



www.healthbydesign.com.au
November 2010

THIS MONTH...

Lifestyle Matters this month is all about the mo. The statistics on men's health are not positive, but events like Movember happening this November are spreading the word about the importance of men's health – in a fun and accessible way. For more information about how you can take part in this event, just ask me next time I'm onsite.



November is: Movember.

Movember is about bringing the moustache back and having some fun for two very serious causes - prostate cancer and depression in men.

Studies have shown that men don't get regular health checks for the following reasons:

- Scared it will lead to a hospital visit
- Embarrassed to discuss their health issues
- Find it too hard to see a GP because of limited opening hours
- Just can't be bothered making an appointment

Movember aims to change this by altering the way men think about their health. By using the moustache as a catalyst, this event gives men the opportunity and confidence to talk about their health with friends and family.

Ask your Project Manager for more details on this fun event with a serious message.

Source: <http://au.movemberfoundation.com/mens-health/>

Celebrate the mo – fun facts.

Mo's make you look smarter. Mo's are sported by over 3.5 million adult males and some females in Eastern Europe. There are between 10,000 and 20,000 hairs on a man's face. In 1967, the Beatles gave away cardboard mo's with their album Sgt. Pepper's Lonely Hearts Club Band. In a deck of cards, the King of Hearts is the only king without a mo. Spanish proverb – 'A kiss without a mo is like an egg without salt'.

References: www.49.com.au

November is:

the month to learn about the potato.

Potatoes are one of the most nutritious and versatile vegetables available. Despite what some people believe potatoes have no fat or cholesterol and are a valuable source of complex carbohydrates and dietary fibre.

Teamed with low-fat toppings, potatoes make a delicious, nutritious snack and can greatly assist in healthy weight loss.

To retain maximum benefit of the nutrients in potatoes, they should be scrubbed thoroughly and cooked in their skins. If you prefer to serve potatoes peeled, only the thinnest layer of skin should be removed as many valuable nutrients lie just beneath the skin.

Other potato facts:

- Potatoes first appeared in Europe in 1586 and made it to North America in 1719.
- Soaking a potato in water will result in the loss of vitamin C.
- To make the perfect chips, fries and wedges you should use a floury potato that is high in starch.



Source: www.westernpotatoes.com.au

Raise awareness about men's health and grow a mo.

Men often cite the nature of their work as conflicting with their health needs. Many men work long hours, are stressed and develop a range of unhealthy workplace habits. November is your opportunity to bring the health checks to them.

Formula Health is a fun, interactive health exhibition encouraging men to take a positive interest in their health by relating their body to their car. We bring the 'mechanic' to your workplace and give men the opportunity to get a standard 12 month service (health assessment) without having to leave work.

Some of the services offered include:

- Spare tyre (waist to hip ratio)
- Oil Check (cholesterol)
- Fuel Check (glucose)
- Tyre Pressure (blood pressure)

For more information on the health and safety services offered by Health by Design visit www.healthbydesign.com.au or call 1300 30 40 68.



Next month with HbD

At Health by Design we have your party season covered.

Ensure your employees look after their health during the Christmas and New Year season, by holding a Plan to Party workshop.

This time of year is also when many of us hit the road for our favourite holiday spot. Our Driver Safety expo will help protect your employees along with their family and friends. More details next edition.