







What this self assessment covers

- Cardiac disease risk factors Blood pressure Body fat
 - Eating a balanced diet Cholesterol Exercise
 - Sleep Shift work information

HOW'S YOUR TICKER?



Cardiovascular disease, including heart attacks, strokes and peripheral vascular disease, each year kills 50,000. Heart attacks alone kill more Australians than all the different forms of cancer combined.

Are you a candidate for a heart attack? Let's look at the risk factors.

Atherosclerosis is caused by plaque deposits in the artery walls. These deposits are made up of cholesterol, smooth muscle cells and inflammatory cells. Plaque build ups increases the chance of blood clot obstructions in the arteries at the site of the deposit.

Cholesterol is needed in the body. Too much of the wrong kind can be deadly. Cholesterol rides through the body in two giant molecules. The best way to control blood cholesterol levels is to cut down on foods rich in saturated fats. These fats are found in some margarines, pastries and fatty meat. They upset cholesterol metabolism in the liver, raising bad cholesterol levels.

Hypertension or high blood pressure is estimated to increase overall cardiovascular risk by up to three times. One of its impacts is to damage the inner lining of the arteries, priming them for plaque formation. You can get it down through exercise and diet, and if these fail medication. Dietary strategies include limiting salt intake and eating fruit and vegetables and low fat dairy products.

Smokers face a 70 % increased risk of death from coronary heart disease over nonsmokers, according to te Heart Foundation. Smoking accelerates atherosclerosis, increase thrombosis and impair the ability of blood vessels to relax.

Weight - The main influence to your health isn't so much being heavy but whether you are carrying excess body fat. In particular if this body fat is around your waist, it represents the greatest risk to your health. Excess body fat increases, abnormal lipid production and enhances the risk of thrombosis.

Exercise and or a lack of exercise ranks with high blood pressure and high blood cholesterol as a contributor to cardiovascular disease in Australia. It rivals smoking as a risk factor. Couch potatoes are twice as likely as active people to die from coronary heart disease. Exercise lowers triglyceride levels and raises good cholesterol levels.

Diabetes is estimated to affect at least 1 million Australians, according to Diabetes Australia. People with diabetes are up to 4 times more likely than their counterparts in the general population to die from coronary heart disease.

Stress stimulates the production of adrenalin and in turn adrenalin will cause the heart to beat faster and raise blood pressure. People with hypertension have abnormal levels of adrenaline released from the sympathetic nerves of the heart.

Now that we have that clear lets move on!

Source: Cheryl Jones, Flight Safety Australia. "How's your ticker?" Jan - Feb 2003

BLOOD PRESSURE



Have you had your blood pressure checked recently?

Yes O No O



What should my blood pressure be?

The recommended level is 130/80 mmHa.

140/90 mmHa is the level of blood pressure used to diagnose high blood pressure. If your blood pressure is consistently raised at these levels and above it will need to be treated. Treatment may involve making changes to your lifestyle and/or taking medication. This level of 140/90 mmHg is the level for high blood pressure for everyone, whether you are male or female, young or old.

When you have your blood pressure measured, always ask what it is and keep a record if you can. By doing this you can see whether your blood pressure is stable or is increasing.

How can I lower my blood pressure?

There are a number of key steps you can take to help keep your blood pressure down:

- 1. Know your numbers (get your blood pressure checked regularly)
- 2. Eat less salt (no more than 6q a day)
- Eat more fruit and vegetables (at least 6 portions a day)
- Be as active a you can (30 minutes a day)
- Drink alcohol in moderation
- Keep to a healthy weight (lose weight if you have to)
- Give up smoking
- Eat less fat
- Deal effectively with your stress

Courtesy of British Hypertension Society (BHS)

BODY FAT

Now lets move on to body fat!

More than half the adult population in Australia is overweight. This is a significant risk factor for the long-term health of these individuals. To actually assess your own health risk involves a little more than standing on a set of scales or looking at a weight for height chart. There are several ways to assess your health risk from carrying excess body fat.

Waist measurement

The waist measurement alone can be a reliable measure, for not only health risk but for showing a reduction in body fat.

Measure your waist as follows:

Find the midpoint between the top of your hips and below your lowest rib. It's roughly in line with your belly button, but not where your pants or belt sit. A waist measurement of greater than or equal to 102 cm for men represents a significantly increased health risk as does a waist measurement of greater than or equal to 88 cm for women. These measurements are often quoted as 100 cm for men & 90 cm for women.

(Ref: Interim Report of a WHO Consultation on Obesity, 1998.)

A waist measure relates to visceral fat. That is, the fat unseen that surrounds the organs. So regardless of a person's weight, a waist measurement is a good measure to keep a record of.

What is your current waist measurement?

.....cm

Factors influencing our body shape and weight.

The simplest way to look at a gain in body fat is that the energy in the diet exceeds the energy output of the body. This excess energy is

then stored as body fat. In reality it is a little more complex than this. Factors that influence a person's body shape and weight include:

(Tick if relevant to you)

- Family genetics
- Amount of fat in the diet
- Total energy in the diet
- Amount of activity undertaken
- Alcohol consumed
- External environment / demographic
- Alcohol influences the way our bodies digest other foods and so can increase the likelihood of obesity.
- External factors such as marital status or work environment can unconsciously lead to changes in diet and exercise patterns, resulting in body fat gain or loss.



When it comes to weight loss all fats are equal.

A balanced diet should contain foods that supply sufficient energy, vitamins and minerals. Dietary fats are important for good health.

Carbohydrate should supply 60% of the body's daily energy needs, protein 10-15% and fat 25-30%.

Converting these percentages into grams per day is dependent upon a person's build and activity level.

A guide for dietary fat intake per day to maintain a healthy weight is as follows;

WOMEN

40-60 grams (average 45 grams)

MEN

50-70 grams (average 60 grams)

HEAVY ACTIVITY/ATHLETE
70-100 grams

(ref: adapted from Allan Borushek's calorie & fat counter.)

Typically the average Australian eats twice as much fat than is needed. Therefore, the initial dietary focus should be limiting your fat intake.

30 TO 40 GRAMS OF FAT A DAY IS RECOMMENDED FOR MOST ADULTS IN ORDER TO LOSE WEIGHT.

How much fat is in your diet?

A simple way of estimating your fat intake is a nutrition questionnaire. This also can help you identify high fat foods and cooking methods. Circle the number corresponding to the most appropriate response for each question. Add the numbers and record your initial fat score.

 How often do you eat fried food with a batter or breadcrumb coating?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	C

 How often do you eat gravy, cream sauces or cheese sauces?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

 How often do you add butter, margarine, oil or sour cream to vegetables, cooked rice or spaghetti?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

How often do you eat
 vegetables that are fried or
 roasted with fat or oil?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

How is your meat usually cooked?

Fried	4
Stewed or goulash	3
Grilled or roasted with	
added oil or fat	2
Grilled, roasted or BBQ	
without added oil or fat	1
Eat meat occasionally	
or never	0

6. How many times a week do you eat sausages, devon, salami, meat pies, hamburgers or bacon?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

7. How do you spread butter/ margarine on your bread?

3 ,	
Thickly	3
Medium	2
Thinly	1
Don't use butter or	
margarine	(

8. How many times a week do you eat chips or Frenchfries?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

9. How often do you eat pastries, cakes, sweet biscuits or croissants?

Six or more times a week	
3 – 5 times a week	
1 – 2 times a week	
Less than once a week	
Never	(

10. How many times do you eat chocolate, chocolate biscuits or sweet snack bars?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

11. How many times a week do you eat potato crisps, corn chips or nuts?

Six or more times a week	4
3 – 5 times a week	
1 – 2 times a week	2
Less than once a week	
Never	(

12. How often do you eat cream?

Six or more times a week	
3 – 5 times a week	
1 – 2 times a week	
Less than once a week	
Never	

13. How often do you eat more than a small serve of ice cream?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

14. How many times a week do you eat more than a small piece of cheddar or other hard cheese, semi-soft cheese such as camembert or cream cheese?

Six or more times a week	4
3 – 5 times a week	3
1 – 2 times a week	2
Less than once a week	1
Never	0

15. What type of milk do you drink or use on breakfast cereal or in cooking?

Condensed or evaporated	4
Full-cream	3
Full cream and reduced fat	2
Reduced fat	1
Skim	0

16. How much of the skin on your chicken do you eat?

Most or all of the skin	2
Some of the skin	1
None of the skin/	
I am a vegetarian	0

17. How much of the fat on your meat do you eat?

Most or all of the fat	2
Some of the fat	1
None of the fat/	
I am a vegetarian	0

YOUR TOTAL SCORE:

(Reference: Professor Annette Dobson, Medical Statistics, University of Newcastle.)

0 - 17

Your fat intake is **relatively low**. Focus on any problem areas.

18 - 39

Your fat intake is **moderately high**.

Reducing fat in your diet will assist you with fat loss.

40 +

Your fat intake is **high**. Reducing fat in your diet should be a high priority for fat loss.

Use a food diary to count the total grams of fat that you eat in a day. An example is below.

Day:

Meal	Time	Description of food & drink (amount in mls & g)	Fat (grams)
Breakfast	7.30 a.m.	2 Weetbix 1 Cup of shape milk (250ml) 2 slices of wholemeal toast teaspoon of Margarine teaspoon of vegemite 1 cup of orange juice (250 ml)	1 0 2 4 0
Morning tea	10.30 a.m.	medium banana white coffee (shape milk)	0 0
Lunch	1.00 p.m.	Chicken & salad sandwich - 2 slices of wholemeal bread tablespoon of avocado chicken meat with skin (50g) salad apple juice (250 ml)	2 3 7 0
Afternoon Tea	4.00 p.m.	4 spicy fruit roll biscuits white tea (shape milk)	4 0
Dinner	7.30 p.m.	1 plate of spaghetti bolognaise pasta (2 cups) Dolmio farmhouse veggies (200g) lean mince (100g) 2 bread rolls (small) 1 glass of red wine	2 1 9 2 0
Supper	9.00 p.m.	reduced fat yogurt (200g)	0.2

** It is important to be accurate and honest with yourself.

Keep a diary on a workday and a day off to see if there is a difference.

You will need a fat counter to look up grams of fat in particular foods. Counters can be purchased at most bookshops and news agencies.

How does your fat intake compare with the recommended daily level?

The basic principles in planning your daily eating pattern.

Losing body fat is not just about counting fat. As mentioned before, you need a 'balanced diet'. A simple daily guide is as follows:

Breads & Cereals	at least 6 serves
Fruit	at least 2 serves
Vegetables	at least 3 serves
Meat & alternatives	1 serve
Dairy & alternatives	2 serves
Fats & oils	1 Tablespoon
Sugars	eat simple forms sparingly

What is a serve equal to?

1 slice of bread	=	1 medium piece of fruit (e.g. apple)
½ cup of cereal	=	2 small fruits (e.g. kiwi fruit)
½ cup of cooked rice / pasta	=	1 cup of fruit salad
½ cup of cooked vegetables	=	1 glass (250 ml) milk
1 cup of salad vegetables	=	1 small tub (200 ml) of yogurt
75-100 g of cooked meat	=	1 piece (35 g) of cheese
1/2-3/4 cup of cooked beans	=	1 tablespoon of fat or oil



CHOLESTEROL

Cholesterol is the sterol found in all animal tissues; in plants, the sterols are of a different kind. Cholesterol forms a part of all animal cell walls (membranes). It is also used to make hormones like cortisol and to make bile acids.

Unfortunately, it can also accumulate in the inner parts of arteries, leading to progressive reduction in the diameter of blood vessels and in blood flow This in turn leads to heart attacks abnormal heart rhythms and heart failure when the vessels affected are the coronary arteries supplying the heart. Arteries supplying blood to the brain, the legs, the kidneys and the gut can also be affected. The extent to which cholesterol accumulates in arteries depends in part on the level of cholesterol in the blood. When high, this is called hypercholesterolemia. Not only dietary cholesterol, but also dietary saturated fat, elevates the blood cholesterol level.

Polyunsaturated fat and certain kinds of dietary fibre lower the blood cholesterol level. It is worth remembering that the body can make its own cholesterol so that dietary cholesterol is not an essential nutrient.

Understanding your cholesterol levels

The low density lipoproteins (LDL) form the "bad cholesterol" that causes plaques. The high density lipoproteins (HDL) – "good cholesterol" keeps the LDL level in check and limit plaque deposition.

The ideal lipid levels are:

LDL – cholesterol < 2.5mmol/L HDL- cholesterol > 1mmol/L Total cholesterol < 4mmol/L Triglycerides (fats) < 2mmol/L Have you had a cholesterol check lately? What was your result?

The safe range of cholesterol intake is 200-400 milligrams per day.

Good Eating Habits

Have you ever heard the saying "you are what you eat". Here are some tips to get you moving in the right direction.

- Avoid saturated fat as much as you can. Look at alternate options like non fat milk, margarines instead of butter.
- Eat lean meat. Animal fat contains trans fat something our bodies do not require.
- Don't skip breakfast! It kicks starts your metabolism and you will be less likely to overeat for lunch.
- Keep your meals sizes small.
 It is better to eat 4 to 6 small meals over the day.
- Avoid carbohydrate overload.
 Carb's are important, but too many promotes weight gain.
- Avoid getting famished, you are more likely to overeat to fell satisfied and / or consume unhealthy snacks. Graze on healthy snake in between meals with things like fruit and nuts.

- Dinner should be your smallest meal for the day. Your metabolism slows down by the end of the day and your energy requirements are not great.
- Healthy eating goes hand in hand with exercise. If you don't burn the excess energy you have consumed it will be stored as fat.
- Remember the food you make at home is more likely to be healthier than the fast food you buy. If you can bring your leftovers to work.

Carbohydrates

We all need carbohydrates it is a matter of choosing the right ones. Simple carbohydrates such as sugar and processed flour (e.g. white bread) are quickly absorbed by the body's digestive system. This can lead to a carbo overload. Your body in response will release insulin. a hormone that is important in our digestive processes. Insulin encourages fat storage for energy in take that is not burned up readily by our body. Therefore, avoid simple carb's and instead eat things such as grain flour, green and hearty vegetables, oats and unprocessed grains like brown rice. These kinds of foods are called complex carbohydrates and usually have higher vitamin, fibre and nutrient levels.

What about sugar?

Fat should be the primary dietary focus when beginning to adjust your eating patterns. However, being aware of the influence of sugar on body fat is important. Sweet foods like chocolate, cakes and ice cream also contain large amounts of fat. It's this fat that primarily leads to weight gain. Other sweet foods like highly processed sugary breakfast cereals, soft drinks and fruit juices contain large amounts of simple sugars. As a result this simple sugar can be converted into fat because the body has excess energy and can afford to lose some of it in the conversion process. Women seem to be more prone to this process.

Fibre

Fibre also known as roughage or bran is an important aspect of a balanced diet. Fibre gives your diet bulk, aiding in the feeling of being full after a meal. It is not digested by the body and so is not only important for weight loss but for regular bowel movements, preventing bowel cancer and lowering cholesterol. Choosing wholemeal or wholegrain breads and cereals, increasing your daily fruits and vegetables will aid in replacing the fat you take out of the diet.

The saying that **breakfast** is the most important meal of the day is especially true when it comes to weight loss. Eating soon after waking can improve your concentration and mood. It can help prevent you from becoming hungry later in the day and over eating on high fat snacks.

The message is eat more complex carbohydrates but minimise the amount of fat in your diet. Secondly, limit simple and processed sugars.

What about Water

Water is quite possibly the single most important catalyst in losing weight and keeping it off. It acts as a natural appetite suppressant by keeping your stomach full and fending off dehydration which can lead to false cravings/hunger. Most importantly water helps your body metabolize stored fat by helping the kidneys flush out waste. When you don't

drink enough water the liver which works to provide stored fat for energy also takes on the task of helping the kidneys eliminate waste and becomes less effective at metabolizing fat. Drinking your water ensures that the kidneys will be able to do their job.

As an added bonus drinking eight glasses of ice water a day

burns about 62 calories because your body has to work to raise that water's temperature to your body's temperature. That equals about 430 calories per week. A good plan is to fill up several bottles and keep them where you can see them in your office, car, or home. Think of a trigger word and every time that word comes up drink.

Hidden fats, how to find them

Some fat is easy to remove from the diet like, visible fat on meat, skin on chicken, margarine, butter and cooking oils. Others are hidden. This is the fat we may be unaware of eating. It can add a significant amount of dietary fat to the diet without you being aware of it. During the cooking process crumbs, pastries and batters soak up fat. Have these foods occasionally rather than relying on them as part of your everyday diet will help you keep your daily fat intake at 30 to 40 grams.

Reading nutrition labels will enable you to know the amount of fat you are eating in processed and packaged foods. Choose foods that have LESS THAN 10 GRAMS OF FAT PER 100 GRAMS OF THE PRODUCT.

Not all foods have a nutrition panel. In this case refer to the list of ingredients. All packaged foods by law must list the ingredients from most to least in quantity, so if fat, oil or lard is listed in the first five (5) ingredients the likelihood of that product having greater than 10g of fat per 100g is quite high.

Think about choosing an alternative food.

Be aware of the amount you are eating for any product. This is because the manufacturers serving size may differ from the actual serve you have yourself. An example is full cream milk. A serve is 1 cup or 250 ml, which contains about 8 to 10 grams of fat. However, you may have this amount on your cereal in the morning and perhaps a 600 ml chocolate milk at lunch, with at least 100 ml in coffee throughout the day. The total amount of fat from milk alone is about 35 grams!

BREAKFAST CEREAL CHOICES

The aim of your day is to have **30 grams of fibre**. Fibre has been shown to help in the management or prevention of bowl disease, diabetes, and weight control. Fibre is found in plant foods such as fruit vegetables, grains, legumes and nuts

	Fat (per serve)	Fibre (per serve)
GOOD CHOICES		
All bran	1.4	13.3
Branflake Bran	.6	5.7
Sultana Bran	.6	6.7
Wheet Bix	.8	3.7
Wheet Bix and Oatbran	1	5.5
Vita Brits	.1	3
Golden Wheats	.4	3.2
NOT SO GOOD CHOICES		
Cornflakes 1 cup	.1	.8
Fruit Loops 1 cup	.5	.6
Rice Bubbles 1 cup	0.1	.3
Special K 1 cup	0.1	1.1
Coco Pops	.1	.4
Nutri-Grain	.2	1.1
Toasted Museli	8.5	5.5
Crunchy nut corn flakes	1.3	.9

	Fat (per serve)	Fibre (per serve)
MODERATE CHOICES		
Just Right 1 cup	.7	3.8
Rolled Oats	3	4
Sustain, 1 cup	1.3	3.2
Mini - Wheats	.3	3.5
MILK 1 CUP 250ML		
Full Cream Milk	10 (4%)	-
Pura	9.8 (4%)	-
Farmers Best/Lite White	3.5 (1.4%)	-
Skim	0	-
Shape/Balance	.5 (.2%)	-
Soy	8 (3%)	-
Soy low fat	1.5 (.6%)	-

HEALTHY SNACK FOOD IDEAS

- Fruit
- Rice cakes
- Vita Weat original
- Corn Snacks (tomato salsa)
- Rice crackers
- Low Fat Yoghurt
- Breakfast Bars (mother earth, Uncle Toby's)
- Up and go drink Meal replacement

FOOD IDEAS FOR OUT IN THE FIELD

Take Away

V		
WORST CHOICES	BETTER CHOICES	
Hamburger from Macdonald's, or one with the lot	 Plain Hamburger (meat with salad) made from a takeaway shop 	
Fried or crumbed chicken	 BBQ Chicken with the skin removed 	
French fries or chips	Bread rolls or sandwiches with fillings	
Pies and sausage rolls, sausage sandwiches	 Toasted Sandwiches Lean Meat Kebabs 	
	Grilled fish and salad	
	 Pasta with a tomato based sauce 	
CHINESE/ASIAN		
Sweet and sour dishes	Short or long soup	
Crumbed or battered seafood	 Chow mein/Chop suey dishes/ Stir fry beef dishes 	
Fried rice/noodles	Steamed rice/noodles	
SNA	ACKS	
Chocolate bars	• Fruit	
Biscuits	Breakfast bars	
Packet or chips	 Up and Go drink (sanitarium) 	
	Fresh bread or bread rolls	

EXERCISE

Increasing your activity is a must for successful fat loss.

Physical activity is not only crucial for fat loss but will improve your general physical and mental health. Often people don't participate in activity because they think it must be vigorous, this is not so. Exercise does not have to be hard, if we take it back to the basics, exercise is just increased movement. Physical activity can be divided into two categories:

Incidental activity is the sort that you do in your day to day routine. It is not usually planned and often out of habit such as, taking the stairs. Structured activity is usually planned such as, playing a sport, working out at the gym or going for a walk or run.

What is your current activity level?

The following questions relate to activity and exercise you have engaged in over the last two weeks.

- 1. In the last two weeks, how many times have you walked for recreation or exercise or to get to or from places for at least 10 minutes continuously?
- 1a. And how long would you estimate that you spent walking in the last two weeks? In hours and/or minutes.
- times did you do any vigorous exercise, which made you breathe harder or puff and pant? (e.g.: football, tennis, netball, squash, athletics, jogging, keep fit exercises and vigorous swimming).

times

	estimate that you spent doing			
	vigorous exercise in the last			
	two weeks? In hours and/or			
	minutes.			
	hours minutes			
3.	In the last 2 weeks, how many			
	times did you do any other			
	leisure-time physical activities			
	that you haven't already			
	mentioned?			
	(e.g.: more moderate activities			
	such as lawn bowls, gardening			
	and sailing).			
	times			

2a. And how long would you

3a.	And how long would you					
	estimate that you spent doing					
	these leisure-time activities in					
	the last two weeks?					

In hours and/or minutes.						
	hours		minute			

Accumulating on average 30 minutes of activity each day is a good aim. This activity should be in addition to what you normally perform through work duties. From the questionnaire what is the average time you spent being active each day over the last 2 weeks?

minutes

Keep an exercise diary once and a while.

Keeping a track of what type of activity, how much and how you coped with it is important for fat loss and weight maintenance.

Use the following exercise diary example as a guide filling out a dairy. What exercise you do, how much and when will be particular to your interests and goals you have in mind.

Sample of an exercise diary Week commencing:

Day	Activity	Duration HR	Exercis ing	Comments
Sunday	Bike ride	35 mins	155	Kept a good pace
Monday	Brisk walk	20 mins	142	Walked at lunch with Jo
Tuesday	Brisk walk	60 mins	130	Walked the dog Leisurely pace
Wednesday	Tennis	60 mins	Х	Social game Tired afterwards
Thursday	Walk	40 mins	Х	Shopping
Friday	X	X	X	No activity today
Saturday	Walk	75 mins	X	Picnic at Park with family

Total duration = 236 mins

Daily average = 33 mins

Try keeping a diary for at least a week. Set a daily goal for activity, it maybe walking 10 minutes extra each day for the week. If you miss a day don't worry, treat every day separately.

The F. I. T. T. principle as a guide for your activity.

FREQUENCY: Daily is ideal.

NTENSITY: Refers to effort.
Activity that causes you to
puff a little.

TIME: Accumulate at least 30 minutes over the day.

YPE: Activity like a brisk walk is recommended

IT'S IMPORTANT THAT YOU ENJOY YOUR CHOSEN ACTIVITY.

- Warm up & stretch before activity. This can help prevent injuries.
- Start slowly and build intensity and duration gradually.
- Cool down & stretch after activity. This can help increase flexibility & prevent soreness.
- Coping with your activity? It's time to adjust it.

Finding the right intensity for burning off body fat.

The 'whistle test' and 'talk test' are two ways of finding the right intensity of exercise. Using your heart rate is another. When exercising find your pulse and count the number of beats for 10 seconds Multiply this number by 6 to find your beats per minute (bpm). Exercising in a range of 40 to 60% of your maximum heart rate (MHR) is recommended to target body fat as the energy source. The activity could be almost anything that raises the heart rate like walking, cycling or swimming. Use the table below as a heart rate quide.

I've been exercising but I'm no longer losing weight!

Exercise promotes muscle growth. Muscle is heavier than fat so the scales may not always show a weight loss, even though you have lost body fat. Always check your waist and hip measurements. These will give you a better indication of fat loss because they reflect changes in body shape.

If you have been doing the same amount of activity for some time (6 weeks or more) then your body will be used to it. It's time for a change. Walk for longer, or walk a little harder.

Keep a food and activity diary for a few days to see if your dietary fat has increased or your activity has declined.

Heart rate guidelines for fat burning

Age	Beats per 10 sec's	bpm
20 yrs	21 - 25	122 - 148
30 yrs	20 - 24	118 - 142
40 yrs	19 - 23	114 - 136
50 yrs	18 - 22	110 - 132
60 yrs	17 - 21	106 - 124

^{**} Based on an average resting heart rate of 70 beats per minute.



What about alcohol?

Alcohol itself isn't turned into body fat, it is used as energy. All alcohol will be used before the body burns any food or fat. Alcohol slows the rate at which your body burns its fat stores, influences your choice of foods and can increase cravings for high fat food. It adds to the problem of becoming overweight.

Standard drinks.

Equivalent to 10 grams of alcohol

- 285 ml (1 middie) of full alcohol beer
- 425 ml (1 schooner) of light alcohol beer
- 100 ml of wine (red or white)
- 60 ml of fortified wine (e.g. Port, Sherry)
- 30 ml of spirits

You don't have to avoid alcohol completely but having a moderate intake can aid the loss of body fat.

What does 'in moderation' mean?

At least 2 to 3 alcohol free days a week. When drinking refer to the table below for health risk for the number of standard drinks consumed per session.

Males	Females			
Low risk	Up to 4 Std drinks	Up to 2 Std drinks		
Medium risk	4 to 6 Std drinks	2 to 4 Std drinks		
Harmful/ Binge drinking	More than 6 Std drinks	More than 4 Std drinks		

(Reference: CEIDA NSW Health Department.)

Having many drinks in one session is more detrimental to your health than 1 or 2 a day. As you can see from the table it is quite easy to consume high levels of alcohol without being aware that you are putting your health at risk. Limiting your alcohol intake generally is important for good health. This is particularly so for those trying to lose weight.

SLEEP

Sleep is essential for a person's health and wellbeing. Everyone's individual sleep needs vary. In general, most healthy adults are built for 16 hours of wakefulness and need an average of eight hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep.

Psychologists and other scientists have shown that sleep disorders can cause the following:

- Pathological sleepiness, insomnia and accidents
- Hypertension and elevated cardiovascular risks (MI, stroke)
- Emotional disorders (depression, bipolar disorder)
- Obesity; metabolic syndrome and diabetes
- Alcohol and drug abuse (Dinges, 2004)

Research has shown that sleep deprivation has adverse effects on our performance. Being awake for 17 hours is equivalent to a blood alcohol level of 0.05, 24 hours is equivalent to a blood alcohol 0.1.

EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping



Situation	Chance of Dozing or Sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic	
While driving	
Total score (add the scores up) (This is your Epworth score)	

Information for Shift Workers

Fatigue and Performance -Research has shown that sleep deprivation has adverse effects on our performance. Being awake for 17 hours is equivalent to a blood alcohol level of 0.05, 24 hours is equivalent to a blood alcohol 0.1. Causes of fatigue include:

- Lack of adequate sleep
- Insufficient sleep in recent past
- Delaying sleep when you would normally take it.
- Family distractions.
- Trying to sleep when others awake.
- Unknown sleep disorders such as sleep apnea or restless leg syndrome.

Our bodies are designed to work during the day and sleep at night. Our internal body clock is responsible for this. It controls variations of mental and body function over a 24 hour period. This variation is known as the circadian rhythm. Body temperature, heart rate, blood pressure, adrenalin production rise during the day and fall at night.

Hints if you a rostered for a night shift

- Have a short sleep before work.
- Do some moderate exercise before work it will increase your alertness before your shift.
- Keep the light bright at work.
- Vary your work at the times you feel most drowsy.
- Get up and walk around during breaks.
- Keep in contact with co-workers.
- Monitor your rosters and ensure you are getting 7 to 9 hours of sleep every 24 hours.

At work:

- Eat regular healthy meals that have a low glycemic index before and during work.
 Healthy meals will help you maintain sustained energy levels.
- Avoid processed carbohydrates and sugars.
 They will give you an immediate boost followed by a low that can contribute tio fatigue.
- Coffee can be used strategically. Caffeine acts within 20 minutes and may last up to 4 hours.

On completion of a night shift:

- Avoid rigorous exercise as it is stimulating and will raise body temperature.
- Avoid stimulants like caffeine before sleep.
- Before sleep do not eat fatty, spicy and / or heavy meals they are difficult to digest and will disturb your sleep.
- Avoid alcohol as it effects your quality of sleep.
- Keep room dark use ear plugs.

THE BASICS TO GET STARTED!

- Before starting a diet and/or exercise program, consult with your physician. If you experience a sudden weight gain or loss, see your doctor immediately.
- Have a glass of water before meals to fill your stomach and reduce your desire for food.
- Accumulating on average 30 minutes of activity each day is a good aim.
- Avoid purchasing high caloric or high sugar food items.
 Have fruit, vegetables, and healthy snacks readily available in the home.
- Eat dinner as early as possible. Calories will have more time to burn off prior to bedtime.
- Limit your portion size when eating at home or in a restaurant, and never super size your food order.
- Do not drive to places that are within easy walking distance. Walking helps to control weight.
- Get off the couch and start walking or become involved in a sport or other activity such as gardening. Make it your goal to engage in at least 30 minutes of moderate physical activity each day.
- Exercise with a friend it's more fun and motivating!

You didn't think you could get away without a test did you!

1.	Why is it important to know your waist measurement?	5.	How many servings of fruit should you have per day?	9.	At least how much exercise should you be doing each day?	12.	What are 5 things you can do to help get a good day or nights sleep?
	A		A		A		A
2.	A man's waist measurement should be less than	6.	How can you lower your cholesterol?	10.	What are the 4 things you should consider when developing an exercise	13.	Why can stimulants leave us feeling even more tired after their effects have worn off?
	Α		Α		program?		A
3.	A woman's waist measurement should be less than	7.	What is a safe range of cholesterol intake per day?		A		
	A		Α	11.	How many alcohol free days per week should we be aiming for?		
4.	What should our dietary fat intake not exceed per day?	8.	Name 3 healthy take away options		A		
	A		Α				

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