

CHALLENGING THE STEREOTYPES

Volume 1, Issue 4

go
for
your
life™



PROJECT WINS POWERCOR ACE RADIO SOUTHERN GRAMPAINS BUSINESS

The 'Go for your life' 'Challenging the Stereotypes' project won the Community Enterprise Award in the 2009 Powercor ACE Radio Southern Grampians Business Achievement Awards, 24th July 2009. Congratulation to Fran Patterson & the team involved in the project.



Rosie Rowe & Fran Patterson, WDHS & Trina Knowles (Westpac Bank) Powercor Ace Radio Southern Grampians Business Achievement Awards

'CHALLENGING THE STEREOTYPES' IS delivering the messages of the 'Go for your life' initiative. The project is funded by the Department of Health and the Department of Planning & Community Development. The project is led by WDHS in partnership with Southern Grampians & Glenelg Primary Care Partnership & Southern Grampians Shire Council.

Up coming community initiatives include:
Get back on your bike project, Seniors Week Activities, Walk to Work Day, Ride to Work Day & the 7 Jeans Project (Youth Biz).

For further information on the project contact Fran Patterson or Briana Picken on (03) 5551 8459.

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FUNDING OPPORTUNITY (COMMUNITY GROUPS)

Submissions for funding grants for 2009 of up to \$2500 are now being sought from interested organisations with members aged 50+ who are keen to make a positive contribution to the healthy lifestyles of their members by promoting the 'Go for your life' message in their organisation.

Please contact: Fran Patterson,
Project Officer, WDHS on 5551 8459

Applications close 30 September 2009



WDHS project team Briana Picken & Fran Patterson



Western District Health Service



WORKPLACES 2009

Challenging the Stereotypes seeks to encourage better health and lifestyle outcomes among working adults in the Southern Grampians Shire.

Challenging the Stereotypes is piloting programs in a number of workplaces in the Shire of Southern Grampians.

The program focuses on increasing physical activity, increasing healthy eating and increasing the consumption of water instead of high energy drinks.

18 workplaces have been funded for 2009 for a variety of initiatives designed and tailored to meet their individual workplace needs.



CENTRELINK

Centrelink has introduced a number of different activities focusing on physical activity and healthy eating. The introduction of fruit to the workplace has been positive with fruit replacing sweet biscuits for tea breaks. Fruit is delivered to the workplace on Mondays of each week.

Wii Fit and Fit Balls were purchased as a part of the project. The Wii is being loaned to staff for use at home and is managed using a booking system through work. The Wii is planned to be used in future competitions with the staff at Centrelink.

Another component is the physical activity training sessions. A number of staff participate in these sessions during the week. Participants reported real benefits and as a result several staff now attending lunchtime gym sessions.

SOUTHERN FINANCE AND HUNTER NEWS GROUP

Southern Finance and Hunter News Group have been involved in the 'Go for your life' program for the past 2 years. Initiatives include fruit delivered weekly for staff and healthy catering options. Other initiatives include subsidised

gym memberships, pedometer challengers and health and wellbeing information sessions for staff and their partners. The social club at Southern Finance and Hunter News Group club also sells water to staff at no profit.



ALEXANDRA HOUSE

Alexandra House has seen some positive outcomes for individuals and the workforce as a whole from the 'Go for your life' program. Management have witnessed positive effects in both workplace and in staff wellbeing of those involved in the program. As a result, management, have subsidised the cost for staff members to maintain their gym and personal training activity.

Healthy eating has also been a focus through the program at Alexandra House. Staff are offered healthy meal choices while they are working which is particularly relevant in the gaming and hospitality industry guided by shift work. **'The funding provided by 'Go for your life' has achieved exactly what it was provided for and that is to open the eyes (Educate) of these individuals and help them real-**

ise that they can take responsibility for their own health and future.' Gavin Wray- McCann.



Sam Grey, Tristian McMahon & Christine Kuilboer Alexandra House

PENSHURST CAMPUS WESTERN DISTRICT HEALTH SERVICE

Initially Peshurst Campus had funding for 10 Tai Chi sessions with instructor David Skene. Participants were asked for a gold coin donation so the program would become sustainable as an on going activity for the community. Initial funding has ceased and

consequently participants paying five dollars per session. The Tai Chi is still going strong.

Tai Chi sessions are held at the Peshurst Campus every Thursday commencing at 7.00pm. Tai Chi is opened to the Peshurst Community.

Additional changes include using 75% low fat milk, low fat yogurt available for staff and residents, and fresh fruit offered to residents for morning tea. Drink vending machines include low sugar drinks and water.

SOUTHERN GRAMPAINS SHIRE COUNCIL

Southern Grampians Shire Council were funded for 'Come and Try' physical activity sessions. The activities were run in May, June and July this year. Initiatives included Wheelchair Rugby, Badminton, Circuit Training, Squash,

Step Attack, Table Tennis and Pump program.

The 'Come and Try' initiatives were successful with all who participated thoroughly enjoying themselves.

In addition a number of participants who were

involved in the weekend physical activities have continued with selected activities and joined local clubs and/or the gym

TIPS FOR KEEPING THINGS RUNNING WELL

1. Become a grazer. If your appetite is down, try eating smaller portions of healthy foods at regularly.

2. Be strong with dairy products. Choose low-fat milks, yoghurts and cheeses daily.

3. Make the switch from plain white bread. Choose sourdough, wholemeal, multi-grain, rye, soy, linseed, herb and corn or fruit bread.

4. Be adventurous with grains. Try barley in soups and casseroles. Use rolled oats to bind rissoles. Try rice or other grains in main meals.

5. Stock up. Tinned fish, baked beans, canned and frozen fruits and vegetables. An extra packet of breakfast cereal, long life milk.

6. Get out of food ruts. Changing your diet around, you're more likely to pick up vitamins and minerals you may have been lacking.

7. Consider having your main meal at midday. Prepare your main meal for the middle of the day and have a lighter meal in the evening.

8. Go 'low' as often as you can. Look for 'reduced salt' or 'low salt' foods when shopping.

9. Think ahead. Prepare a large meal and freeze a portion or two for lazy days ahead, being sure to label and date the food.

10. Drink plenty of water. Keep a sealed jug in the fridge during the hotter months and have water available at all times. In cooler months, drink water at room temperature or warmed slightly.

Sourced from 'Go for your life' website:
www.goforyourlife.vic.gov.au

QUIZ HOW HEART SMART ARE YOU?

1. Too much cholesterol affects your heart by:

- A. Increasing your heartbeat
- B. Slowing blood flow to the heart
- C. Decreasing your energy levels and making you Lethargic

2. Which of these will help you control your cholesterol levels?

- A. Regular exercise & modify your diet
- B. Avoid cigarettes and consume alcohol in moderation
- C. All of the above

3. All cholesterol is bad for your heart.

- A. True
- B. False
- C. Not sure

4. To get health benefit from exercise you need to:

- A. Exercise for at least 4 hours a day
- B. Exercise vigorously for two hours once a week
- C. Exercise moderately for 30 minutes most days

5. Adults should aim for a daily fibre intake of:

- A. 5 -10g
- B. 10 - 20g
- C. 30 - 35g

6. Smokers have a 70 % greater risk of death from coronary heart disease than non-smokers.

- A. True
- B. False
- C. Don't know

7. Fifteen years after giving up smoking, a smoker's risk of heart disease is:

- A. The same as when you gave up smoking
- B. Halved
- C. The same as if you

Sourced from 'Go for your life' website:
www.goforyourlife.vic.gov.au

Answers 1B 2C 3B 4C 5B 6A 7B