



# RAMSAY HEALTH WELLNESS PROGRAM

Volume 2  
JULY 2009

## From the Wellness Team

Welcome to the second edition of the Ramsay Health Wellness Newsletter.

There has been a lot happening over the past month. We have commenced our Wellness Program at Warringal Private Hospital and launched the **8 Week Winter Challenge!**

If you haven't made it to a session yet to have your health and wellness assessment, then make sure you check out our timetable for the next sessions at your hospital. Full details on the 8 Week Winter Challenge are included in the newsletter.

We've also had some great feedback recently (which we highly encourage!) – including staff not being able to make a full hour session. No problem! Simply attend as an 'express' session – we'll get you moving straight away and focus on the areas you want. Whether it's cardio, resistance, strength, core etc. Session times are the same as scheduled, just attend for 30-45min. Great for those who have limited time!

In this month's edition, we include a number of simple tips and advice that you can start implementing into your everyday routine for those who are thinking about joining the program, but still don't know whether it's for you – then I encourage you to phone or email me to chat further about your current situation, your own personal goals and a program that can suit you. There is no one we can't cater for!

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## Achievements

We had a group of girls from Waverley complete the 14km Run for the Kids a couple of months ago – a great effort by everyone who pounded the pavement along with thousands of other competitors!

A big congratulations also to Melanie Walsh and Louise Wilson from Waverley on completing the Run Melbourne Half Marathon recently (that's a whopping 21km!) Mel ran the half in 2hrs 9min and Louise 2hrs 26min. A great achievement! These are two girls who have been prepared to put in the hard work and it has paid off. Well done girls – keep up the great work!



A few of the girls from Waverley in action

## IN FOCUS

### Nutrition Put Simply

There are so many facts, information, reports, books, articles, blogs etc about nutrition that most people are confused about what is good for you. There are however some great resources for nutrition.

Calorie King – is an Australian online weight-control Club which can help you with customised meal plans, menus and recipes, record your food and exercise and read weekly tutorials.

View: [www.calorieking.com.au](http://www.calorieking.com.au) for further information

The CSIRO Total Wellbeing Diet – is also a great resource for healthy meal ideas, essential principles of a healthy diet, tips on eating out and ideas for taking lunch to work.

View: <http://www.csiro.au/science/TWD.html> for further information.

So what are some basic nutrition and dietary principles you change today to help you develop a happier, healthier lifestyle?

1. One of the easiest things you can do is ENSURE you eat breakfast! I can not stress enough the importance of a nutritious healthy breakfast to your daily routine. Breakfast helps fuel the body to provide energy, better concentration, and most importantly kick start your metabolism. Breakfast should be your largest meal of the day. Breakfast ideas can include:
  - Whole-grain cereal topped with fruit/berries and yogurt
  - A whole-wheat pita stuffed with sliced hard-cooked eggs
  - Breakfast smoothie (milk, fruit/berries and teaspoon of bran, whirled in a blender)
  - Vegetable omelette with a bran/wholemeal muffin and glass of orange juice/milk
  - Wholemeal toast with peanut butter and glass of orange juice/milk
2. Eat smaller meals more often and NEVER skip meals. Grazing is better for you than gorging. Your goal should be to eat approximately every 2.5 hours (5-6 small meals a day). By doing so, you are increasing your metabolism – which in return burns more energy! And by eating smaller portions frequently, you'll actually find you will be able to eat more food than you've eaten before, without being deprived or starving yourself. So if you are the kind of person that starts getting those 3.30pm hunger issues, this style of eating will also help you, as it will decrease the chances of you reaching for that overly indulgent snack every day.
3. If breakfast is the largest meal of the day, then dinner is the smallest! From when we were children, we have been accustomed used to being served large meals at night. Today, you need to change that habit. Think about it logically. When do you use/require the most energy? During the day or at night? Of course during the day – when you are most active. So why do you need a large meal to go to sleep? You don't. As you sleep your body winds down, relaxes, and recovers and your metabolism slows down. So excess food at night is simply stored as fat. If you are a night shift worker, then the opposite applies.
4. Women – don't forget your calcium! So many women fall into the trap of not consuming enough calcium. As women are more prone to the risk of osteoporosis, it is important that calcium levels are maintained through the consumption of dairy foods, and calcium fortified foods. This will ensure the maintenance of strong healthy bones needed to keep you physically active!



## Health and Wellness Tips and Advice

### Basic Fitness and Exercise

It is well established that exercise and physical activity helps relieve and manage tension and stress, improves physical and mental health, immune function, alertness and self confidence and reduces the risk of disease. Personal health and wellness not only benefits the individual, but has significant positive organisational benefits in terms of productivity, reducing absenteeism, benefit cost control and increasing employee satisfaction and retention.

Our programs are targeted and designed specific for your needs so they get you results. Our qualified personal trainers add fun, expertise and incentives to keep you engaged and motivated.

Over the course of your time on the Wellness Program you will be provided with the knowledge and power on how to set exercise regimes, exercises you can perform in the comfort of your own home such as squats, lunges, sit-ups, theraband work and Pilates. Most importantly you will learn how to look after and maintain a leaner, healthier more happier you!

### What you may not know – but should!

#### A simple way to help burn fat that most people don't know!

You can increase the amount of calories your body burns by increasing your metabolism. The faster your metabolism – the faster you burn fat! Since it takes more calories per day to maintain muscle than to maintain fat, the best way to speed up your metabolism is to increase your lean muscle mass. You add lean muscle mass by adding resistance training to your weekly exercise regimen. It is for this reason why we incorporate strength and resistance into our programs. Most women shy away from strength training as they 'don't want to bulk up' – don't worry you won't. We'll show you how!

So here are some simple strength exercises you can complete at home. We've included progressions once you master the basic/beginners exercise. Start by doing 10 reps, x 2-3 sets. Or you could work to time in circuits (i.e. 30 seconds exercise, 20 seconds rest).

## LEGS / BUTTOCKS

### Basic Squat Exercise

1. Stand with your feet shoulder width apart, toes facing straight ahead.
2. Keep your back neutral (not overly arched or slouched), and head facing forward throughout.
3. Bend your knees and go down into the squat by using your glutes to stick your butt backwards (like you're about to sit down).
4. If you can, go down until your butt is in line with your knees (knees at 90 degree angles). If you can't go down that low, go as low as you can.
5. Keep your knees pointed in the same direction as your feet, but don't let them bend beyond your toes.
6. Keeping the weight in your heels, slowly push your body back to starting position.
7. Focus on your thighs and squeezing your butt as you come back up.
8. Go into the next rep without locking your knees. Complete your reps and sets with slow, steady movements.

#### Tips:

- Keep breathing steadily, get into a rhythm.
- Keep your core muscles braced throughout, this will stabilise your squat.
- To make it more difficult, hold for a few sec at the bottom of the squat.

**Beginner:** -ball adds support to your back



**Intermediate:** - basic squat (you can use a chair for safety)



**Advanced:** - include weights/resistance



## ARMS/SHOULDERS

### Pushups

Pushups work almost every muscle in the body with an emphasis on the chest and arms. For a basic pushup, place hands shoulder-width apart, bend arms and lower down as far as you can. Straighten arms and push up without locking elbows.

Stand a few feet away from a wall or a high stair railing (as shown) and place hands on wall or rail wider than shoulders. Pull the abs in and, keeping back straight, bend elbows and lower body towards the wall/rail until elbows are at 90 degree angles.

**Beginner:** -



**Intermediate:** - perform on your knees



**Advanced:** -



### Triceps

Sit on a chair/bench or ball (more challenging) and hold a light-medium dumbbell or weight in both hands with arms extended overhead, elbows next to ears, arms straight. Bend elbows and slowly lower weight behind you until elbows are at 90 degrees--keep the elbows in and right next to ears. Squeeze triceps and straighten elbows to beginning.

Keep your abs engaged to avoid arching the back and start with light weights so you have control of the movement. Use a chair with back support if you're using heavy weights. You can also do this one arm at a time with lighter weights.



\*Legs out straight make it more challenging

**Next month we'll show you some basic Pilates exercises you can perform at home to help develop and strengthen your core muscles!**

## Importance of Stretching

Stretching both before and after exercise is key to any fitness program. Stretching prior to exercise warms up your body, making it less prone to accidents and injuries. Stretching exercises increase joint and muscle flexibility making for a better workout.

Stretching following exercise relieves muscle tightness, improves circulation, improves flexibility and cools down the body. After a workout, your body will be able to stretch further than it did prior to your exercise program so this is the best time to work on your flexibility. Flexibility tends to diminish as you get older, but you can regain and maintain it by regularly stretching.

Stretches should be held between 10-30sec. A mild tension should be felt but no discomfort. Avoid 'bouncing' the stretch. It is also important to breathe normally as you stretch and avoid holding your breath. Concentrate on the stretch itself and on your breathing, relaxing the rest of your body. Stretching is a great way to 'unwind' and 'de-stress' – so relax!

Benefits of stretching:

- Lengthens your muscles
- Helps to prevent accidents and injuries
- Improves tissue flexibility and better range of motion of joints elasticity
- Increases blood flow/circulation – helps rid the body of waste products (lactic acid)
- Makes muscles more supple
- Helps with balance, coordination and posture – keeping you mobile and less prone to injury
- Improves range of motion
- Improves circulation
- Improves posture
- Reduces stress – relaxes tight, tense muscles that often accompany stress
- They are calming and relaxing
- Provides a sense of peace and well-being

So next time you attend a Wellness Session, remember the importance of why we include stretches. If you do a workout at home or in your own time – make sure you include: a warm-up, stretches, cool down and further stretches.

## Simple Stretching exercises:

### Shoulders

1. Cross one arm horizontally over your chest, grasping it with either your hand or forearm, just above the elbow joint.
2. Exhale, slowly pulling your upper arm in toward your chest.
3. Aim to keep the hips and shoulders facing forward throughout the stretch.



### Biceps-Wall Stretch

1. Place the palm, inner elbow, and shoulder of one arm against the wall.
2. Keeping the arm in contact with the wall, exhale and slowly turn your body around, to feel the stretch in your biceps and chest.
3. Adjust the hand position either higher or lower and repeat to stretch the multiple biceps and chest muscles.



### Triceps

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.



## Stretching exercises (continued)

### Calves-wall stretch

The purpose of the calf stretch is to lengthen the muscle at the back of the calf called the gastrocnemius muscle.

Stand tall with feet hip-width apart, knees relaxed, toes pointing forward or in a comfortable position, upper body lifted, body weight distributed in the hips over the heels, shoulders relaxed.

Place both hands against a wall and step forward with one leg, bending the knee in line with the heel. Press the opposite heel down into the floor. Keep feet parallel and pointing forward.



### Hip Flexors / Quadriceps

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.



### Quadriceps

This quadriceps stretch works the upper leg and helps build strength and flexibility before a workout. The movement requires holding the leg behind the back while lying on the floor.

Start by laying face down on the floor. Bend at the knee and gently hold the top of your foot to stretch the front of your thigh. Can also be performed lying on your side, or standing up.



### Back and Hamstrings

The back and hamstring muscles are important for many physical activities, including running, cycling, and aerobics.

Start by sitting up straight, legs out in front of you. Exhale as you slowly reach forward towards your feet, tuck your head in gently.



### Lower back and abdominals

Begin the stretch by laying on your front, with your hands close to your chest, fingers pointing upward.

Exhale, pushing yourself up with your arms and contracting your buttocks while keeping both feet firmly on the floor.

Look up toward the ceiling, to also feel the stretch in your neck.



## Creating a Work Life Balance

Finding the right work/life balance in your life is important in maintaining a happier, healthier lifestyle. So many times I hear 'I don't have time to exercise.', or 'I'm too busy'. Think about what that really means. You are effectively saying – I don't have time to take care of my health, and I don't care what that will do to my mind and body long term. It is NEVER too late to commence some form of physical activity. Once you have developed the habit of incorporating physical activity into your life, you will find you almost always have time – as put it as a priority and you want to look after your health.

So take the time to look at your work life balance. Do you have the balance right between work, family, friends and physical activity? We all have busy, hectic lifestyles with work and often families, but remember - you can't take care of others if you aren't taking care of yourself first. There is room for all of these in your life – you just have to balance them right. Speak to us if you would like help finding a work life balance that works for you.



# beat the winter blues!



*With the Ramsay Health Wellness*

## 8 WEEK WINTER CHALLENGE!

Whether your health and wellness goal is to lose weight or centimetres, quit smoking, de-stress, tone up, find a better work/life balance or train for an event... (the list is endless!) then take the 8 week challenge with us and we'll help get you there!

Week	Session Type	Details
One (29/7/09)	Introductory session/health and fitness testing Commence aerobic/circuit training	Training and Nutritional Information distributed Health and fitness testing completed Optional nutrition diary to begin
Two (6/7/09)	Aerobic/circuit training continues	Informative practical sessions aiming at providing relative levels of fitness Homework set based on clients goals. Review of nutritional diaries
Three (13/7/09)	Aerobic/circuit and resistance training continues	Developing group dynamics/team building. Understanding the needs of individuals. Reinforcing client's goals.
Four	Health and fitness re-testing Aerobic/circuit and resistance training continues	Health and fitness re-testing, review of personal goals, review of nutritional diaries Make necessary changes to programs based on testing results
Five (20/7/09)	Aerobic/circuit and resistance training continues	Continue to develop fitness, weight loss and work/life balance Focus on consistency and progression
Six (27/7/09)	Aerobic/circuit and resistance training continues	Continue to develop fitness, weight loss and work/life balance
Seven (3/7/09)	Aerobic/circuit and resistance training continues	Hard week of training, continuing to develop fitness, weight loss and work/life balance
Eight (10/7/09)	Health and fitness re-testing Aerobic/circuit and resistance training continue	Final week of training Health and fitness re-testing, review of personal goals, review of nutritional diaries Identify future training and physical activities

So what are you waiting for?!

It is well established that exercise and physical activity helps to relieve tension and stress, improve physical and mental health, immune function, alertness and self confidence and reduces the risk of disease.

So are you putting your long term health at risk by not participating in regular physical activity?  
Do you want to compete in a fun run or even a half marathon?!

**Don't put it off any longer and JOIN the WELLNESS PROGRAM TODAY!**

For only \$5 a session, you can kick start your way to a healthier more fulfilling lifestyle.

## CURRENT TIMETABLES

Below is a current timetable for Circuit Training Sessions at each Ramsay Hospital.

	WAVERLEY		WARRINGAL		MASADA	
DAY	TIME	TRAINER	TIME	TRAINER	TIME	TRAINER
MONDAY	3.30pm	Sarah	1.15pm	Michelle	1.15pm	Sarah
TUESDAY	1.15pm	Sarah	7.15am	Michelle	3.00pm	Sarah
WEDNESDAY			12.30pm	Sarah		
THURSDAY	3.30pm	Sarah	9.30am	Sarah	1.15pm	Sarah
FRIDAY	9.30am	Sarah				

## CONTACT DETAILS

**For expressions of interest, advice or questions please contact:**

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