



Vitality

AUTUMN ISSUE / 2009

by VITALITY WORKS



Letter from the editor

Hello everyone,

Welcome to the autumn issue of Vitality. This publication is all about bringing you fresh ideas and practical information on how you can improve your wellbeing while at work, home or play.

In this issue we share with you how to increase your brain function and improve your mood, and we provide you with a cycling training programme for beginners. We give the classic kiwi fry-up an extreme makeover and our energy balancer will help you to decide whether eating that chocolate bar really is worth the effort required to burn it off!

Our brand new Vitality Works website has gone live! To go in the draw to win a \$200 voucher for the restaurant of your choice check it out at www.vitalityworks.co.nz and email me back with the answer to this question: How long can it take for your body to build up antibodies after having the flu vaccination? We are also excited to announce that not one but two of our in-house health professionals, Bevan McKinnon and Liam Scopes, have just made the New Zealand Elite Team for triathlon!

We are sure you'll enjoy this issue of Vitality and know you'll find the information valuable, helping you to become a healthier, happier you. We welcome feedback so please let us know what you think of our autumn issue and what you'd like to see more of in issues to come. You can email me at louise@vitalityworks.co.nz.

Louise

Dr. Louise Schofield
Editor
Managing Director
Vitality Works Ltd



The Magic Pill

By: Professor Grant Schofield (AUT University) and Professor (adjunct) Paul Taylor (The Human Performance Institute)

What if your doctor could write a prescription for one medication that reduced your blood pressure and cholesterol, improved your sleep and mood, relieved stress and depression, improved the health of your bones and heart, alleviated back pain, and helped to keep your weight down. It would reduce the risk of heart disease, cancer, Alzheimers, type 2 diabetes, osteoporosis, osteoarthritis, and dementia. It would increase cognitive function, improve your mood, and boost your sex drive.

Sounds too good to be true? In fact clinical trials of this "medicine" over the past 20 years have shown it to have all of the above effects. Furthermore, there are no side effects to this magic pill and it is absolutely guaranteed to work.

Well you may have guessed by now - we are not talking about a drug. We are talking about exercise. Such are the benefits of regular movement that the American Medical Association has recently launched its "Exercise is Medicine" campaign to help both doctors and the public understand just how effective exercise is, and why it is something that we should all be doing daily. Medically speaking, the majority of the major diseases that face New Zealanders are treatable through making small lifestyle changes, such as increasing exercise.

Recommended dose: exercise everyday as part of your daily activities. While intense exercise and weight (resistance) training is great, the basic required dose is to *simply move more and sit less*.

Most of us are pretty familiar with the bodily effects of exercise, but new research has come to light over the past decade on

its impact on the brain. Let us put it this way: there is NO CHANCE that your brain will function optimally if you are not physically active! In addition to delivering more blood and oxygen to the brain (both necessary for optimal functioning), consider the following brain-based benefits of exercise:

- **Think of exercise as 'miracle growth serum' for the brain:** Increased BDNF (brain-derived neurotrophic factor) – one of a family of Neurotrophins, or growth factors that help nerve cells in the brain (neurons) to grow and survive. It also promotes the release of serotonin, which most of us know is important for mood.
- **Exercise boosts learning ability:** Increased IGF-1 (insulin-like growth factor-1) – released by muscles in response to exercise. This travels through the bloodstream and into the brain, where it helps to increase brain activity and has a key role in learning.
- **Exercise helps to ensure your brain is oxygenated:** Increased VEGF (vascular endothelial growth factor) – produced in muscles in response to exercise. Most of us know that oxygen is crucial for the brain, and VEGF provides the transport system for oxygen, by stimulating the formation of new capillaries (tiny blood vessels) in the body and brain.

These are only some of the mechanisms that make exercise the magic pill, and research shows that this has a dose-response, meaning more is better. To prevent/treat serious medical conditions, or just to feel more energetic, exercise should be one of the first treatments we undertake. The take-home message is if you want to be a high-performer, take your medicine daily!

www.vitalityworks.co.nz

On your Bike!

By: Bevan McKinnon, Personal Trainer and Triathlete (Editor's note: a REALLY good triathlete!)



Cycling is becoming one of the most popular, beneficial and easiest ways to gain fitness, commute and participate in fun events. It can prove to be a quick start solution to weight loss as it is low impact, allowing you to cycle more frequently and for longer than most other modes of exercise. It's also a great year-round exercise alternative as your bike can be set up on an indoor trainer in the winter months.

You don't need to spend thousands to get started, as there are very good entry level bikes under \$1,000 at most bike shops and a thriving second-hand trade is available on most auction

TRAINING TIPS:

- It's always best to try to keep your cycling cadence (number of revolutions one pedal makes per minute, also known as r.p.m.) above 85 r.p.m. when on flat roads and the highest r.p.m. you can maintain when climbing hills
- Have a bike shop help to set you up on your bike, to optimise seat and handle bar height and length.
- Get a bike shop to teach you how to repair a flat tyre and always take your mobile phone in case of emergency!
- Be very careful on the road as not all motorists look out for cyclists – it may help to wear reflective clothing.

web sites. However it's always a good idea to choose a retailer that can provide not only advice to novices but can also arrange bike handling skills workshops for those just getting started (www.avantibikes.com or www.sarahulmerbrand.com).

You may have noticed how social and motivating cycling can be. Most weekends there are informal bunch rides happening all around the country. Cyclists meet to ride various distances catering for all levels and abilities and your local bike shop will usually be able to provide information. You'll also find that many of these group rides end up at a coffee shop for the post-ride debrief!

Once you have your bike, try this beginners workout program to get you started:

Week	Longest Weekly Ride	Other weekly rides	Total weekly workout
1	15km or 45 mins Over flat roads	2 x 30 mins Over flat roads	1 hr 45 mins
2	20km or 60 mins Over flat roads	2 x 45 mins Try some small hills	2 hrs 30 mins
3	25km or 75 mins Try some small hills	2 x 60 mins Over flat roads	3 hrs 15 mins
4	30km or 90 mins Over flat roads	2 x 60 mins Try some moderate length hills	3 hrs 30 mins

Energy Balancer

By: Helen Tunstall, MSc

I went to the gym this morning so I can have a cream cake at afternoon tea, right??

Well, Yes and No...

Balancing the amount of energy (or kilojoules) we eat and drink, with the amount of energy we burn during physical activity is important. But so too is where that energy comes from, what sort of activity we choose and our habits over a week or month, not just over one day.

If you're sitting reading this article you're burning some kilojoules, but if you're reading this while eating your lunch, you're taking in more kilojoules than you're using.

Achieving Energy Balance, i.e. matching ENERGY IN and ENERGY OUT, will help you to maintain your current weight. So to lose weight, or to prevent weight gain over time, ENERGY IN needs to be less than or equal to ENERGY OUT. The following table provides some rough guidelines.

Energy In	Energy Out - Low Intensity	Energy Out - High Intensity
1 glass of white wine	34 minutes lawn bowls	9 minutes running at 6kph
1 cheeseburger	1 hour 13 minutes shopping	34 minutes competitive netball
1 chocolate bar (regular size)	52 minutes frisbee	18 minutes cycling at 27-32kph
1 banana (medium)	27 minutes vacuuming	7 minutes high-impact aerobics
1 thick slice of cheese	32 minutes walking	7 minutes rowing
1 small packet of potato chips	54 minutes golf	18 minutes kickboxing
1 trim latte (no sugar added)	1 hour 15 minutes standing	17 minutes surfing
1 sausage roll	1 hour 48 minutes driving	30 minutes hockey

* This table is based on a person weighing approximately 75 kilograms

Eating just 630 kilojoules (e.g. 2 chocolate biscuits) more a day than you burn in activity can lead to a weight gain of nearly 5kg over a year! To combat this, you can either reduce your ENERGY IN or increase your ENERGY OUT, or both.

a) Reduce ENERGY IN by 630 kilojoules:

- Drink water instead of a can of soft drink
- Just use one whole egg and two egg whites for your three egg omelette
- Use tuna canned in water instead of oil

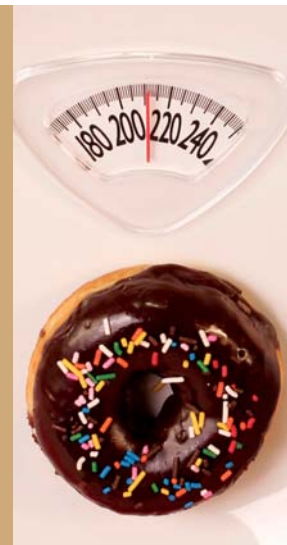
b) Increase ENERGY OUT by 630 kilojoules:

- Walk 3km in 30 minutes
- Garden for 30 minutes
- Play with the kids for 30 minutes

Bottom line:

Choose activities that you "like" and that suit your body and your lifestyle

Avoid too many foods that are high in saturated fat (like cakes and pastries), regardless of how much activity you do.





Extreme Makeover: Breakfast fry-up

Recipe by: Healthy Food Guide

We take a familiar favourite and make it over into a healthier version.

It's a favourite weekend meal; the breakfast fry-up. But did you ever stop to think about the energy and fat that's hiding in that stack of bacon? We had a play in our test kitchen and came up with a different – and much healthier – version of the fry-up just by making a few small changes. And it still tasted delicious.

Traditional fry-up:

Streaky bacon:
can be up to 1/4 fat.

Fried tomatoes:
cooking in fat adds to the kilojoule and the fat count.

Fried eggs:
use butter or oil and you'll add still more fat.

Hash browns:
530KJ and 5.7g of fat per serving; but wait – on checking the pack we discover a serving is only one hash brown!

Total KJ: **2375** (26% of daily energy)

Total fat 47g (22g saturated fat)

Healthy Food Guide version:

Dansk bacon:
has only 3% fat and half the kilojoules. Needs careful cooking – don't overcook or it'll be leathery. But the taste is just as good.

Microwave eggs:
scramble or poach eggs in the microwave and you don't have to add any fat at all. For scrambled, just cook beaten egg in a bowl for around 2 minutes on medium, then break up with a fork. Our ex-chef designer tells us this is how they do it in many restaurants.

Oven-roasted tomatoes:
add these to the dish when you cook the potatoes and they'll be collapsing and sweet by the time they come out.

Oven baked cubed potatoes:
cut a potato into 1cm cubes and bake with a light spray of oil in a hot oven. Just as quick as hashbrowns and much healthier – only 0.1 grams of fat.

Total KJ: **1515** (17% of daily energy)

Total fat 16.1g (4g saturated fat)

Did you know...



Great news for runners!

... Latest research from the Archives of Internal Medicine* shows that runners live longer and have many more disability free years added to their lives than non-runners. This study followed a group of healthy adults from an average age of 59 years in 1984 to 78 years in 2005. There were 538 in the runners group (running 5 hours per week) and 423 in the non-runners group. The study showed that 15% of the runners group have died compared with 34% of the non-runners group, and disability levels were lower among runners at all time points.

* Arch Intern Med. 2008;168(15):1638-1646



It's Walk2Work Day on March 18th

...Created by Living Streets Aotearoa, the pedestrian walking advocacy for New Zealand, Walk2 Work is an event designed to encourage people to leave the car behind and walk all or part of the way to work. Walk2Work events are happening around the country in twelve locations so strap on your 10,000 Steps® pedometer and get striding! To find out more information about Walk2Work you can email info2009@livingstreets.org.nz or call the Living Streets Office on 04 385 8280.



NZ Well@Work

...During 2008, 716 Ministry of Health employees took part in Vitality Works' Official 10,000 Steps® Steps Challenge as part of a wider NZ Well@Work initiative. This initiative is aimed at encouraging change and providing resources to the state sector enabling them to create an environment for employees that supports physical activity and healthy nutrition choices. The NZ Well@Work website is a great resource and offers practical advice to help employers develop and implement workplace wellness programmes. Check it out at www.nzwel@work.co.nz.

Top Tips from Vitality Works

By: Vitality Works Staff

At Vitality Works we like to practice what we preach. Here we share with you our personal top tips that help to keep us on the straight and narrow:



Dr Louise Schofield, Managing Director

Do you need to get motivated to exercise? Think Fun, Fatness and Friends!

Fun – choose an activity you really enjoy doing, if it's not fun you won't keep doing it.

Fatness – a great motivator for all of us, exercising makes you look better.

Friends – workout with a mate, make exercising a social occasion and you will look forward to it rather than thinking "do I have to"?



Dr Clara Soper, Director of Operations

To make sure I'm getting my 5+ a day, and to avoid wasting fresh produce, I stock up on tinned fruit in juice and frozen vegetables.



Sophie Percy, Sales Manager

When you're struggling to get up in the early hours to fit your exercise in before work, think about how great you'll feel when you've finished. Use that thought to hurl yourself mercilessly out of bed. The pain of getting up is over within seconds, and the feel good factor continues for the whole day!



Dee Hunter, Key Account Manager

Always have a plan no matter how basic. Sit down on a

Sunday night for 15 mins and work out your week in terms of eating out, desserts and when you are going to exercise. This gives you a clear understanding of what you can manage and prevents you having to constantly negotiate with yourself.



Katie Robinson (PhD), Key Account Manager

Take the opportunity to learn and be motivated when driving,

riding on the bus or walking. There are many freely available podcasts that you can download to an MP3 player or iPod. I particularly like the NZ podcast Forever Fitness for inspiration and a laugh! (See www.ishandbevan.com).



Claire Duncumb (MSc), Key Account Manager

If you don't have a lot of time in the mornings, eat breakfast at work. Keep a supply of tinned

fruit, cereal and porridge at the office and have your breakfast while you check your emails and plan the day ahead.



Flu Vaccinations

Have you got your staff flu vaccinations sorted yet?

Give your staff and your business an advantage this winter by fighting flu-related employee absenteeism. Book your company's on-site flu vaccinations with Vitality Works and receive a free 12 month subscription to Healthy Food Guide Magazine.

To find out more please email Sophie Percy at sophie@vitalityworks.co.nz

Do it yourself and save

DIY in the kitchen can be financially rewarding and fun!

Savings are based on a weekly saving for a family of four

1. Grow your own

Fresh herbs are expensive to buy, but they're easy and cheap to grow and you'll have a year-round supply to add interest to your cooking. Even a tiny apartment can have a garden – all you need is a balcony and a pot.

- Fresh packaged herbs: \$4+
- Home-grown herbs: FREE once planted
- Save \$4+

2. Make soup

Soup is a delicious, economical meal. An onion, some chunks of seasonal vegetables and stock is all you need. Most soups freeze well and are great as winter work lunches.

- Bought soup pouch (serves 2): \$5
- Homemade soup (serves 2): \$1
- Save \$4



3. Add spice

Tasty, well-seasoned food is much more satisfying. Mix your own spice blends and store in airtight containers – use as a seasoning, spice rub or sprinkle. Experiment with your favourite flavours.

- Jar of Moroccan spice blend: \$4
- Homemade spice blend: \$1
- Save \$3+

4. Make it yourself

Don't be scared to make things from scratch. Many 'ready-made' items are simple and quick to make: think pasta sauces, gravies, seasoning mixes, salsas, dips, pastes, pizzas and soups.

- Salsa in a jar: \$3
- Homemade salsa: \$1
- Save \$2



Vitality Works is a leader in providing workplace health programmes throughout New Zealand.

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