



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

AUGUST 2021

Caring for Community Health

This month at McColl's we recognise several community health awareness campaigns that support health conditions that may have touched, or have the potential to affect many of our lives.

Supporting the Red Nose campaign is a major feature of McColl's support for the community this month, with over 100 red noses deployed across Australia to be fitted to our prime movers. This means over 50% of our fleet are out there showing how much we support such an important cause. Red Nose Day aims to raise awareness and funds to support those effected by SIDS, as well as research into why almost 3,000 infants are losing their lives unexpectedly each year. As most of us are parents or grandparents, uncles, or aunties, and can only imagine the life changing event it could be to lose a little one unexpectedly so it's special to sponsor such an important campaign.

This August, whether you drive one of our prime movers or not, there are many opportunities to support and raise money for these campaigns without too much effort. Simply wearing some denim like our team from Altona, Mick Peters, and Megan Kerr (pictured) last week, wearing some crazy silly socks on Wednesday 18th, wearing something yellow on Thursday 26th August to support those affected by cancer or donating to one of the charities through the QR codes posted at each depot, we can all play a part in touching the lives of others.



Check out this great photo of one of our farm pick up trucks wearing a red nose at Harley Hill, Berry NSW.



HEALTH AWARENESS



Dates to Remember:

- **Jeans for Genes Day** - wear your jeans to work - Friday August 7th.
- **Red Nose Day** - get a red nose on your truck for the month of August or wear your silly socks - Wednesday August 18th
- **Daffodil Day** - wear something yellow - Thursday August 26th



All about Eating Gluten and Lactose Free

What is Coeliac disease?

Gluten is a protein found in wheat, rye, barley, triticale and oats. In people with coeliac disease, eating or drinking anything containing gluten causes different symptoms and damage to the lining of the small bowel. Gluten is commonly blamed for gut symptoms experienced by people with irritable bowel syndrome (IBS). Keeping a strict gluten-free diet is a lifelong necessity for people with coeliac disease. There are a large amount of foods that are naturally gluten free, such as meat products, dairy products, fresh fruits and vegetables and seeds, nuts, legumes and some grains such as rice, corn, quinoa and polenta. However it is important to read the label on any packaged foods to ensure that there is no gluten in these products. In Australia Oats are NOT considered gluten free. The food label may not list 'gluten' as an ingredient, however look for any ingredient labeled as or derived from wheat, rye, barley, triticale or oats is a gluten product.

Some clinical studies have looked at the benefits of the diet among people who do not have coeliac disease or who have non-coeliac gluten sensitivity. More research is needed to determine the accuracy of the following claims about the diet's results in weight loss, overall improved health, improved gastrointestinal health and improved athletic performance. The foods not included in a gluten-free diet provide important vitamins and other nutrients. For example, whole-grain breads and other products are natural or enriched sources of iron, calcium, fiber, riboflavin, niacin, folate and thiamin. Therefore, following a gluten-free diet will likely change your nutrient intake. Some gluten-free foods also have higher fat and sugar contents than the gluten-containing food being replaced. It's important to read labels, not only for gluten content but also for overall nutrient levels, salt, calories from fats and calories from sugars.

The costs of prepared gluten-free foods are generally higher than the cost of the foods being replaced. The expense of following a gluten-free diet can be substantial, especially if your diet includes foods that aren't naturally gluten-free.

What is Lactose Intolerance?

Lactose intolerance is the inability to digest or absorb lactose, which is a type of sugar found in milk and other dairy products. Common symptoms of lactose intolerance include stomach ache, gas, bloating and diarrhea. These symptoms occur when people eat or drink dairy products, and the degree of toleration varies from person to person. This means that some people are affected by a small amount of lactose, while others can consume quite a lot before they are affected. It is important to note that lactose intolerance is not an allergy, as people with a milk allergy can react to even the smallest amount of dairy foods.

Healthier Lemon Slice

(GF, Dairy Free, Refined Sugar Free)

Recipe from: taste.com.au

Serves: 12

INGREDIENTS

- 1 & 1/3 cups gluten free plain flour
- 1/2 cup almond meal
- 1/4 cup desiccated coconut, plus extra toasted to top
- 1/2 cup maple syrup
- 1 lemon rind finely grated.

Coconut Icing

- 400ml can coconut cream, placed in fridge overnight
- 2 tbsp maple syrup

METHOD

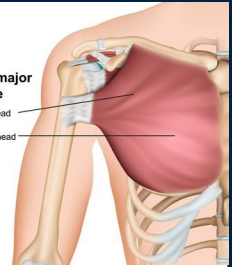
1. Pre-heat oven to 180 degrees. Grease and line square baking tin with baking paper.
2. Whisk together the flour, almond meal and coconut in a large bowl.
3. Add the oil, syrup and zest of the lemon. Use a metal spoon to mix until combined.
4. Bake for 15 mins or until lightly golden. Set aside for 30 mins or until cooled completely.
5. Scoop the solid part from the coconut cream (a little over half the can) and place in a bowl. Discard the coconut water left in the can.
6. Add the maple syrup and beat with electric beaters until smooth. Pour over prepared base.
7. Place in the fridge for 30 mins or until icing has set. Sprinkle with toasted coconut and extra lemon zest. Keep in the fridge until served.



EXERCISE - BODY PART OF THE MONTH

CHEST

Pectoralis major muscle
Clavicular head
Sternocostal head



BODY PART: The Chest

Why should you train these muscles? The chest includes some of the largest muscles in the upper body and you use the chest muscles all day long. For example, the chest muscles are needed to push open a door, wash your hair, or get up and down from the floor. It's important to keep these muscles strong for all your daily activities. You also use the pecs in many common exercises, such as the pushup. Your chest muscles are big and can handle more weight, which allows you to burn more calories when you exercise them. In fact, when you work your chest, your shoulders and arms are also involved, allowing you to exercise more of your body at once.

How to train these muscles: For the best results on building a bigger and stronger chest, choose a mixture of different exercises to target your chest from a variety of directions, and make sure you vary your routine every four to six weeks to avoid plateaus. For more tips and advice speak to Megan Taylor, McColl's personal trainer.

BODY WEIGHT EXERCISES

- Wide push ups
- Diamond push ups
- Spiderman push up
- Incline push ups
- Decline push up
- Star plank
- Dive bomber push up
- Single arm push up



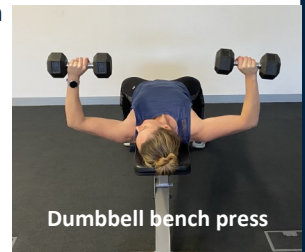
Incline Push Up



Star Plank

EXERCISES WITH EQUIPMENT

- Barbell & dumbbell bench press
- Machine chest press
- Incline bench press
- Incline Dumbbell fly
- Cable Fly
- Dips
- TRX push up
- TRX cable fly
- Cable cross over



Dumbbell bench press



Incline Dumbbell Fly

How long can you plank for?



AUGUST FITNESS CHALLENGE

How long can you hold a plank for?

Have you ever tried to hold a plank until you are shaking with fatigue? Now is your chance! Have a go at the start of the month and then again at the end to try and win the August fitness challenge. Just email your result to

mtaylor@mccolls.com.au

July Winners

Male: Adam Carlson Female: Rhiannon Hodges

PODCAST OF THE MONTH



Because we experienced the hardship of the pandemic collectively, many of us finally acknowledged what was true before COVID and will be true after: That life is freaking HARD. We are all doing hard things every single day – things like loving and losing caring for children and parents; forging and ending friendships; battling addiction, illness, and loneliness; struggling in our jobs, our marriages, and our divorces; setting boundaries; and fighting for equality, purpose, freedom, joy, and peace.

Each week we will bring our hard to you and we will ask you to bring your hard to us and we will do what we were all meant to do down here: Help each other carry the hard so we can all live a little bit lighter and braver, more free and less alone.

Meet a McColl's Champion

Name: Matt Carr

Job Role: Customer Solutions Manager

Depot: Melbourne

Division: Commercial

Time at McColl's: Two years

Tell us something interesting about yourself: This is really boring and a bit tongue in cheek but I once met the King of Belgium. Nice bloke!

What is IMPORTANT to you? Family, friends and health & fitness. Not to mention the very exciting journey we're on at McColl's.

What are you listening to? The Stranglers, The Who, Jethro Tull. You can take the boy out of the seventies ...

Current Favourite HEALTHY MEAL: Thai Beef Salad

Best food hack to keep healthy eating on track: Load your carbs intake towards the beginning of the day, no junk food is a good mantra and portion control is definitely your friend. Give yourself one day off diet control every week and don't beat yourself up if it all falls over once in a while.

Favourite Healthy snack? Bananas

Quote that inspires you? A person who never made a mistake never tried anything new - Albert Einstein.

How do you incorporate activity into your day? By setting aside time for regular exercise, even if it's just to get out for a walk.

What is your favourite type of exercise? Running. I really shouldn't at my age, but I'm determined to relive my twenties.

What do you do for SELF CARE? I cook ... badly!

Favourite Weekend activity? Running the beach path in Bayside Melbourne, at least until the world opens up and we can start enjoying live music again.



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