

## A healthy start to the new year



### Are you being served?

We all know that we should be eating a diet rich in a wide variety of fruit and vegetables. The Australian Guide to Healthy Eating recommends we consume two serves of fruit and at least five serves of vegetables each day. But just how BIG is a serve?

#### A serve of fruit is:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruit, plums
- 1 cup diced pieces or canned fruit
- 1/2 cup juice
- 4 dried apricot halves
- 1 1/2 tablespoons sultanas.

#### A serve of vegetables is:

- 1/2 cup cooked vegetables
- 1/2 cup cooked dried beans, peas or lentils
- 1 cup salad vegetables
- 1 medium potato (size of a bar of soap)
- 1/2 cup tomato (chopped)
- 1/2 cup peas

Source [www.healthactive.gov.au](http://www.healthactive.gov.au)  
& Beccy Hall, Monash Sport

### Exclusive staff offer: 10% off Monash Sport membership

After recent focus groups held with staff, Monash Sport are implementing a limited time only membership offer for Monash University staff.

Until the end of March 2009, Monash University Staff have the opportunity to take up one of the following great offers:

1. Salary package any Monash Sport membership at 2008 rates\*
2. Sign up on Direct Debit or 12 month upfront and receive 10% off.\* The discounted rate will apply until March 2010.

For further information about this great offer visit the [Monash Sport staff promotion webpage](#)



### Do it for your family – workplace wellbeing seminars



Upcoming lunchtime seminar topics include

**March:** Men and women's health

**April:** Healthy eating and reading food labels

**May:** Healthy Heart

The seminars will cover male and female gender issues, the best food choices for each food group and an overview of dieting and popular fads and myths and information to improve your heart health

Sessions are open to all Monash staff.

**When:** For dates, locations and to book [click here](#)

**Cost:** Free.

### Get Up & Go – walking buddy program

Get Up and Go is a new initiative that has been developed by Health Wellbeing and Development and Monash Sport aimed at pairing volunteers together who would like to get out and go for a walk.



**When:** Program commences Monday 23 March (1 hour info session on 18 March)

**Who can participate?** Caulfield students and staff (this pilot program may be extended to other campuses in the future)

**Cost:** Free

**Interested?** Register your interest [here](#)

### Be part of the TeamMONASH™ Mother's Day Classic team

Be one of 1,200 TeamMONASH™ participants walking/running in the 2009 Mothers Day Classic to raise funds for breast cancer research on Sunday 10 May.

There are regular walking/running groups happening at most campuses to help you prepare for the event.

It is a great day for friends and family to get together and support a worthy cause.

For more information and to register today, [click here](#)

#### WIN A FREE ENTRY!

One staff member from each campus has the chance to win a free entry. Send your entry to [Wellbeing at Monash here](#). One entry per person



Participants at the 2008 Mothers Day Classic, a great day for all ages.

### Need some de-stressing?

Imagine a sport that could tone your muscles, increase your strength, help you lose some weight, improve your cardiovascular fitness and give you a mental workout all at the same time.



If you'd like to achieve all of these things, then the perfect exercise for you is boxing.

[Click here](#) to find out where you can do boxing

### Are you ready to ease the squeeze?



### New Monash workplace weight loss program

If you have tried Weight Watchers, Jenny Craig and many others, this could be the new program for you!

Wellbeing at Monash and Monash Sport have developed a new 12 week workplace healthy eating and training program. The program includes a weekly one on one consultation with a health consultant and the option of individualised training sessions.

**When:** The program is anticipated to commence in March

**Where:** Available at Clayton, Caulfield and Peninsula campuses. Staff from campuses other than the above are invited to register their interest by emailing [monash.wellbeing@adm.monash.edu.au](mailto:monash.wellbeing@adm.monash.edu.au)

**Cost:** The 12 week program starts at \$280 and can be salary sacrificed.

**Interested?** View more detailed [info here](#)

### Discounts galore!

- Holidays – flights and hotels
- Magazine subscriptions
- Lite n Easy
- Virgin Blue Lounge & Qantas Club
- Physiotherapy
- Hot Air Ballooning



[Get more info about the discounts here](#)



### Gippsland Relay for Life

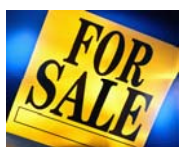
A major event of the Cancer Council Victoria, teams of 10 people participate in a relay style event. Raising funds and awareness of Cancer and celebrating the lives of those we have lost or are survivors. Teams can camp out and fun activities and entertainment occur throughout the 24 hours.



**When** 12 noon 21 to 22 March

**Where** Gaskin Park Churchill

**Contact Details** - contact Bianca Pezzutto on 0419350553 or [bianca.pezz@bigpond.com](mailto:bianca.pezz@bigpond.com)



### One person's trash is another person's treasure

Visit the online Monash Marketplace to buy and sell books, furniture, household goods, mobile phones, computers and much more. [View the Monash Marketplace](#)



### Depression and anxiety can affect anyone, anywhere, at any time.

Depression is more than just a low mood – it's a serious illness. People with depression find it hard to function every day. Depression has serious effects on *physical* and *mental* health.

If you think you may suffer from depression or if you are close to someone who has depression. Here are some places to get started:

Your GP is a good place to start.

Visit the Monash Health, Wellbeing and Development Counselling service [webpage](#)

[Beyondblue](#), the national depression initiative, can be contacted on 1300 224 636

[Mensline Australia](#) offers 24-hour, anonymous support for men with family and relationship problems especially around family breakdown or separation.

[Lifeline](#) offers 24-hour counselling, information and referral. Call them on 13 11 14

### WIN a \$50 Coles Myer voucher!

We value your feedback. Tell us what you think of this edition of Wellbeing at Monash (or any wellbeing service you would like to see) and you could win a \$50 Coles Myer voucher

[Send your feedback here](#)



### Save on your health insurance premiums

As an employee of Monash University, you can now get discounted HBA health insurance including;

- between 4% and 6% discount
- 2 weeks free cover
- no gap dental for kids
- a single room or money back.

For detailed information about the special offer visit the [Monash HBA webpage info here](#).

### FIT CAMP

Fit Camp is a six week fun, social, challenging and rewarding way of training. For those about to embark on their first fitness program or looking for a new challenge Fit Camp is for you.

Caulfield: Commencing Tuesday 17 March  
Clayton: Commenced Monday 9 March

[www.sport.monash.edu/fitness/fit-camp.html](http://www.sport.monash.edu/fitness/fit-camp.html)

### Useful links

[OHS](#)  
[Wellbeing at Monash Online](#)  
[Health, Wellbeing and Development](#)  
[Positive Monash](#)  
[Monash Sport](#)  
[Greening up our Act](#)