



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

JULY 2021

**Diabetes is relentless.
Diabetes distress, anxiety
and burnout are real.**

Half of all people living with diabetes will experience mental health challenges.

**NATIONAL
DIABETES
WEEK 2020**



**Talk to us
1800 533 774**
www.headsupdiabetes.com.au

Heads Up on Diabetes

Diabetes is relentless.

Every minute of every day, a person with diabetes faces decisions, thoughts, worries and fears about their diabetes and the future impact the condition may have on their health.

The daily burden of living with diabetes can be significant. It's estimated that people with diabetes face up to 180 diabetes-related decisions every day. That's more than 65,000 extra decisions a year.

What is diabetes distress?

Diabetes distress is the emotional burden of living with and managing diabetes. For example, you may feel:

- overwhelmed by the demands of living with diabetes
- concerned that you are 'failing' with your diabetes management
- worried about your risk of long-term complications
- frustrated that you can't predict or 'control' diabetes from one day to the next
- guilty when your diabetes management gets 'off track'.

Diabetes distress becomes a serious problem when these emotions start to affect daily life, including work, school, relationships and diabetes management. If severe diabetes distress is not managed, it can get worse over time. It may lead to 'burnout'. This is when a person feels emotionally exhausted and overwhelmed by the demands of their diabetes. They try to cope with this by giving up on taking care of their diabetes. If you experience diabetes distress, talk to your health professional. They will assess the problem and help you work out strategies to manage your distress.

Living with diabetes can be really tough. It's understandable to sometimes feel frustrated, sad, worried, down or depressed. The important thing to know is that support is available – so reach out.

Talk to someone: 1800 533 774



BLOOD DRIVE

HAVE YOU DONATED?

It only takes an hour to give blood, but it could change someone's life.

Join the McColl's Blood drive and help us make 50 life saving donations in 3 months.

Simply mention you are on the McColl's Transport team when you donate or change your team details at donateblood.com.au

For more info contact Megan Taylor on 0437 600 421



KETO

What is a ketogenic diet?

A Keto eating pattern is very low in carbohydrates and moderate in protein, meaning a high percentage of total energy (kilojoule) intake comes from fat. As fat is the main source of energy being consumed, the body must then use this (that is, break it down) as its main energy source or 'fuel'. When dietary fat is metabolised for energy, by-products called 'ketone bodies' (molecules that are made by the liver from fatty acids) are produced which are used up by the body's tissues, muscles and the brain. This process is known as 'ketosis'. The body can enter ketosis during times of severe energy restriction (such as during fasting or starvation) or prolonged intense exercise, or when carbohydrate intake is reduced to around 50g per day, or less – the equivalent of around two slices of bread, and a banana.

Short-term side effects of ketosis can include fatigue, bad breath, nausea, constipation, and headache.

The ketogenic diet for weight loss

Following a Keto diet will undoubtedly result in short-term weight loss, which probably comes down to a reduction in total energy (kilojoule) intake, the depletion of liver and muscle glycogen stores and associated water, and a reduced appetite (which is a side-effect of metabolising ketones, and also due to satiety associated with eating foods containing fat and protein).

But the key to maintaining a healthy weight in the long-term is an eating pattern that is sustainable over time. With this in mind, dietary recommendations should always be tailored to an individual – as everyone is unique, and what works for one person, may not work for another. That is, there is no one-size-fits-all approach when it comes to achieving and maintaining a healthy weight.

Limitations of the ketogenic diet

A strict Keto diet is undoubtedly difficult to stick to because it drastically reduces the intake of a number of food groups, including fruit and vegetables, dairy foods, and grain foods. This means carbohydrate-containing foods, such as breads, cereals, rice, pasta, legumes, fruit, and starchy vegetables (like pumpkin, peas, and potato) must all be limited.

In fact, the 20-50g of carbohydrates allowed in a KD is equivalent (in carbohydrate terms) to just a small tub of yoghurt, an apple, and half a medium potato over a day. So, using fruit as an example, following a KD would likely mean limiting fruit to only one serve a day, or eating it in place of other nutritious foods like vegetables, dairy foods, and grains. This requirement to strictly limit certain foods makes it near impossible to meet nutrients needs without supplementation.

With limited carbohydrates, keto is very low in fibre, so can cause gastrointestinal symptoms like constipation. It may also increase the risk of bowel cancer in the long-term. The KD can also present challenges relating to the social aspects of eating, such as enjoying food in family and social situations.

Article from: www.dietitiansaustralia.org.au

Toss & bake baklava chicken wings (keto)

Recipe from: delicious.com.au

Serves: 6

INGREDIENTS

- 2 Tbs coriander seeds, toasted
- 1 Tbs cumin seeds, toasted
- 1/4 tsp ground cinnamon
- 2 Tbs Olive oil
- Zest and juice of 1 lemon
- 6 garlic cloves
- 1/2 cup honey
- 2.5kg chicken wings, halved at the knuckle
- 2/3 cup smoked almonds
- 2/3 cup pistachios, shelled
- 1/3 cup walnuts

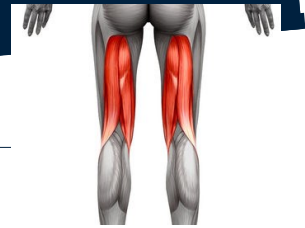
METHOD

1. Pre-heat oven to 220 degrees. Grease and line 2 baking trays with baking paper.
2. Crush spices using a mortar and pestle. Transfer to a bowl with oil, lemon zest, lemon juice, garlic and honey.
3. Add chicken and toss to coat.
4. Transfer to prepared trays and bake for 30 mins. Reduce heat to 200 degrees and bake for a further 30mins or until chicken is golden and sticky.
5. Whizz nuts in a food processor until finely chopped. Scatter over chicken for last 10 mins of cooking or until roasted.



EXERCISE - BODY PART OF THE MONTH

HAMSTRINGS



BODY PART: The Hamstrings

Why should you train these muscles? Hamstrings are the most commonly forgotten muscle group in the legs. The hamstrings play a key role in stabilising the knee joint, as well as maintaining hip and torso positioning. Without sufficient hamstring development, injury risk to the knee joint as well as the hamstrings themselves is greatly increased. Greater hamstring strength will also allow for improvements in posture and making tasks such as standing up from a chair, climbing the stairs, or bending over to pick something up much easier.

How to train these muscles: For the best results on building strong hamstrings you should try and train in a range of different ways, perform some moves where you are flexing the muscle (knee flexion) and others where you are lengthening it (hip flexion). For more tips and advice speak to Megan Taylor, McColl's personal trainer.

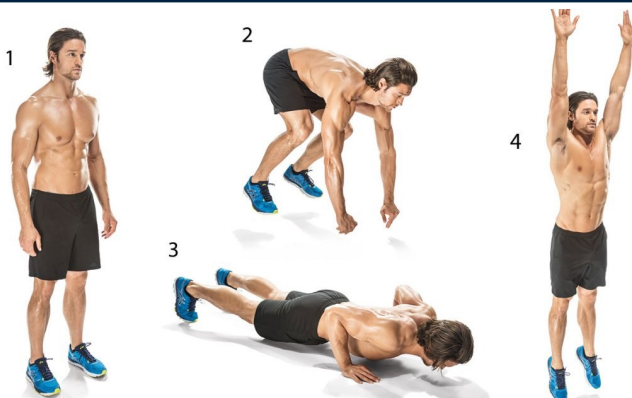
BODY WEIGHT EXERCISES

- Single leg deadlifts
- Glute Bridge
- Single leg glute bridge
- Bulgarian split squat
- Walking lunges
- Floor glute Ham raise (feet held down by person or support)



EXERCISES WITH EQUIPMENT

- Romanian deadlifts
- Swiss ball hamstring curls
- Slider Hamstring slides
- Lying Hamstring curl (machine)
- Seated Hamstring curl (machine)
- Kettlebell swing
- Glute Ham Raise (machine)
- Barbell Good Mornings



Follow these steps to complete a burpee!

JULY FITNESS CHALLENGE

How many burpees can you do in 1 min?

Time to get that heart rate up! This month see how many burpees you can do in 1 minute! Have a go at the start of the month and then again at the end to try and win the July fitness challenge. Just email your result to

mtaylor@mccolls.com.au

June Winners

Male: Adam Welch Female: Kylie Brouwers



PODCAST OF THE MONTH

The *Living Well with Diabetes* podcast series aims to provide our audience with relatable, accessible and interesting stories about the varied human experiences of living with or caring for people with diabetes.

Hosted by Jack Fitzpatrick, ex AFL player whom lives with type 1 diabetes, these podcasts will showcase interesting people offering tips and stories for the diabetes community.

Name: Neville Styles

Job Role: Professional Driver

Depot: Packenham

Division: BFG

Time at McColl's: 10 months

Neville Styles knew from the age of 10 that he was going to be a truck driver, growing up on a farm in Garfield watching big trucks hauling spuds across Australia he knew that one day he was going to drive something like that. Backed by his father and grandfather who drove buses for a combined 70 years Neville started small in a tipper truck and gradually stepped his way up to bigger things, now driving McColl's new 30m road train. "it's the biggest outfit I have ever driven, that's for sure, but I love the challenge" said Neville who has been driving for McColl's BFG division for nearly 12 months. The challenging nature of the job, driving all hours, in different conditions with a variety of loads, is Neville's favorite part of being a professional driver, "knowing you are doing a good job in a continually changing environment is so rewarding" he said "plus when you're driving, it's your time to just chill out and solve the problems of the world!"

After nearly 40 years on the road this father of two has a wealth of knowledge to share with his fellow drivers. "I love passing on my knowledge and experiences with others, an old driver once told me, 'never be scared to accept advice, but it's up to you if you want to use it' that has stuck with me and I'm always happy to have a chat with others" he says.

When it comes to staying healthy on those long trips away from home Neville recommends being prepared and bringing your own food. "I grab a couple of bags of salad, some wraps and cans of tuna and I'm good to go", "I also have a Manshake for breakfast or before bed so I'm not sleeping on a full stomach and I drink as much water as I can". Even when asked what he does if things don't go to plan or he gets stuck without food, Neville doesn't waver on nutrition "there is always somewhere to get something decent to eat, go to a supermarket or general store and get quality food. When you travel all the time like we do, you know where you can pull up, even if you have to walk 200-300m, it's better than being lazy".

For Neville, keeping active has been really important for both his physical and mental health, regular sessions with a personal trainer plus walking whenever he gets a chance, "you don't have to walk far, just walk, go get out and do something". Despite his love for the job, Neville is the first to acknowledge that there are days when the work can be intense, and stresses the importance of taking a mental break at rest stops, "we have all been there, it doesn't matter how long you have been on the job. Pull up, go for a walk, kick the tires, whatever you want, just step away from it for 5-10mins and clear your head."

Here at McColl's we couldn't be prouder to have such a professional and conscientious driver at the helm of our new 30m A double tanker.



Meet a McColl's Champion

Contact Us

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