiving it could be fighting cancer or going through a difficult pregnancy, or they could be someone who relies on regular transfusions to stay healthy — or even, stay alive. Now that's something worth uniting for!

There's nothing like knowing you've genuinely helped someone, and we'd love to share that amazing feeling with you.

Register and join the McColl's Lifeblood Team when you donate.

Some facts:

- 1 in 3 people will need blood, but only 1 in 30 donate.
- Donated blood can be made into 22 medical treatments.
- About a third of all donations help people with cancer.
- You can donate together, in smaller groups or individually.
- You'll be doing something genuinely life-changing – for you and the people you help.

To book an appointment to give and to find your closest donor centre, call **13 14 95** or visit www.lifeblood.com.au



The Push Up Challenge

1st - 25th June 2021

3,318 push-ups over 25 days

We are pushing for better mental health!

#DRIVINGHEALTH

Megan Taylor, Health & Wellness Coordinator - 0437 600 421



Vegetarian diets - the basics

Vegetarian diets can be really healthy, but they need to be carefully planned to make sure all the nutrients you need to be healthy are included.

A vegetarian diet is based around plant foods. There are different types of vegetarian diets including:

- **Vegan** – only plant foods are included
- **Lacto** – dairy foods are included
- **Ovo-lacto** – dairy foods and eggs are included.

Vegetarians need to be mindful of some particular nutrients:

- Protein
- Iron (and anaemia)
- Zinc
- Vitamin B12 (especially vegan diets)
- Calcium (especially vegan diets)
- Omega-3.

It's super important that when cutting out animal foods, the foods and nutrients are replaced with other nutritious food choices.

Each day try to include:

- Eggs, dried beans, lentils, nuts or seeds
- High-fibre breads and cereals
- Dairy foods or calcium enriched soy foods
- Plenty of fruits and vegetables
- Healthy fats like olive oil
- Foods fortified with vitamin B12 if excluding dairy and eggs
- Flaxseed oil, chia seeds, walnuts and omega-3 fortified foods such as some types of bread.

Because children have different nutritional needs to adults, care must be taken when planning a vegetarian diet for this group. Parents and carers should seek the advice of an Accredited Practising Dietitian (APD) if providing a vegetarian diet to children. An APD will ensure the diet meets the extra needs for growth and development.

An Accredited Practising Dietitian (APD) can provide tailored nutrition and dietary advice on how to best meet needs while on a vegetarian diet.

Article from: www.dietitiansaustralia.org.au

Pumpkin, Chickpea & Coconut Curry

Recipe from: Jamie Oliver

Serves: 2

INGREDIENTS

- 1 pumpkin, or squash (roughly 900g)
- 4 cm piece of ginger
- 4 shallots
- 4 cloves of garlic
- 1 fresh red chilli
- 1 bunch fresh coriander
- groundnut oil
- 1 teaspoon mustard seeds
- 20 curry leaves
- 1 teaspoon turmeric
- 1 x 400 g tin of chopped tomatoes
- 2 x 400 g tins of light coconut milk
- 2 x 400 g tins of chickpeas

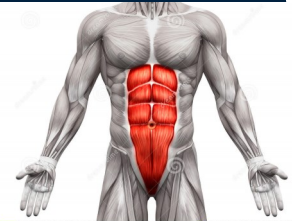
METHOD

1. Chop the pumpkin or squash into 3cm chunks and cut the ginger into matchsticks. Pick the coriander leaves and finely chop the stalks.
2. Pour a good lug of groundnut oil into a large saucepan and place on a high heat. Add the ginger, garlic, red chilli and shallots, then reduce to a medium heat.
3. Cook until golden, stirring occasionally, then add the mustard seeds, curry leaves, and coriander stalks and fry until the curry leaves go crispy. Add the turmeric, tomatoes and coconut milk. Bring to the boil, then add the pumpkin and chickpeas. Reduce to a low heat, cover with a lid and simmer for 45 minutes. Check occasionally and add a splash of water if it looks a bit dry.
4. When the time's up, take the lid off and cook for a further 15 minutes or so until the sauce is lovely and thick.
5. Scatter with coriander leaves and serve with rice, naan bread and chutneys and dips on the side.



EXERCISE - BODY PART OF THE MONTH

ABDOMINALS



BODY PART: The Abdominals

Why should you train these muscles? Strengthening the core will provide benefits to your body in more ways than simply looking amazing. Having a strong core improves posture, reduces the chance of injury, improves athletic performance as well as reducing and preventing back pain.

How to train these muscles: For the best results on building a strong core you should try and train in a range of different ways, begin with exercises such as Pilates and core work on a mat, then progress to include resistance into ab specific exercises as well as including weighted resistance such as squats, deadlifts and rows.

For more tips and advice speak to Megan Taylor, McColl's personal trainer.

BODY WEIGHT EXERCISES

- Mountain climber with twist
- Plank
- Reverse crunch
- Single leg lowers
- Pilates crunch (in tabletop or feet down)
- Butterfly sit up
- Dead Bug
- Hollow hold
- Flutter kicks



EXERCISES WITH EQUIPMENT

- Kneeling Cable crunch
- Cable woodchop
- TRX Pike
- TRX mountain climbers
- Swiss ball Plank + tap out
- Ab roller roll outs
- Overhead plate crunch
- Incline bench reverse crunch
- Hanging knee raise



How long can you hold a
wall handstand?

JUNE FITNESS CHALLENGE

How long can you hold a wall handstand?

Have some fun this month and get some play into your day with a wall handstand, hold it for as long as possible to try and win the June fitness challenge. Just email your result to mtaylor@mccolls.com.au

May Winners

Male: Mick Mulraney, Female: Fleur Sanderson



PODCAST OF THE MONTH

If you are looking for short, simple strategies to calm the mind in times of stress or to begin practicing mindfulness this is the podcast for you.

The Mindful Kind, hosted by Rachael Kable, shares exciting insights into mindfulness journeys and provides listeners with simple and effective practices to incorporate into their own lives.

Being mindful can be a fun and interesting journey and has amazing potential to increase general wellbeing, from managing stress to improving sleep quality.

Meet a McColl's Champion

A family outing in 2019 was the starting point for Rod Hall, his wife Heather, daughter Tracey and sisters-in-law, Anne and Fiona, who, after a few wines, made the decision to challenge themselves to complete a 30km trek across the Point Nepean on the Mornington Peninsula. Coastrek aims to raise funds and support Beyond Blue, a not-for-profit organisation working to reduce the impact of anxiety and depression and prevent suicide in Australia.

While Coastrek is a hiking event for women, this didn't stop McColl's Chemicals driver Rod joining the event as a support person for the team. 'Good mental health is so important, you never know when it can affect someone you know, supporting the girls to raise funds for this is really important'.

Raising a sizable total of \$2,362 for Beyond Blue, the team named 'The Sisterhood' trained for the event in 2019, however as with many events, Covid-19 interrupted their plan and the event was rescheduled to Friday 21st May 2020.

Beating the 4th Victorian lockdown, The Sisterhood headed off for the trek at 6am on the Queenscliff ferry full of enthusiasm and blessed with picture perfect weather. Rod's role to support the team included drop off, pick up and providing lunch, but this committed family man went above and beyond, joining in training walks and providing a lunch spread that gained envious stares from other hikers, giving The Sisterhood the energy to cross the line, tired but proud at the end of the day.

After 15 years as a professional driver for McColl's Rod understands how important looking after your wellbeing and staying socially connected is, 'I try to keep good routines during the week, sleep, eat well and I talk to my mates and other drivers every day, some days its near impossible to get exercise into my day, but I try to appreciate the environment I'm in and get active when I can'.

Rod has a firm belief that looking after your gut health will ensure you live a healthy life 'I drink Kombucha, bone broth and milk kefir every day, and the only time I have to visit my doctor is for my yearly BFM medical!'

For anyone wishing to contribute to Beyond Blue and The Sisterhood's fundraising tally, simply go to: www.coastrek.com.au/fundraisers/thesisterhood



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