

Men's Health Week 15th – 21st June

Moments in time is the theme for this year men's health week, aiming to encourage men of all ages to make small changes in their daily routine to improve their overall health and wellbeing.

Healthy habits for men

1. Know your family history – your genes can influence your risk of developing cancer, heart disease and diabetes.
2. Move – aim for 20 – 30 minutes of moderate intensity physical activity most days of the week and try to stay on the move throughout the day.
3. Maintain a healthy weight - balance your food and drink intake with regular physical activity to stay in a healthy weight range.
4. Manage your stress – do something you enjoy regularly to help you relax, whether it's watching sport, a movie or catching up with friends or family.
5. Don't smoke – smokers are about 20 times more likely to develop lung cancer. Get advice and support to help you quit.
6. Sleep well - your quality of sleep can dictate how much you eat, how well you fight off infections and how well you cope with stress. Keep regular sleep patterns by going to bed and waking up roughly at the same time each day.
7. Eat a healthy diet – eat a wide variety of foods from all five food groups, limiting saturated fats, salt and sugar and drink plenty of water.
8. Drink alcohol in moderation – have a couple of alcohol free days each week.
9. Wear sunscreen and check your skin regularly for changes to moles or spots.

5 preventable male deaths occur every hour

95% of men do not consume sufficient fruit and vegetables

The rates of suicide for men are 3.5 times higher than women.

More men die from prostate cancer than women from breast cancer

Tips to keep healthy at work



Swap the biscuit tin for a fruit bowl.

50% of Australians do not eat two pieces of fruit every day. Swap the biscuit tin for a fruit bowl at your workplace, removing the temptation of unhealthy snacks.



Use the stairs instead of the lifts.

As our lives are becoming more sedentary every step counts. Incidental exercise, like taking the stairs can help to improve our heart health and manage our weight.



Start a lunchtime walking group.

Walking is an easy and convenient way to get active, start a walking group and socialise at the same time.



Eat lunch away from your desk.

Research indicates many Australians routinely do not break for lunch. It is important to step away from your desk and get some fresh air so you come back refreshed and energised for the afternoon.



Take regular stretching and walking breaks to reduce sitting time.

Sitting for long periods causes muscles to shorten and become tighter and weaker which can put you at increased risk of musculoskeletal pain and injuries. Take breaks regularly to stand and stretch your legs.



Share healthy recipes with your colleagues.

Create a healthy work culture, by sharing healthy recipes via email, the intranet or by including them on your noticeboard in the lunchroom.



Walk, cycle or catch public transport to work.

It is a great way to keep healthy and fit, save money and reduce your impact on the environment.

Try this yummy Chicken Nachos recipe

Serves

Ingredients:

- 500g Chicken mince
- 1 x large brown onion, chopped finely
- 2 x teaspoons minced garlic
- 1 x green capsicum, chopped finely
- 1 x red capsicum, chopped finely
- 2 x large tomatoes, chopped finely
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon cayenne
- 1 Tablespoon extra-virgin olive oil (EVOO)
- Mountain bread rye wraps (1 x per serve) cut into small triangles (to make chips)
- Greek yoghurt to serve
- Fresh coriander, chopped
- 1/4 avocado, sliced to serve

Method:

- In a saucepan, cook the onion and garlic in the EVOO until soft.
- Add chicken mince and break apart with a wooden spoon while cooking to make small pieces.
- Once cooked, add the spices and stir.
- Add the red and green capsicum and tomato and stir through.
- Cook for 5 mins and set aside.
- Place the cut up pieces of mountain bread on to a baking tray (this makes your chips) and bake in a moderate oven (180°C / 356°F) for approx 4-5mins or until crispy.
- Place chips on a plate and top with a couple of spoons of mince and top with a dollop of yoghurt, some avocado and a sprinkle of chopped coriander.



Lvl 3 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888 www.lgiswa.com.au

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Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

Contact Renee on 9483 8888 for more information regarding these programs.