



What's On in Health 2011

APRIL 2011

1ST APRIL

APRIL NO FALLS DAY

Brought to you by the Injury Control Council of WA

www.stayonyourfeet.com.au

11TH APRIL

WORLD PARKINSONS DAY

Brought to you by Parkinson's Western Australia Inc

www.parkinsonswa.org.au

MAY 2011

1ST—7TH MAY

HEART WEEK

Brought to you by the Heart Foundation of WA

www.heartfoundation.org.au

26TH MAY

AUSTRALIA'S BIGGEST MORNING TEA

Brought to you by the Cancer Council of WA

www.biggestmorningtea.com.au

31TH MAY

WORLD NO TOBACCO DAY

Brought to you by the World Health Organisation

www.who.int/tobacco/wntd/2011/announcement/en/index.html

UNTIL END OF MAY

BOOK IN FOR

[WORKPLACE FLU VACCINATIONS](#)

Perth Office

A Suite 6, 1 Almondbury Rd, Mt Lawley 6050

T (08) 9272 7278

Kalgoorlie Office

A Goldfields Arts Centre, Cheetham Rd, Kalgoorlie 6430

Visit our website:

www.corporatebodies.com.au

Introducing CBI WA: Best of both worlds

Corporate Bodies International (CBI) is a specialist provider of innovative and interactive health and wellbeing programs. CBI's tertiary qualified health professionals have extensive experience working with all sectors of the community, including blue and white collar industries.

In WA, we have a resident Accredited Practising Dietitian and Accredited Exercise Physiologist who can provide your staff with a 'hands on' approach to health, making for a real and relevant learning experience.



What is an Exercise Physiologist?

Exercise Physiologists specialise in modification programs for the prevention of lifestyle diseases and injuries. Exercise Physiologists are especially skilled in engaging individuals in the process of self-managing their health through regular physical activity and healthy lifestyle choices.



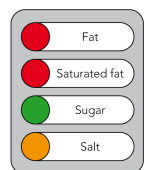
How can a Dietitian help me?

Dietitians have the qualifications and skills to provide expert nutrition and dietary advice to both individuals and groups. Dietitians are trained to assess an individual's diet and provide treatment for a wide range of conditions as well as translate scientific information about nutrition into practical advice about what to eat for better health.

April Hot Topics:

Untangling the labelling web:

With the long awaited Blewett Labelling report – **Labelling Logic**, having just been released (see: <http://www.foodlabellingreview.gov.au/internet/foodlabelling/publishing.nsf/Content/labelling-logic>), **food labelling** is a hot topic. The report recommends the voluntary introduction of a multiple traffic light system for food labels, and mandatory traffic light labelling for food products where health claims are made.



Food labelling is often complex and confusing, leading to the report to include 61 recommendations such as:

- * Alcohol labelling (alcohol is currently exempt from mandatory labelling) and,
- * Chain outlets to be encouraged to display 'traffic lights' on menu/menu boards

There are a myriad of things to learn, much misinformation to clear up and lots of food myths to dispel. CBI offer a 1 hour **Hidden Truth seminar** delivered by an **Accredited Practising Dietitian** to help untangle the food labelling web in your workplace.

Heart Week: 1—7 May 2011

Did you know that cardiovascular disease kills one Australian nearly every 10 minutes?

Cardiovascular disease is the term used for heart, stroke and blood vessel diseases and is the leading cause of death in Australia; and despite improvements over the last few decades, it remains one of the biggest burdens on our economy.

The good news? Cardiovascular disease is largely preventable through healthy lifestyle practices including a well balanced diet and regular exercise.

During Heart Week, the Heart Foundation will be raising awareness of cardiovascular disease, as well as what to do in the case of a heart attack. See www.heartattackfacts.com.au.

Success in the West

In 2010 Barrick Gold enlisted Corporate Bodies International to implement a health and wellbeing program for employees, and their families, who worked at the Kanowa Belle mine site in the Goldfields region of WA. Due to the success of the program, another 3 Barrick mine sites in the surrounding area were also included in the program with some really great feedback from Sharon Kelso, a Health Advisor for Barrick Gold.

"The structure of the program—initial health consultations, followed by comprehensive nutrition and exercise consultations has resonated well with our employees. Many have appreciated the opportunity to participate in the health consultation and learn about their potential health risks. The follow up consultations have allowed for tailored nutrition and exercise programs, which have assisted and facilitated change amongst our employees.

We have had a mix of white and blue collar workers take part in the program and the CBI health professionals have had the ability to modify the advice based on the individual's knowledge and motivation levels.

I have also participated in the program and found the staff to be professional and knowledgeable, whilst also having the ability to establish good rapport with participants. This has been the key to success of the program."

