

Does this sound familiar?

- My job doesn't allow me to be active
- I eat what's put in front of me
- I spend my spare time driving my kids around
- I work long hours so I'm tired at the end of the day
- I just have to tough out situations
- I don't have time to go to the doctor

You are busy, responsible for others and may experience regular stress. To deal with these demands, you may have come to rely more on convenience foods and easy transport. This may cause you to lose fitness and put on weight.

Weight gain can make you feel sluggish and less like exercising which can lead to fatigue and loss of fitness and motivation. If this cycle continues, it can affect your mood, sleep, joints and can become even less active and are more likely to turn to food, alcohol or drugs. All of these behaviours and symptoms **are linked** and this can lead to a downward health spiral that works against your efforts to improve your health.

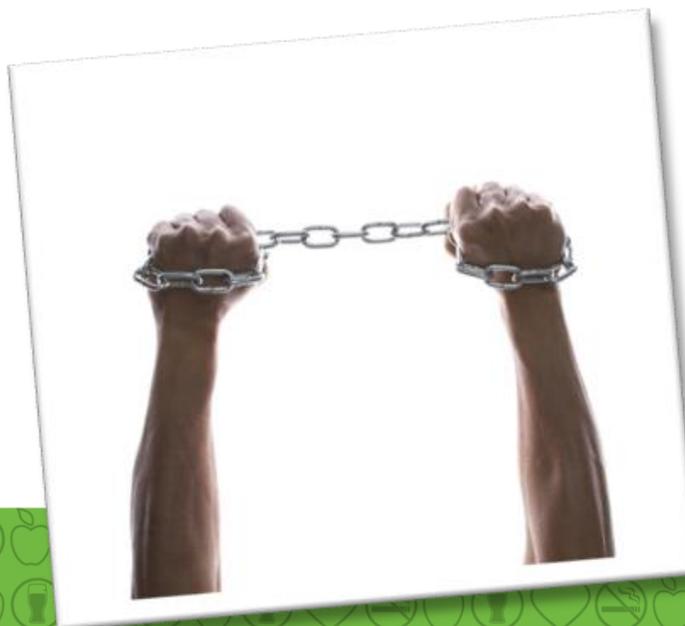
Did you know that weight gain, particularly around your waist, may reduce your levels of testosterone (male hormone) which saps you of energy, strength and motivation? You may also experience impotence and urinary problems such as going to the toilet frequently at night. These conditions may be early warning signs of more serious conditions such as **depression, heart disease or diabetes**.

The good news – it only takes one link to break the chain and start feeling better

It doesn't matter how young or old you are, you can make positive changes that will improve your overall health and well-being. You only need to **break one link in the chain** to start having an effect on the rest.

Benefits can include:

- prevention or improvement of medical conditions
- better coping and mental health
- more energy and more mobility
- better sleep
- better relationships
- better sex
- better work performance
- greater confidence



Take Control: Choose tools that suit you

- **Start with positive thinking:** Changing self-talk from negative to positive is an important tool for making change. Negative: "I would like to exercise but can't. Just thinking about it makes me tired." Positive: "Starting an exercise program will give me a chance to get outdoors again. I could start slowly and easily."
- **Create opportunities** for physical activity at work, climb the stairs, get out of your car on breaks, walk at lunchtime. If walking isn't possible, do strength exercises while sitting.
- **Ask your employer** to support health and wellbeing activities.
- **Get involved** with food preparation and what you eat.
- **Be a role model.** If you are active and eat well, your children will follow.
- **Respect sleep.** Avoid sleep debt. Get 8 hours of sleep a day.
- **Speak to your GP** – they are there to help. Book in for a **comprehensive health check**.
- Regularly **catch up with your mates** or join a local community group.

HEALTHY
WORKERS
HEALTHY
FUTURES

- Start the conversation about health with your mates, **set some achievable targets** and review together on a regular basis.
- Learn some simple **relaxation techniques** such as meditation and deep breathing to help de-stress.

Services and resources

Get Healthy: A free, confidential telephone health coaching service that helps adults make lifestyle changes. Call 1300 806 258 or visit www.gethealthy.sa.gov.au

Beyond Blue NewAccess: Coaching you through tough times. Call 1800 010 630

Beyond Blue Man Therapy: Great resources designed just for blokes. www.mantherapy.org.au

For more information

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If you require this information in an alternative language or format please contact SA Health on the details provided above and every effort will be made to assist you.



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Take control of your health and wellbeing

