



## Nova 106.9's Ashley Bradnam takes on former Olympian Duncan Armstrong

When Duncan Armstrong phoned Nova 106.9's breakfast team throwing down the gauntlet of who could beat him in the Brisbane Marathon on Sunday 23 April, Ashley Bradnam was unflinching in his response to take him on.

"Armstrong's got nothin'. Yeah, so he's got a few gold medals on his mantlepiece at home and was one of Australia's greatest champions in the swimming pool. I hear two key words in that last sentence 'swimming pool' – not 'marathon track'.

"I could have been an Olympian if I wanted to. The only thing I was lacking was talent,

which coincidentally was the very thing that led me to being a part of the Nova brekky team" Bradnam joked.

Exercise Physiologist Rod Cedaro at Wesley Corporate Health designed intensive 14 week training programs for the two competitors in preparation for



Rod Cedaro watching Duncan Armstrong (L) & Ash Bradnam (R) battle it out

the gruelling 42km event. "Training includes morning and afternoon running and weights sessions at least six days per week," Rod said.

"Duncan and Ashley started pretty much from the same level of fitness so the training programs I recommended for them were fairly similar.

"The fact that Duncan had been a champion swimmer was only a slight advantage in that he's a seasoned sportsman and athlete. It's really like comparing apples and oranges. The physiological demands are completely different," he said.

Rod said it was still anyone's guess as to who would be first over the finishing line at South Bank Parklands on Sunday 23 April.

## Tuning up for cruising

Having booked a holiday on a luxury cruise liner with his wife, Lorin sailing around South-East Asia's resplendent islands, 45-year-old Shane Plumridge had the simple goal of wanting to feel comfortable and confident to take off his shirt while onboard.

"I didn't want the entire boat thinking there was a big white whale marooned onboard," the father of three laughed.

Shane joined Wesley Weight Management Clinic's Life Shape Long Program in April 2005, weighing 95kgs with a goal to lose 20kgs. Six months later he was 20 kilograms lighter and was filled with an immense sense of pride that he had reached his goal weight.

"Because of Wesley Weight Management Clinic I'll be able to take

my shirt off now without the slightest bit of embarrassment. I've reached my objective so I'm really proud of that.

"My father was always a big man, overweight his entire life and he died of a heart attack at the age of 64. My 8 year old son took me by the hand one day and said "Daddy, I don't want you to die of a heart attack" – that was the day I decided I was ready to do what ever it took to take the weight off and keep it off," Shane said.

Shane's program involved weekly coaching and monitoring appointments at the Clinic with the team of dieticians, psychologists, exercise physiologists and doctors.

"The staff become friends," he said. "I actually miss going in there every Monday just for a chat."



Success Client, Shane Plumridge



# The Wesley Window

## Brisbane Lord Mayor opens new Wesley Weight Management Clinic

Brisbane Lord Mayor Campbell Newman officially opened Wesley Weight Management's Clayfield Clinic on Wednesday 15 March, outlining the council's actions to fight the obesity epidemic by promoting healthier lifestyles.

Councillor Newman congratulated Wesley Weight Management Clinic star client, Brian, 37, who lost a life-saving 59kg through the clinic. Queensland is well on the way to lose our label as the fattest state.

In the latest National Health Survey released by the Australian Bureau of Statistics, QLD has 6% more obese people than the rest of Australia. Wesley Corporate Health Medical Director and leading Cardiologist Dr Geoffrey Holt said more than 60% of men were overweight or obese and the epidemic was gaining momentum.

He said the alarming increase in unhealthy lifestyles over the past 10 years had the potential to shorten the life expectancy of Queenslanders.

"A third of all Queenslanders do not exercise, and this issue has to be addressed," Dr Holt said.

Dr Holt said the Clinic promotes Brisbane City Council's 'Active and

Healthy Lifestyle' Program to clients because it offers a wide variety of free or low cost outdoor activities that also cater to families.

Lord Mayor Councillor Newman, said the Brisbane City Council was taking the obesity epidemic very seriously with many initiatives in place to enable people of Brisbane of all ages to live a healthier lifestyle.

"Council is actively encouraging residents to use the many bikeways and pedestrian walkways that exist all over the city," Councillor Newman said.

"Over 80 suburban parks and six pools across Brisbane have active programs offering everything from Tai Chi, to rock climbing, family fun days, after school activities, dance days and aqua classes," he said.

Wesley Weight Management Clinics have assisted more than 2,500 clients to lose weight and take control of their health and wellbeing since 1999. A new Weight Management Clinic on the Gold Coast will be opening mid year.



From L to R Dr Geoff Holt, Lord Mayor Campbell Newman, Brian Taylor & Neil Holt

# Golden Casket employees strike it rich!

Golden Casket Lottery Corporation, based at Woolloongabba could well staff the healthiest and happiest workers in Brisbane given the company's enthusiasm for social, healthy and motivating activities held regularly throughout the year.

Wesley Corporate Health attended the company's annual Corporate Health Expo in January conducting mini health assessments for Golden Casket's 260 staff members.



Golden Casket employee with Health & Wellness consultant Larissa Morrison

"Wesley Corporate Health's exercise physiologists would talk to them about their fitness or exercise regime and taking all of this into consideration, we

"You can even have a gait assessment by a podiatrist to see if you run or walk correctly, learn how to swing dance or have a 10 minute remedial massage."

"Golden Casket believes strongly in providing its staff with an opportunity to live life to the fullest by looking after their health and wellbeing."

"We have a full 12-months of activities designed to keep our staff happy, healthy and motivated. We offer inspirational talks, detailed health assessments, skin cancer checks, staff fun runs and entry into the Bridge to Brisbane, trivial pursuit nights and discounts to the local gymnasium."

"I really would be surprised if we didn't have the happiest and healthiest workplace in Brisbane," she said.



present them with a coronary heart score which places them in a low, medium, high or very high risk category of heart disease or illness." Golden Casket Human Resources coordinator Linda Nevell said also on display for staff was nutrition education displays, information on flu vaccines, corporate health insurance and superannuation information.

Health & Wellness services manager Sheree Richmond said the event was very well attended and a great success.

"Apparently the staff really look forward to it each year. It is held during an extended lunch break from 12pm to 2pm and staff can have their blood pressure and glucose levels checked. We also measure their height and weight in relation to body fat.

## Investing in intellectual capital

Today's executives need to sustain high performance in the face of ever-increasing pressure and rapid change. Unfortunately, due to this pressure many executives put their health at low priority, posing serious risks both to themselves and to their organisation.

Wesley Corporate Health Medical Director and leading cardiologist Dr Geoff Holt said these risks were reflected in today's health statistics.

"One in four men over the age of 40 leave work prematurely from cardiovascular disease and more than half of workers who have a heart attack will die before they reach a hospital," Dr Holt said.

He said one in four men and one in five women over the age of 45 will suffer from stroke. 60% of adults are overweight or obese and diabetes is reaching epidemic levels. Stress related illness including depression is sharply rising and a third

of all Australians don't exercise which means they are twice as likely to have a fatal or non-fatal coronary event.

Executive ill-health and stress translates to rising costs of absenteeism, loss of productivity, staff turnover and loss of intellectual capital.

More and more organisations today have realised that to protect their 'intellectual capital' they need to implement strategies to protect and promote executive health. Queensland Rail, Suncorp and Boral are among hundreds of organisations to implement Wesley Corporate Health's Executive Health Program. The program assesses and identifies health risk factors of

executives through comprehensive health evaluations and screening, including early diagnosis of illness, providing medical referrals and a personalised health action plan for diet and exercise.



Dr Holt said that 15% of executives screened required urgent medical referrals and a further 73% required non-urgent referrals.

He said that organisations can expect to make a return of \$3.21 for every dollar invested by reducing health risks in their employees, resulting in an increase in productivity and lower absenteeism.

# A games volunteering experience of a life-time

Our Commonwealth Games was a great platform to showcase the Aussie volunteering spirit. What many of us don't realise is that Australia also provided medical volunteers for countries with little or no medical support for their athletes. To be chosen to be a volunteer on the medical squads is a highly prestigious honour and an unforgettable experience.

Len Chong, a physiotherapist at Wesley Corporate Health Rehab Dynamics has just returned from working at the Commonwealth Games Athletes Village Poly-Clinic and says he's still 'on a high'.

Athletes from Pakistan, India, Kenya, Uganda, Botswana and Namibia benefited from the Australian physiotherapy team's 'hands on approach'.

Len said it was an incredible experience

being 'on the ground' at the games, helping athletes to overcome their injuries and go on to win gold medals.



Len Chong (far right) with the Canadian gymnastics squad at the Commonwealth Games Opening Ceremony

Len said the Australian physiotherapy squad showcased to the world their 'hands on approach' to treating sports injuries. He said many countries use alternative physiotherapy modalities such as ultrasound and electronic stimulation

devices, however the 'hands on approach' often gets a better result.

"We had the opportunity to showcase our methods for pain relief and recovery from injuries such as shoulder tendonitis, knee pain and back pain, and the results were that we helped athletes to perform better."

"It gave us such a high to see them get back out there and win," he said.

Len is highly regarded as a world-class sports physiotherapist, and as a former elite gymnast in his native Canada, Len has a high standing in gymnastic circles. As a result, Len was also invited by the Canadian Gymnastics Federation to represent the Men's and Ladies Artistic Gymnastics teams as their team physiotherapist, following his volunteering stint. With Len's support, the Canadian gymnastic squad won 13 medals, 6 of which were gold.

## New mums get back into shape - Pilates style

Pilates has become hugely popular, with celebrities being the greatest advocates for this unique type of exercise. Now new mums can get back into shape – Pilates style, with Rehab Dynamics Post Natal Pilates Program.

Getting back into shape with the Wesley Pilates Program enables women to do low-impact exercise that focus on the deep abdominal and low back muscles which support and protect the spine. The program helps clients to maintain and regain posture, prevent or reduce back pain, prevent or recover from pelvic floor weakness, increase energy and metabolism and help with weight loss, targeting abs and butts!



Centre Manager David Pierce with happy & healthy mum & bub



## Easter Survival Tips

If you want to make it through Easter this year and still fit into your jeans, here are some handy tips from the Wesley Corporate Health dietician team:

tips from the Wesley Corporate Health dietician team:

- Take the time to savour the experience. We often overindulge at Easter because we don't focus on enjoying the actual Easter egg, and are likely to eat more and more eggs before feeling satisfied.

- Think about portion size and try buying chocolate only in the 100-200 calorie amount. One crème egg or hot cross bun is a perfect serving size to have twice a week when trying to lose weight and up to four times a week if you're trying to maintain weight.

- If you're given too many eggs, try to give them away. Or ask for a non-chocolate related present this year.

- Remember for every extra egg or hot cross bun you eat a minimum of 30 minutes walking will be needed to burn it off!



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