



Energy drinks – do they actually help you concentrate?

Energy drinks are marketed to increase alertness, concentration, and energy – but they do have a downside, with an increased risk of adverse health effects when consumed regularly, like rapid heart rate and increased blood pressure.

Did you know?

- ▶ Australians drink approximately 200 million litres of energy drinks per year, which is around 10 litres per person.
- ▶ A 550ml can may contain up to 21 teaspoons of sugar, which equates to the product being 15% sugar
- ▶ Some larger bottles (1.25L) contain the equivalent of six mugs of instant coffee

Although these products are mainly popular with young people, they are common in some workplaces, particularly shift workers or staff working longer hours.



So do they work?

While energy drinks may give you the boost you feel you need, they quickly bring you back down to earth, with many people complaining of headaches, tiredness, stomach issues, and insomnia after drinking energy drinks.

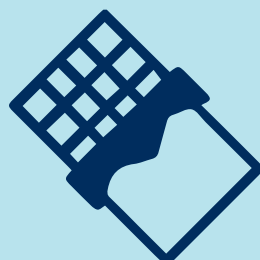
Daily consumption of these drinks significantly increases your risk of diabetes, obesity, heart disease and stroke, while excessive consumption may even result in sudden death. The high sugar and caffeine levels in each drink stimulate the heart causing palpitations, arrhythmias and in rare cases, cardiac arrest.

Better alternatives



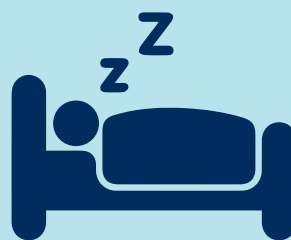
Low GI snacks to give you energy for longer and help keep you focused

- ▶ Unsalted nuts and seeds
- ▶ Piece of fruit
- ▶ Carrot sticks with hummus



Indulge in some dark chocolate, which contains antioxidants, flavonoids, and caffeine that can boost brain function

- ▶ Choose 70% dark chocolate or above



Good sleeping habits, aim for 7 - 8 hours per night



Regular exercise – 30 minutes of moderate intensity exercise daily

- ▶ Try 10 push-ups or squats to get the blood flowing – you'll be amazed at how much it can help

Text neck

We've all seen it, that person on the train, at the bus stop, or in the waiting room; looking down at their phone oblivious to the world around them. The end result is often a funny online video of a person walking into a fountain or a pole, but another injury can occur from this behaviour. Informally called text neck, it's a musculoskeletal injury resulting from sustained awkward posture in the neck, and it is commonly caused by excessive texting or mobile device usage.



Common symptoms

- ▶ Pain in the neck, upper back, and/or shoulders
- ▶ Poor posture in the neck and shoulder, for example forward head posture and rounded shoulders
- ▶ Reduced mobility of the neck
- ▶ Frequent or persistent headache
- ▶ Increased pain when head is tilting forward

What can you do to help?

- ▶ **Raise the device.** Move the phone, tablet or laptop up closer to eye level so the head does not tilt forward.
- ▶ **Take frequent postural breaks.** Spend some time away from the device—or any type of head-forward posture. If needed, use an alarm or app to set automatic reminders to take breaks from handheld devices.
- ▶ **Stand up straight.** Good posture, with the chin tucked in and shoulders pulled back, keeps the body aligned in a neutral position. Try to do this once every hour to encourage good postural habits.
- ▶ **Stretch.** Arch the neck and upper back backward as often as possible to ease muscle pain.
- ▶ **Exercise regularly.** A strong, flexible back and neck will reduce the risk of injury/discomfort.

For stretching resources or other injury prevention services that can assist you and your workplace with musculoskeletal pain or discomfort, please email health@lgisw.com.au

Easy fish curry

35 minutes total time

Serves 4

Ingredients

- ▶ 1 tbsp peanut oil
- ▶ 1 brown onion, finely chopped
- ▶ 1 carrot, thinly sliced
- ▶ 1 zucchini, thinly sliced
- ▶ 400g butternut pumpkin, cut into 2cm pieces
- ▶ 2 tbsp yellow curry paste
- ▶ 400ml tin coconut milk
- ▶ 700g firm white fish fillets, cut into 3 cm pieces
- ▶ 500g rice (brown preferred)
- ▶ ½ cup coriander
- ▶ 1 tbsp fried shallots or sliced spring onion (garnish)

Method

- ▶ Heat the peanut oil in a large wok over medium heat. Add the onion, carrot, zucchini, and pumpkin and stir-fry for 5 mins or until onion softens.
- ▶ Add the curry paste and cook, stirring, for 1 min or until fragrant and vegetables are coated in paste. Stir in the coconut milk and bring to the boil. Reduce heat to medium-low and simmer (covered), for 10 mins or until pumpkin is tender.
- ▶ Add the fish and stir gently to combine. Simmer (uncovered), for 5 mins or until fish is cooked through. Season with salt and pepper.
- ▶ Meanwhile, cook the rice as per packet directions.
- ▶ Sprinkle curry with coriander and fried shallots.
- ▶ Serve with the rice. ENJOY!



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