



Living well no barrier to losing weight

The moment was sweet, the whisky “smokey”. Serious malt whisky devotee Peter Johnston remembers well his first wee dram after the six month break he took from the strong stuff in order to shed 33 unnecessary kilograms.

The newly svelte Peter chose an exquisite example from the Scottish island of Islay to reintroduce his palate to whisky and resume his position as “gauger” or presenter for two whisky appreciating societies.

How did a man whose last overseas trip included visits to 38 whisky distilleries take a voluntary break from the liquid he loves and lose more than a quarter of his body weight in six months?

Peter’s decision to lose weight was triggered by a number of events.

“The weight had crept on. I hadn’t realised how big I was until one day I saw a photo of myself. Added to that, I had recently had two friends my age die suddenly. Finally, it just came to the point where I said “I have to do something or I won’t live as long as my young wife.”

Following a call to the Wesley Weight Management Clinic he set a date to start his weight loss program following the multi distillery tour.

Upon his return, he got stuck into the program with the help of the Clinic’s integrated team of doctors, psychologists, dietitians and exercise physiologists who devised a program of eating and exercise to fit his lifestyle.

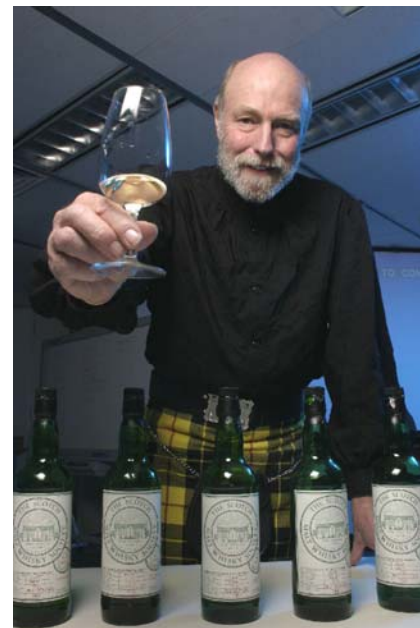
Unfortunately the whisky had to go for the first six months because he had to lose weight quickly. He had been on medication for high blood pressure for 10 years and at his first appointment it was discovered he had Type 2 diabetes.

Peter followed the prescribed eating plan and seriously took up walking. He didn’t give up gauging for the Scotch Malt Whisky Society nor the Queensland Malt Whisky Society – at the monthly meetings he described the new whiskys presented by smell only and had a fellow connoisseur taste and describe them.

After five weeks on the program, Peter had lost enough weight to ease the

burden on his heart and his blood pressure fell to a level where, for the first time in a decade, he did not need to take medication. He no longer has Type 2 diabetes.

Peter says he could not have made such progress without the one-on-one support he received at his weekly appointments at the Wesley Weight Management Clinic.



Elite team shaves two minutes off Noosa Tri time

Wesley Corporate Health’s team in this year’s Noosa Triathlon shaved a significant two minutes off their previous year’s time. They finished an impressive fifth place in the largest event of its kind in Australia with a time of 2hrs 1 minute for the Olympic distance event.

With four time World Champion triathlete Brad Beven on swim, triathlete veteran Rod Cedaro on run, and National Road Cycling Championship 2004 silver medallist Sheree Richmond on bike there was no fear of a ‘weakest link.’

“We weren’t competing to win or even too concerned about what place we finished,” Rod Cedaro said. “We were focused on beating our times from last year so overall we’re happy with the result.”

Rod attributes the team’s success to the Peak Performance Program. Rod runs the program from Wesley Corporate Health, in Brisbane.

“The Peak Performance Program is designed for athletes to get the most out of their training regime, whatever that might be. The program tests, among other things, the body’s ability to distribute oxygen effectively – therefore not overexerting the heart at any time throughout training. It means, by conserving energy, an athlete can actually perform better,” said Rod.



Brad Beven, Sheree Richmond & Rod Cedaro



The Wesley Window

Family team rediscovers life

Like many who lose a considerable amount of weight, Justin, John and Jennifer, all three of whom are clients of Wesley Weight Management Clinic discovered a whole new lease of life with weight loss.

John Morton discovered a sudden zest for exercise, cycling up to 60km every Saturday and Sunday, walking daily, swimming regularly and throwing in the odd game of golf. The professional driving instructor has never felt fitter.

John’s son-in-law Justin, who was the first in the family to sign up for the weight loss program, is in training for a climb in Tibet – and daughter, Jennifer Morton has embarked on a new career.

To top it all off, the three have recently completed the Noosa Triathlon, under the nomination of “The Wesley’s” and finished the Olympic distance course in a very credible 2hrs 47mins.

By any standards, the trio is nothing short of inspirational losing a collective 53.5kgs.

John Morton lost 21.3kg in nine months. “To tell you the truth, I didn’t find the program that hard. I think anyone with the inclination can do it.”

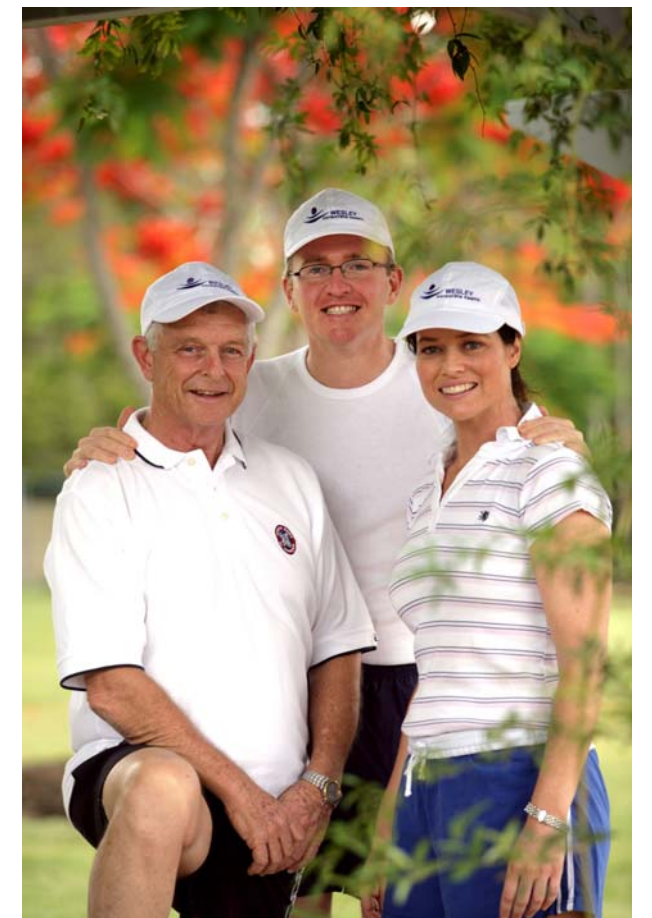
“I’ve tried other programs and they just didn’t work for me. I think the difference with Wesley Weight Management Clinic is you are accountable to a dietitian each week and must write everything down, especially in the early stages. It’s simple, if you’re committed.”

Daughter 33-year-old Jennifer said, “It was a breath of fresh air signing up with Wesley Weight Management Clinic. They are so scientifically rigorous. The entire program is medically reviewed, so as long as you’re committed to the program it’s guaranteed that you’ll lose weight.

“I’ve always loved exercise but sport just wasn’t enough. I needed to change my diet and once I

managed to do that I really noticed the difference.”

Wesley Weight Management Clinic has recently opened a new clinic on the corner of Oriel and Sandgate Roads, Clayfield. Bookings can be made by calling 3377 7888.



It’s all in the family, John, Justin and Jennifer.

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Making a Difference

Welcome to our summer edition of the Wesley Window.

Our media health headlines are still the same. The community can't catch up with increasing disease burden from increased levels of overweight and obesity and our ageing population. 21% of Australians over 25 are obese with another 40% of adults overweight. This increases the risk of cardiovascular disease, diabetes, stroke and cancer. Between 1985 and 1997 the number of young Australians with obesity tripled and is still rising. Our children may be the first generation not to live as long as their parents.



Queensland alone needs an additional \$6.35 billion in health expenditure over the next 5 years and has commenced advertising for an additional 300 doctors and 400 allied health professionals.

The key message from these headlines is that there will be a greater demand for high quality services from fewer doctors.

The best strategy for each of us is to take responsibility for our own health, take stock, get advice, make a plan and get help to stick to it. Make healthy living a part of your every day life.

Summer is a great time to start to invest in your health. There is more daylight

to walk the dog, which is good for your dog and you, ride a bike, go for a swim and be active with your family.

We have a wonderful range of services and a fantastic team of health professionals and support staff who would love to give you a hand. I hope you enjoy reading about the success of our clients and staff in the Wesley Window and there is lots more on www.weshealth.com.au

We wish you a safe, happy and healthy Christmas and a New Year full of healthy resolutions.

Neil Holt
Managing Director

Pilates could prevent your next fall

Research shows one in three people over 65 will at some stage experience a fall. Wesley Corporate Health's Rehab Dynamics Centre has introduced a balancing and strengthening program through Pilates to prevent the incidence of a fall and foster confidence.

Rehab Dynamics Manager David Peirce says the 'Stand Tall - Avoid A Fall' course is based on promoting postural awareness, strengthening hips and torso muscles for "core" stability and general strengthening exercises for legs and

arms. "Course participants train on unique pilates equipment, wobble boards and balance discs to gain confidence in maintaining balance by using their legs, knees and hips.

"Participants say the course has given them a whole new outlook because they feel a lot more confident on their feet. The course incorporates all the benefits of Pilates."

For further information, call Rehab Dynamics on 3377 7899.



Health promotion goes bush

A team of Wesley Corporate Health doctors and exercise physiologists travelled the length and breadth of Queensland throughout May and June to deliver workplace health assessments to almost 600 employees of the Department of Primary Industry's forestry division (DPI).

Health and Wellness Services Manager Sheree Richmond said the program began in the far North Queensland towns of Cardwell, Ingham and Atherton and progressed south through 17 rural towns to finish back in Brisbane.

"This was the first time some of these

people had ever been to a doctor," Ms Richmond said.

"In the remote centres across the state, doctors are few and far between so some of the people we saw were of the mentality where you need to be almost dying to see a doctor."

Assessments were carried out on blood pressure, glucose and cholesterol levels, height and weight, and skin cancer screening to obtain a risk profile of cardiovascular disease among any other health concerns.

Ms Richmond said 10% of the

participants needed urgent medical attention following skin analysis.

"As part of our service, we send a letter to each of these people just to remind them how important it is to seek further medical attention. In most cases, people have already done so."

With an overall participation rate of 72%, DPI Forestry's HR Human Manager said the program was very successful. "We were really pleased with the staff participation in this voluntary program and their feedback showed they valued the program."

Keeping a healthy executive team has long been a successful HR strategy for QR

Each year, approximately 160 Queensland Rail employees participate in a comprehensive, voluntary health assessment including a health and lifestyle questionnaire, extensive pathology analysis, physical measurements, maximal exercise fitness test with 12 lead ECG and a one-hour comprehensive medical examination and review with a doctor.



QR CEO Bob Scheuber

From this assessment health goals, health information and a health action plan provide a benchmark for each individual on their current health status, track their progress from previous years and, if need be, embark on lifestyle modifications.

Wesley Corporate Health Director and

leading Cardiologist Dr Geoff Holt said 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.

"The top ten health risks affecting staff in the workplace today include inactivity, poor diet, overweight, current or past smoker, high cholesterol, elevated blood pressure, high stress, depression and heavy alcohol consumption."

"It is not easy to change individual patterns of behaviour and it is true that an individual must want to make the changes sufficiently to persevere with their health action plan. Wesley Corporate Health assists with behavioural change by providing targeted

action plans and follow up methods to facilitate health improvements."

"Once the new healthier habits are cemented into place, the improvements can be far reaching," he said.

"CEO of Queensland Rail (QR), Mr Bob Scheuber has led by example. He has been a regular attendee of the program and last year made the decision to stick to his health action plan and achieve some life goals. He has lost 18 kgs in six months through attention to diet and increased exercise, and has now maintained that reduction."

Mr Scheuber said he believed the program had made a tangible impact in the workplace in one of Queensland's largest workforces. "I see it as a critical exercise in not only HR management but it has also become part of our health risk management strategy."

Try, tri and try again

Despondent over three successive Noosa triathlons where her times did not improve, Bette McGuane spoke to tri legend Rod Cedaro about Wesley Corporate Health's Peak Performance Program at the Noosa Triathlon Expo last year.

That meeting led to a complete revamp of Bette's training regime and she not only competed at Noosa last year but competed in the Age Group World Championships in Honolulu in October placing a fantastic 45th position. Such

has been the change in her performance, Bette, 47, is looking at the Ironman Series now. "At Noosa we had a chat and Rod suggested I had been pushing myself too hard. He talked about heart rates and cadence - all things I was not aware of," Ms McGuane said. Under Rod's

supervision, she underwent the Peak Performance assessment which



Bette McGuane competing at the Rydges half ironman in Yepoon earlier this year.

included the VO₂Max test to find out how her body used oxygen, anaerobic threshold testing, the form and breadth of her running gait and a host of other assessments that would contribute to her performance.

"Basically I had to start all over again and build an aerobic base so that I

wouldn't tire prematurely," Bette said.

Rod devised a training regime that had longer sessions but at a slower rate and reduced intensity training to once a week in each discipline.

Bette introduced Pilates exercises to build functional stability and improve her running style. She took Rod's nutritional advice to modify her diet and had swimming lessons to correct her stroke.

"Pilates has been great for building strength in my hips. I've lost 7kgs on this program and I now thoroughly enjoy training. Once you understand about heart rate and how you can go faster without getting your heart rate too high, you are away."

"If you want to improve your performance have your VO₂ max done and really understand your body. No one should train without it," Bette says.

Bookings to have your VO₂ max done can be made via Anne on 3377 7800.