



Local government activity challenge



LGIS is launching a new sector-wide health initiative called the **Great West Aussie Adventure**. It starts on 17 July 2023 and will run for eight weeks.

So trek (virtually) along the Great West Aussie Adventure route with your work colleagues for this challenge. You can track your daily physical activity levels to help your team be the first across the finish line. LGIS will also have prizes for outstanding individuals at the end of the challenge.

Registration details about the challenge have been sent to all members. For more information, please get in touch with our WorkCare Services Manager, James Larkin via email at health@lgiswa.com.au



Small change, big impact – moving more for better health



One third of the global population aged 15 years and older engages in insufficient physical activity. There are multiple factors contributing to this including lack of available spaces for exercise, increased occupational sedentary behaviours such as office work, and increased use of electronic devices such television and video gaming.

The consequences of this lack of physical activity can have a significant impact on your health. These areas can include an increased risk of the following:

- High blood pressure
- Type 2 diabetes
- Anxiety and depression
- Certain types of cancer
- Osteoporosis
- Cardiovascular disease

How does a sedentary lifestyle affect your body?

In terms of musculoskeletal health, the greatest risk factor for conditions such as osteoarthritis and back pain include insufficient physical activity, obesity and injury. Physical activity not only improves musculoskeletal health but helps reduce the risk of lower back pain, neck pain, osteoarthritis and falls.

According to the World Health Organisation, physical inactivity is one of the leading causes for non-communicable diseases mortality. People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active.





Small changes, for big health results

We all know that we need to move our body, but it can feel overwhelming to find an hour for exercise when you're working, looking after kids, and juggling all the commitments of a busy modern life.

The good news is that you don't need to make massive changes to see the benefits as informal and incidental activity can improve your cardiovascular and musculoskeletal health. Small changes in your routine throughout the day can deliver real health benefits.



Tips and tricks

- Ditch driving for shorter trips, walk instead or ride your bike.
- You can also drive to a 'park and ride' spot and cover rest of the distance on your bike.
- Aim for two litres of water every day, not only it is good for your body, you'll get extra steps in filling your cup and going to the toilet!
- While you're at the office or any building with stairs – take them instead of the lift or escalator.
- Park your car at least a kilometre away from your destination so that you can walk the rest of your way.
- Waiting for the kettle to boil? Take a lap around the room, stretch or do a flight of stairs.
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- Waiting for the printer? Do some upper body stretches.
- Take a walk on your lunch break.
- When using public transport, get off one stop before and walk.
- Take a break from long hours of sitting at work by using a stand up workstation.
- If possible, take a short walk while talking on the phone.

Egg stuffed roasted mushrooms

A low carb and protein rich breakfast, great for a day on the move.

Serve 1 / cooking time 20 min

Ingredients list

- ▶ 2 large portobello or field mushrooms, stalks removed
- ▶ 2 clove of garlic, crushed
- ▶ 4 fresh thyme sprigs
- ▶ Olive oil cooking-spray
- ▶ 2 eggs
- ▶ 2 cherry tomatoes, halved
- ▶ A handful of baby rocket leaves
- ▶ 2 slices of rye bread, toasted

Method

- ▶ Preheat the oven at 200°C and line a tray with baking paper.
- ▶ Sprinkle a little bit of crushed garlic over each mushroom and place them on the baking tray.
- ▶ Top the mushrooms with thyme and pepper. Lightly spray with olive oil and bake for 10 minutes.
- ▶ Crack an egg into each mushroom and place the halved cherry tomatoes next to mushrooms. Bake for another 10 minutes or until egg whites are set.
- ▶ Serve mushrooms and tomatoes with fresh rocket leaves and a slice of toast.



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

Contact the team on 9483 8888
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