



## Time to check in

Men's Health Week is 14-20 June, however the midway point of the year is a great time for us all to check in and see how we are tracking in 2021.

For many, life slowed down in 2020, allowing us to focus on exercise, diet, and mental health, however 2021 is flying by with work becoming busier and busier for many WA local government workers.



### Here are some tips to help us stay on track:

#### Men

##### ▶ Visit your doctor

Men are more than twice as likely as women to not see a doctor for at least two years. Skipping the doctor can cut your life short. If you're healthy and under 30, health experts recommend seeing a GP every two to three years. After age 50, it is recommended to have an annual GP visit to monitor your overall health. Remember to see your doctor right away if you have troubling symptoms like chest pain, black stools, or vision loss, because these can be signs of a serious problem.

##### ▶ Pay attention to your heart health

The leading cause of death in Australian men is heart disease. Approximately 30% of men's overall health is genetic, however 70% is controllable through lifestyle changes. Regular exercise and eating a balanced diet rich in vegetables can keep your blood pressure and cholesterol low, which keeps your heart healthy.

##### ▶ Focus on your emotional wellbeing

Men are 3.5 times more likely to commit suicide, and are less likely to talk about mental health. Caring for your emotional wellbeing is nothing to be ashamed of — it's a sign of strength and self-awareness. If you or a loved one is experiencing signs of depression, anxiety, or another mental health condition, find an experienced professional to speak with.

#### Women

##### ▶ Schedule health screenings

Women need to pay special attention to their gynaecological and breast health. Cancer Council Australia recommend a pap smear every five years starting at age 21 to screen for cervical cancer. Women who are 50-74 years old and at average risk for breast cancer should get a mammogram every two years. Talk to your doctor about the tests you need based on your age and family history. You may need to start screenings sooner depending on your risk factors.

##### ▶ Take your vitamins

The female body has different nutritional needs, making some vitamins and minerals more important. Physiological changes that occur through pregnancy, breastfeeding, menstruation and menopause may require women to supplement nutrients with vitamins and minerals.

##### ▶ Get the right exercise in your day

Exercise is important for maintaining a healthy body weight at every age. Working out also prevents bone loss and osteoporosis, which is a higher risk for women. Weight-bearing exercises that force your body to work against gravity are best for building bone strength, so aim to include at least 30 minutes of lifting weights, walking, hiking, jogging, playing tennis or dancing as part of your daily routine. Find exercise that you enjoy to help keep you on-track.

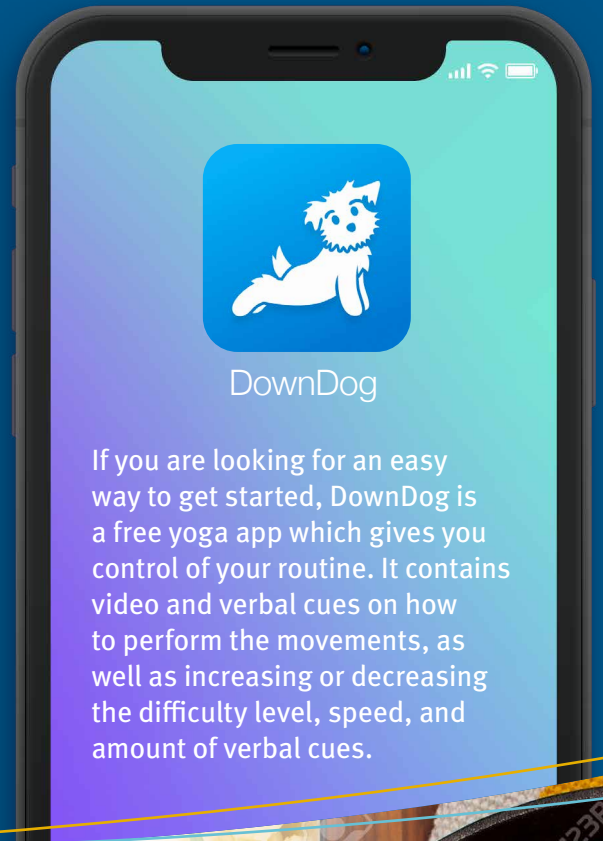
**Stretching has long been an integral part of any injury prevention strategy. Doctors, physiotherapists and exercise physiologists are becoming more aware of the long term health benefits that yoga can provide as part of a regular exercise routine.**

In terms of injury prevention, yoga is an excellent way to stretch tired muscles and increase flexibility, focus, and balance – all of which contribute to injury prevention in different ways.

Flexibility helps to balance out your muscle strength, reduce tightness in the soft tissues (muscles, tendons, ligaments) and increase the range of motion in your joints.

Focus helps to keep your attention on the present moment – in daily life we go through a lot of mundane day to day activities that we can perform without much attention needed. By increasing your focus, you are less likely to mindlessly perform tasks that may cause injury.

Balance has been shown to reduce risk of injury in athletes as it advances an athlete's 'proprioception' – their awareness of their body and how it moves through space. Within this understanding, balancing practices have been shown to reduce common injuries in the workforce and the aging population.



If you are looking for an easy way to get started, DownDog is a free yoga app which gives you control of your routine. It contains video and verbal cues on how to perform the movements, as well as increasing or decreasing the difficulty level, speed, and amount of verbal cues.

## Chicken stroganoff

*A quick heart-warming recipe to keep you warm this winter.*

Serves 4 – 5 Total time: 20 minutes

### Ingredients

- ▶ 600g chicken thighs
- ▶ 1 x tsp garlic powder
- ▶ 1 x tbsp olive oil
- ▶ Salt and pepper (to taste)
- ▶ 1 x brown onion, chopped
- ▶ 300g mushrooms, sliced
- ▶ 40g butter
- ▶ 2 tbsp plain flour
- ▶ 2 x cups of salt reduced beef stock
- ▶ 1 x tbsp Dijon mustard
- ▶ 2/3 cup sour cream

### Method

- ▶ Season chicken with garlic powder, salt and pepper
- ▶ Heat olive oil in skillet/fry pan over medium/high heat, and place chick in once ready.
- ▶ Cook for 6 minutes until golden, turning at 4 minutes. Place cooked chicken onto a plate.
- ▶ Turn heat down to medium and melt butter in pan. Add onions, cook for 1 minute, then mushrooms and cook until golden.
- ▶ Add flour and stir for 1 minute. Add half the broth while stirring, and once incorporated you can add the remaining broth.
- ▶ Keep stirring while adding sour cream and mustard, bring to a simmer and cook for 3 minutes or until consistency thickens
- ▶ Add chicken back into gravy and heat for 1 minute before removing from the heat.
- ▶ Serve with rice, pasta, green vegetables, or crusty bread.

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