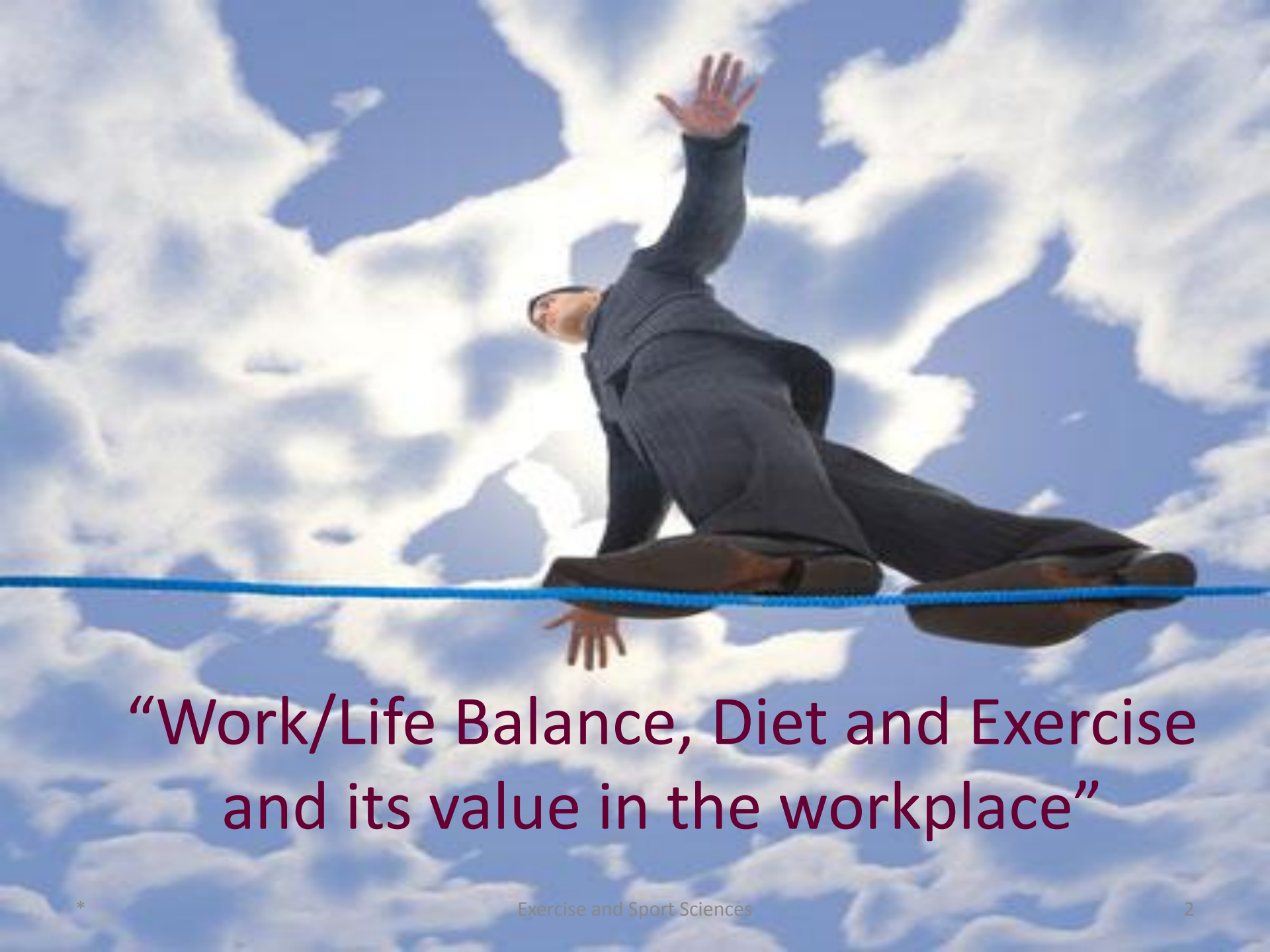


BE WHAT YOU WANT TO BE

CQUniversity Professional Support Staff Conference

“The BIG Picture – how we contribute to making
CQUniversity great”





“Work/Life Balance, Diet and Exercise and its value in the workplace”

Work Diet Exercise ?

Do you work to live or live to work ?

Do you eat to live or live to eat ?

Do you exercise or do you avoid exercise ?

Being Honest or Being Correct ?

Do you **work to live** or live to work ?

Do you **eat to live** or live to eat ?

Do you **exercise** or do you avoid exercise ?

Is This YOU ... Getting to WORK

Driving to work ?



Finding a parking place ?

Struggling to find a park ?

Is This YOU ... At WORK



exists that
without
the
the
family
get up
to catch up
the kids
on a
pages
missed
deadline

The Facts ... YOUR NOT ALONE

- Research shows that **85 percent** of Australians who took leave over the 2009/10 Christmas/New Year period were accessible to work.
- **63 percent** were available for work calls on their mobile
- **13 percent** checked e-mails
- an **unfortunate 9% percent** used their laptop to work remotely.

The Truth About WORK Long Hours

European Heart Journal (2011) found that, compared with people who did not work overtime, people who worked 10 or more hours a day had a **65 percent** higher risk of heart-related problems such as death due to heart disease, nonfatal heart attacks and angina.

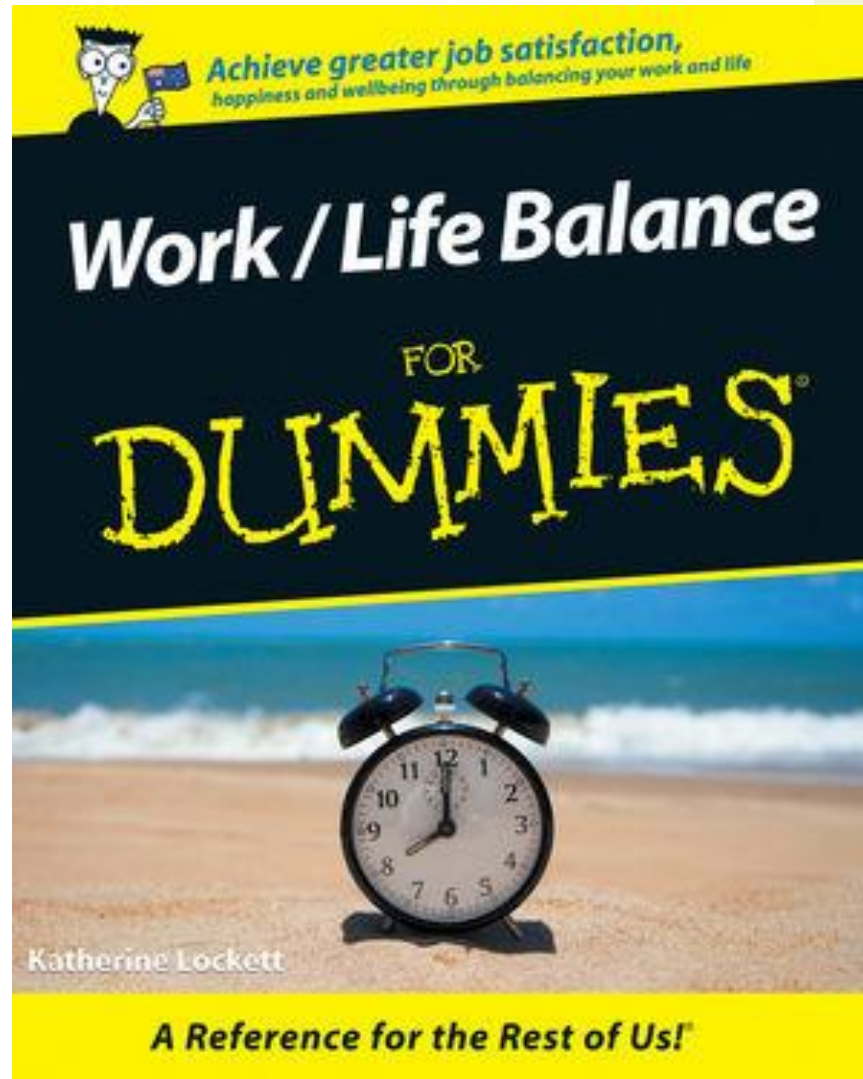
Scand Journal of Work and Environmental Health (2011) Work periods **>8 hours** carry an increased risk of accidents 50% by 12 hours 100% by 14 hours

Research Shows (1000[±] articles)

Long and lopsided working hours are linked with bad health, anxious relationships, poor parenting and divorce. **Overwork is deadly!**



How did the LIFE/work BALANCE get to this point ?



- Globalization
- Technology
- 24/7 economy

- Have blurred the traditional line between work and family. Technology once allowed work flexibility but now takes over our personal lives.

My TIPS for easing the LIFE/Work Balance



1. Set firm boundaries - WORK STAYS AT WORK
2. Have a planning session at end every week - look at what deadlines are ahead and schedule tasks with appropriate work hours to complete the task (do not include home time to complete the task).
3. While at WORK ... ALWAYS BE NICE
4. While at WORK ... ALWAYS TAKE TIME TO LAUGH
5. While at WORK ... CREATE A HAPPY ENVIRONMENT
6. While at WORK ... ALWAYS PRIORITISE SOMETHING FOR YOU

Good Diet ... It is a Lifestyle



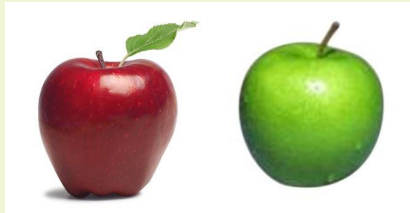
Food Choices



= 520 calories
(9 Hrs)



= 450 calories
(7.5 Hrs)



= 50 calories (med)
(50 min)



= 105 calories
(1.75 Hrs)



= 160 calories (small)
(3 Hrs)



= 50 calories (one tim tam)
(50 min)



= 115 calories
(2 Hrs)



= 350 calories (avg.)
(6 Hrs)

A kilogram of body fat is 7700 calories

24 cheese burgers



7 chocolate bars (250g)



3 cartons beer (72 bottles)



Nutritional Facts ... The Labels



Calories 300 x 4 (Kilojoules 1200)

% Daily Value *

Total Fat	(190 cals from fat)	19.0 g	x 10	0%
Saturated Fat		0.0 g		0%
Cholesterol		0.0		
Sodium		120.6 mg		5%
Total Carbohydrates		11.5 g	(x 4)	3%
Dietary Fibre		0.0 g		
Sugars		0.4 g		
Protein		6.1 g		2%

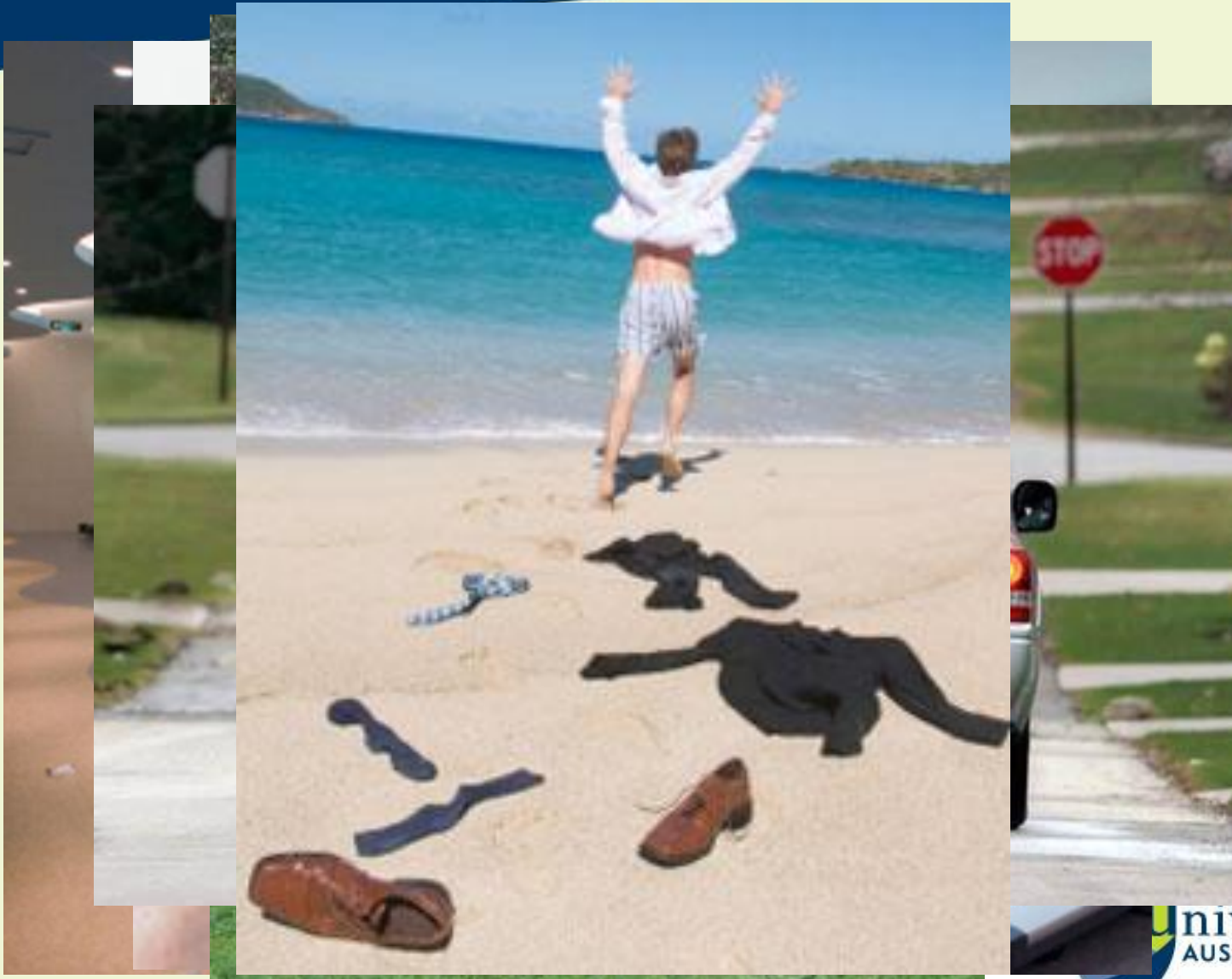
My TIPS for a Lifestyle Diet

1. ALWAYS read the label
2. ALWAYS aim to select the healthy option
3. It is OK to go out sometime and spoil yourself
4. Alcohol is fine – just limit the days and the accompanying snacks
5. DONT snack on high calorie foods
6. BEWARE of YELLOW food



*

Exercise... It is a Lifestyle



*

Calories Burnt While Exercising

- Gardening, house work, sleeping, cleaning, (1 cal min)
- Walking (1 to 2 cal min)
- Cycling, weight training, swimming, high intensity aerobics (5 to 10 cal min)
- Sex (4 to 5 cal min) * *Caution: individual variation ... so somewhere between 25 to 50 hours and you could loose 1 kg*

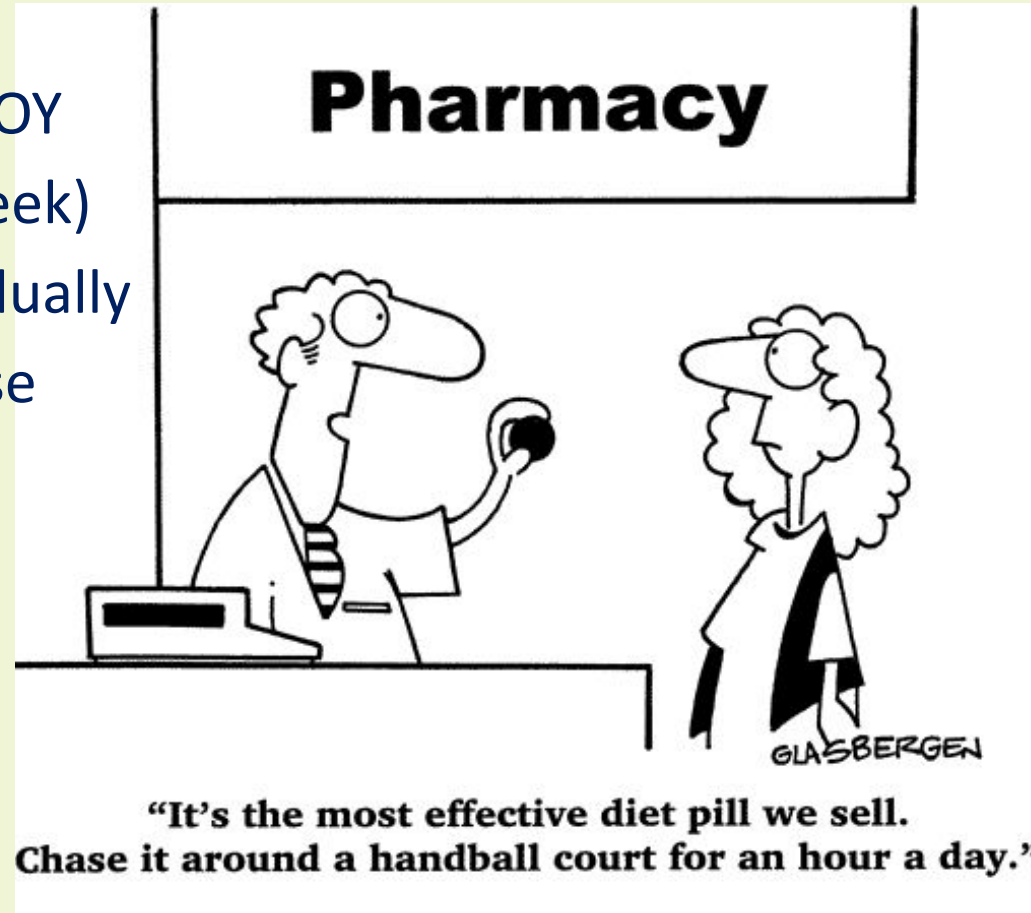
Exercise Slows Aging Process



*

My TIPS for a Lifestyle with Exercise

1. Start with something you ENJOY
2. MAKE it regular (2 times a week)
3. Start slowly ... and BUILD gradually
4. ALWAYS make time for exercise
5. SUNDRY exercise is important
6. Exercise for your HEALTH
7. Become ADDICTED



Finally ... Remember to Laugh



*

The Last Word

A good LIFE balance will allow a good WORK balance

ENJOY

