



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Healthy Christmas Tips

- » Use a smaller plate to help you stick to smaller portion sizes
- » Encourage family activities after Christmas lunch like a walk to the park or a game of backyard cricket
- » When you're invited to bring a dish, bring something packed with vegies
- » Space your drinks and remember to have water easily available to your guests
- » Avoid going hungry to parties. Eat something light before the party to reduce your chances of snacking on high calorie party food.
- » Remember Christmas is 1 day, not a month
- » Avoid grazing - it is difficult to monitor your hunger and fullness sensations when you are constantly nibbling all day. Try and stick to your regular meal times to avoid mindless eating
- » Start the day with a good breakfast - muesli, eggs or fruit and thick yoghurt early in the day will help prevent you overeating later on.
- » Limit pastry to just 1-2 days - Mince pies, Christmas cake and pudding are choc full of calories so leave these treats until Christmas week.



On average Australians gain 0.8-1.5kg over the Christmas period.

Healthy Workers Service

Harness people's enthusiasm for a healthy start by planning next year's health and wellbeing program this year!

Call Kylie Cocks for FREE advice on creating a healthy workplace for 2017 on 8346 2227.

Available to all member GTO's and their host employers.



The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.



Christmas Gifts -

Gifts and rewards don't always need to involve chocolate and wine.

Healthy cookbook

- » Australian Institute of Sport Cookbooks - <http://shop.ausport.gov.au>
- » Heart Foundation Cookbooks - <http://heartfoundationshop.com/shop>



Coffee



- » Take away coffee cup (reusable)
- » An espresso or latte cup with beans.

Alternative to flowers

- » An edible plant - herbs (basil, rosemary, chives) or fruit seedling
- » Drought-tolerant succulents.



Tea drinkers



- » Teapot or iced tea jug with tea leaves
- » Tea cup with tea bags.

Get active

- » Ball sports equipment - football, tennis balls, soccer ball, basketball
- » Swimming things - goggles, towel, bag
- » Gym it - gym pass, sweat towel, drink bottle.



Get personal

There are many businesses that can personalise products quickly and easily



- » Mugs, drink bottles, coasters
- » Calendars, notepads, luggage tags, magnets

Healthy cooking appliances

Kitchen gadgets:

- » Egg poacher
- » Popcorn machine
- » Avocado or mango slicer
- » Pizza stone.



Which alcohol has the least calories?

There's nothing wrong with enjoying a drink or two - just be mindful of the calories in alcohol and risk to health.

To reduce health risk the recommended guidelines for adults is:

- » no more than two standard drinks on any day
- » no more than four standard drinks on a single occasion



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For further information on the Healthy Workers program contact (08) 8346 2227 or go online at gtasa.com.au/healthy-workers-healthy-futures