



Fast Facts

Studies indicate the average Australian consumes between 8-10 grams of salt per day. To reduce risk of high blood pressure and cardiovascular disease it is recommended we eat less than 4 - 6g per day.

To reduce your salt intake:

- Flavour foods with herbs and spices (pepper, parsley, ginger, garlic) instead of salt.
- Buy fresh fruit and vegetables.
- Avoid high-salt foods such as fast foods, processed meats and pre-packaged sauces and condiments.
- Read the labels of packaged foods and choose products with less than 120mg of salt (sodium) per 100g.



Be sun smart



Across Australia during the peak of summer, ultraviolet (UV) radiation is strong enough to cause sunburn in as little as 15 minutes. UV levels change throughout the day and are not dependant on temperature; you can have high UV levels even on a cool and cloudy day. So it is important to keep an eye on the UV index and daily sun protection times to know what times of the day sun protection (sun protective clothing, hat, sunglasses, sunscreen and shade) is essential for your location.

For a quick and easy way to check the daily UV levels and sun protection times, download the free SunSmart app for iPhone or android.

DID YOU KNOW?

If you live north of the Perth Metropolitan area, sun protection is required all year round as the midday average UV levels are always above three.

Common Myths: Ergonomics.

I must have my chair low enough so my feet are able to completely touch the ground

Although this is the ideal situation, the more important adjustment is to ensure that your elbows are slightly higher than your desk (2-4cm).

I must look at the top of my monitor/s

Ideally you should be looking at the top third of your monitor. For example, when using Microsoft Word your eyes should be parallel to the first line of typing.

I must have my chair backrest angle at 90 degrees

Studies show that it is actually better to have the backrest at between 90 - 100 degrees. This will open the hip angle and decrease pressure on the intervertebral discs.

The telephone should be on the dominant hand side

Actually your phone should be placed on your non-writing hand side to allow you to pick up and hold it, leaving the writing hand free to take notes or use the mouse and keyboard.

I have had an ergonomic adjustment, now everything must remain in the same place

Ergonomics is about ensuring the work environment and tasks meet the needs of the human, not the human altering themselves for their work. With this in mind, if your task does not require the keyboard, move it out of the way; if you do not frequently use your phone, place it further back, bringing it in closer for use.



Zucchini slice

This slice is easy to make, tasty and versatile. It is great hot or cold, so is perfect for a healthy snack or school lunches.



Ingredients:

- 1 large or 2 smaller zucchini's - grated
- 1 onion - grated
- 1 carrot - grated (optional)
- 1 cup grated cheese
- 5 eggs
- ½ cup oil (olive or vegetable)
- 1 cup self-raising flour
- 3 slices ham chopped (optional)
- Salt and pepper to taste

Mix all ingredients together then place into large greased quiche dish or flan tin. (If you line the bottom with baking paper it comes out easier).

Bake for approximately 45 mins in a 180 degree (160 fan forced) oven or till a skewer comes out cleanly.

Note: other vegetables can be added as available. Increase liquid content slightly if lots of drier vegetables are added.



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