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## Macquarie University Sports Association *Success and Well Being*

Staff News No.7 Friday 6 May 2005

Staff Mates is rolling along and planned in May are these great activities especially for Macquarie staff like you...

### AUSTRALIA'S BIGGEST MORNING TEA ONLY A FEW WEEKS TO GO!



If you haven't had an opportunity to RSVP to this great event do it right now! On Thursday 26 May, MUSA shall be hosting a Healthy Morning Tea for all Macquarie University Staff. *Macquarie's Biggest Morning Tea*, run in

conjunction with *Australia's Biggest Morning Tea*, is your chance to catch up with other staff members on campus, have a cuppa and raise some funds for cancer research. This year the Cancer Council wishes to break the world record for the Largest Simultaneous Tea Party, so why not join in with us all!

- When:** Thursday 26 May 2005  
**Time:** 10.30am–11.00am  
**Location:** To be confirmed, but at this stage by the Lake outside E11A  
**Provided:** Light refreshments  
**Cost:** Free, but a donation to the Cancer Council would be appreciated.  
**What to bring:** Yourself, some fellow staff mates and a donation for the Cancer Council  
**RSVP:** If you would like to come along to the event email [macsport@mq.edu.au](mailto:macsport@mq.edu.au) by Wednesday 18 May 2005.

### HEART WEEK



Heart disease still remains the number one killer of Australians and this week is Heart Week so it's your opportunity to do something positive for one of the most important organs in your body. Just

think: the steps you take today could be the ones that save you in the future.

For more information on heart disease check out this month's **Focus On...** topic or visit the Staff Mates section of the MUSA website, [www.musa.mq.edu.au](http://www.musa.mq.edu.au).

### SPORT & LEISURE CENTRE NEWS



As winter starts to arrive it seems a lot easier to snuggle up in front of the fire than to get out and about. By setting yourself a fitness goal you can avoid falling into a lazy routine over the wintertime and ensure that when the warmer weather rolls in you'll be ready for

swim suits and shorts!

A great goal is to enter the Sun Herald City To Surf on Sunday 14 August. With over 14 weeks until the big day you have plenty of time to get in shape and join the MUSA team. This is one event where you don't have to be a great runner to have a fun day and feel a part of the atmosphere—it's all about participation. So why not get a few of your staff mates together and start a weekly walking group in preparation for the event.

For those who are keen to get in training our Fitness Instructors are on hand to tailor a fitness program specific to your goals.

For more information on being part of the MUSA City To Surf team or fitness programs drop by the Sport & Leisure Centre during your lunch break, email [macsport@mq.edu.au](mailto:macsport@mq.edu.au) or phone (02) 9850 7636.

### LUNCHTIME LEGENDS GET YOUR TEAM TOGETHER NOW!



If you haven't already got your staff team into one of the Lunchtime Legends sporting competitions, hurry cause spaces are filling quickly for the next round of comp's! Lunchtime Legends is a series of sports competitions run at

the Macquarie University Sports Grounds. The comp's are great for building a team atmosphere within the workplace. Competitions starting soon include: Mixed Netball, Mixed Softball and Mixed Soccer. For more information on these competitions contact Sporting Spectrum on (02) 9439 6060 or email [info@sportingspectrum.com.au](mailto:info@sportingspectrum.com.au).

[www.musa.mq.edu.au](http://www.musa.mq.edu.au)



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### ***Success and Well Being***

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#### **FOCUS ON...HEART DISEASE**

Heart disease is the leading causes of death in Australia, yet in most cases it is a preventable problem. So what is heart disease and what can you do to prevent it happening to you?

##### **The Problem**

Heart Disease otherwise known as cardiovascular disease (CVD) is the term used for heart, stroke and blood vessel diseases. In 2002, it accounted for 38% of all deaths—claiming the lives of more than one in three Australians.

##### **The Risk Factors**

Risk factors for heart disease are characteristics that increase our chance of developing heart disease. Such risks include:

- Smoking
- High blood cholesterol
- Physical inactivity
- Diabetes
- High blood pressure
- Being overweight
- Depression, social isolation and lack of social support.

Having a family history of early death from heart disease is also a risk factor.

##### **The Solution**

Leading a healthy lifestyle and following medical advice to reduce or remove risk factors over which we have some control is the best way to reduce the risk of developing heart disease and to help prevent it getting worse if it already exists. These are some ways you can prevent heart disease:

##### **1) Enjoy healthy eating**

Develop and stick to a realistic eating plan that is high in fruit and vegetables, moderate in dairy and meat products and low in fats and sugars.

##### **2) Be active every day**

Whether you go for a stroll before dinner, swim a few laps before work, head to the gym in your lunch time make sure you make time to do it regularly!

##### **3) Be smoke free**

If you smoke, visit your doctor and ask for advice on the best method of quitting for you.

##### **4) Maintain a healthy weight**

By exercising regularly and eating a nutritious diet you'll be well on your way to maintaining a healthy weight, but for advice on how to do it right speak to a professional.

##### **5) Control Blood Pressure**

Avoid salty foods and regularly have your blood pressure checked to see it's at an acceptable level.

##### **More Information**

This information has been sourced from the Heart Foundation website, visit: [www.heartfoundation.com.au](http://www.heartfoundation.com.au) for more details on heart disease and Heart Week.

#### **Recipe of the Month...Low Fat Caesar Salad**

##### **Ingredients**

4 slices white bread  
4 slices prosciutto  
¼ cup low-fat yoghurt  
¼ cup low-fat mayonnaise  
1½ tbsp lemon juice  
4 baby cos lettuces  
½ tsp worcestershire sauce  
½ tsp dijon mustard  
¼ cup (20g) finely grated parmesan cheese  
2 cloves garlic  
5 anchovy fillets, drained

##### **Method**

Preheat oven to moderate.  
Remove crusts from bread; cut bread into 1cm cubes. Place on oven tray; bake, uncovered, in moderate oven about 5 minutes or until croutons are just toasted lightly.  
Meanwhile, fry prosciutto, uncovered, stirring, in medium heated dry non-stick frying pan until browned and crisp; chop coarsely.  
Blend or process yoghurt, mayonnaise, garlic, anchovy, sauce, mustard and juice until almost smooth.  
Combine croutons, prosciutto, yoghurt mixture, lettuce leaves and cheese; toss gently to combine.