

## THE KORU – SEPTEMBER 2005



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## September 2005 – The Director’s Desk

Welcome to our second edition of *The Koru*. The e-mail newsletter of The Health and Wellness Institute and Sport Life, *The Koru* is dedicated to the nurturing and monitoring of your “new beginnings”. Titled to most appropriately depict its stated intention, *The Koru* is designed to provide new insights into the better management of day-to-day business, with a view to promoting renewed and new hope for the attainment of future success.

*The Koru* has been disseminated into ten core components, each dedicated to revealing cutting-edge information and enhanced learning. Each edition contains a feature article. In this edition we discuss the relaxation, creativity and productivity correlation, with a view to impressing upon all business houses the benefits to be gained by valuing opportunities for relaxation and striving to create environments conducive to flow states in the workplace. In addition to our feature article, *The Koru* also contains a themed interview with a prominent personality. In this edition – and in light of the pending National Rugby League Grand Final - we go face-to-face with former esteemed referee Bill Harrigan. Compiled at the time of Bill launching his very popular book, “Harrigan: the Referee in a League of His Own”, this interview is a frank insight into the man who impacted on rugby league like no referee before or since.

Our Practical Exercise section invites you to take on Jeni Pearce’s Fabulous fat Quiz, whilst A Question of Logic contains a selection of the world’s greatest lateral thinking puzzles. In recognition that effective leadership is the thing that **most differentiates** good organisations from championship organisations, The Golden Rule(s) of Leadership offers three further guidelines to assist leaders in the attainment of their ultimate environment. Let’s Go Surfing directs readers to the insightful and controversial website of Dr Joseph Mercola.

In addition, *The Koru* contains cutting-edge information from The Health and Wellness Institute’s team of high qualified and highly regarded practitioners. Doctor Simon Mayhew invites you to visit “The Doctor’s Rooms”, whilst one of New Zealand’s leading chiropractors and international health speakers Dr Ed Timings portrays the lifestyles of the Okinawans in his “Back in Action” section. Respected personal trainer Jayne Smith elicits all the information you need to maximise the effectiveness of your Swiss ball programme in “Fit For Life”, whilst internationally acclaimed dietician Jeni Pearce continues to provide you with a series of fundamentals for “Eating Yourself Holistic”.

So join with us as we take you on our quarterly journey to the attainment of your better self. In addition, to keep up-to-date with everything that's new at the Health and Wellness Institute and Sport Life don't forget to check out [www.thehealthandwellnessinstitute.com](http://www.thehealthandwellnessinstitute.com) or [www.sportlife.co.nz](http://www.sportlife.co.nz). There's bound to be something there for everyone.

## **December 2005 - Feature Article**

### **The Relaxation, Creativity and Productivity Correlation**



**By Craig Lewis**

Take a few moments to reflect on and consider some of the great discoveries of mankind, the discoveries that guide the way we live our lives today...and let's consider those who brought these great discoveries to us.

Consider names like Galileo, Newton, Einstein, Darwin and Faraday.

Consider Galileo....a truly free thinker who enrolled to study medicine at the University of Pisa, only to follow the curriculum for 4 years and leave without a degree. Almost absolute indifference to guidelines, and with a ranging mind that shaped the disorder of his experiences into numbers. Galileo is best known as the first man to raise a telescope to the sky – an exercise in tranquillity in its own right – and commenced the process of revealing the immensity of the Universe.

As Galileo started the investigation of how and why objects move in the way they do, Isaac Newton resumed it by being born a few months after the death of Galileo. An outstanding example of the value of long vacations, Newton was forced to stay at his home base in Lincolnshire during the years 1665-1666, as Cambridge was visited by the plague leading to the suspension of courses at Cambridge University – a fortunate twist of fate. For 18 months he concentrated on the problems which were to make him famous – the laws of motion and the theory of gravitation. Newton was at his very best when left alone, and for this solitude the world was to receive some of the greatest discoveries in the history of science. In fact, it is said that Newton first began to reflect on the forces that control the movement of objects in a time of peacefulness that left him pondering an apple being dropped from a tree in the yard of his mother's home.

The two great geniuses associated with the word “gravitation” – Newton and Albert Einstein – though separated by over 200 years, shared a number of characteristics, including the relaxed states that facilitated their greatest discoveries. Einstein quit school in 1894 to follow the movement of his family from Germany to Milan, where he found the relaxed atmosphere of Italy much more acceptable than the discipline of Germany. In 1902, he was offered a post at the Swiss Patent Office in Berne where he learnt how to discern the basic ideas of patent applications. It was hardly the most obvious background for an assault on the theoretical physics of his day, but Einstein later emphasised that the job provided him with the serenity and time he needed to come to grips with the basic problems of physics. It was this environment that enabled him to carry out the “thought experiments” that led to new understandings of space, time and gravity.

Add to that the efforts of the father of modern electricity Michael Faraday, whose most famous discovery was founded on an apprenticeship as a bookbinder. Surrounded by books, he became an avid reader and began reading the books and magazines customers bought in to be bound.

Consider Charles Darwin, whose 5 year journey on the *HMS Beagle* culminated in his theories of evolution and the origins of the species. From December 1831 through to October 1836, Darwin was given a unique opportunity to study first-hand a wide range of geological, biological and anthropological phenomena as both a naturalist and personal companion to Robert Fitzroy. Without the complications of day-to-day life and with a single-focus of attention, Darwin was free to record thousands of details of the peculiarities of species.

Now Consider these two short passages.....

*Now the voice fades and I'm ready, channelling everything into pure movement and flow....I surged from the blocks, legs churning, chewing track before my mind even had time to hear the gun and think "Go!" – like a pilot in rough takeoff evaluating all the systems and gauges and finding his craft running smoothly.*

or

*I always go by instinct. You can't do it intellectually. You gotta stop thinkin'. Sometimes though, the defense changes and hits you with something you didn't see in the visualisation. Then you gotta create, and that's all instinct.*

That's right, two of the twentieth century's greatest and most enduring athletes, Michael Johnson and Michael Jordan, describe the single-minded immersion that underpinned their spectacularly creative achievements.

And so we have a select five of the most famous scientists ever to grace the earth, and two of the greatest athletes of our time. But when one considers all the potential correlations the seven share, nothing appears as striking as the relaxed state of mind that promoted both their creativity and productivity. It's a correlation that transcends all the domains we engage in – career, social, family and sport.

In my time in sport, I also strive for this same relaxed mindset that experience has proven will culminate in the peak performance my athletes' desire. For me, it's all about creating the sort of environment that will allow the athlete to trust in their natural instincts – that will allow them to operate in an unconsciously competent state. Of course, achieving this goes far beyond simply demanding it, but incorporates an entire process of operating that includes a strong sense of their awareness and a clear appreciation of our strategic purpose and plan.

The trust routine is a multi-tiered phenomena that builds from a foundation stage, encompasses a degree of specific skills and leads to an understanding of the specific requirements the certain task demands. Ultimately, attaining the state of trust is dependent upon achieving four principal stages at its upper level:

1. A state of concentration, where familiarity with the task at hand is at a premium. It's a state that can only be achieved when the requirements of a certain position are fully explained and understood.
2. Once the individual has achieved the thorough knowledge of the task that is the premise of the concentration stage, they can be immediately propelled into a state of confidence. By definition, confidence is a thorough knowledge of task coupled with a knowledge that one is both physically and mentally able and ready to achieve. It is the cornerstone of our success, for without it we can never truly reach a state of belief that will allow us to trust in our instinctive responses.
3. Composure. With our knowledge and understanding of task assured, and more importantly a realisation of how capable we are of achievement, one cannot help but feel relaxed with the environment they find themselves in. You will not need me to

explain the associations to a relaxed state of mind when we feel both challenged by a task and aware of our ability to master it – the relaxed state of mind that comes with knowing you are about to achieve something of consequence. I can recall several significant examples of this in my time in sport – on both international and domestic stages – when as a collective group we all knew we were going to achieve. It's a phenomena that's difficult to explain, but it's a feeling of destiny. It's not an arrogance....for that would never account for it – it's just an absolute and overwhelming confidence that you have categorically earned the right to achieve on this day, and it's born of your knowledge and understanding of the task at hand.

4. Of course, once we have attained this state, the most natural thing to do is to simply allow ourselves to execute the skills we know we possess. It's a single-minded immersion that highlights our creative achievement, and it's born in the very formative stages of our self-awareness.

In fact, in the trust routine I subscribe too, the very first tier of this 3-tiered process encompasses a strong sense of self-awareness coupled with a commitment and motivation to achieve. The self-awareness I speak of revolves around identifying your profile of natural competencies. It is this self-awareness that allows us to play to our strengths and shore up the areas in need of further development. I believe it to be the single-greatest determinant in successful achievement in both my corporate clients and the athlete's I've associated with. In fact, some time ago I was asked to comment in both the print and television media on the defeat of the New Zealand rugby union team, the All Blacks, in the most recent World Cup.

My explanation was centred round the awareness demonstrated by the opposing Australian team, and the lack of awareness demonstrated by the New Zealand team. In the article, I went on to explain the phenomena in this way:

*It is an indisputable fact that people are most at ease in situations in which they have obtained greatest familiarity, and where the requirements for successful completion of a task are based on the strengths in their skill set. Of course, the skill in sport is to develop an appropriate game plan that enables each individual member of the team to have their strengths maximised and their vulnerabilities compensated for, and achieving desirable outcomes in business is no different. The principal skill of effective leadership in this instance is to gain a comprehensive appreciation and awareness of those to whom you lead,*

*which can only ever be obtained through a committed dedication to “getting to know” those around you.*

*Armed with an appropriate game plan based on player strengths – and in consideration of the individual’s vulnerabilities – the task becomes one of clarifying each independent role and promoting ownership and belief in those roles. In sport, as in business, leaders frequently fall at this final hurdle, failing to define roles so as to make desired objectives apparent whilst also allowing for the invention of personal flair. Further to this, strategic vision statements are often rendered virtually useless due to the failure of leadership to share the vision and recruit pivotal enthusiasm for its attainment. Quite simply, there is no game plan until everybody in the environment accepts it as their plan, just as no company possesses a strategic vision until everybody in the organisation is both aware of it and excited by its potential.*

Hence, not only have we uncovered the importance of self-awareness to the continuum, but also the mechanisms from which motivation and commitment can be derived. To me, the vision of either the individual or team forms the basis from which the motivation can be developed, whilst the commitment we require is wrapped up in a close definition of the strategic purpose the individual or team brings to attaining its vision. I know from my experiences, I go to great lengths to most accurately define the vision and mission statement of all my clients – be they corporate or athlete, or team or individual – because I know I can’t achieve the unconscious competence of trust without first laying a solid foundation, just as I know I can’t build a house from a base of sand.

The middle-tier is the critical bridge to transforming our self-awareness, motivation and commitment into something as meaningful as the concentration stage that commences the immediate state of attaining trust. It’s a strategic stage that encompasses sound goal-setting practices, affirmations, attention control strategies and preparatory routines amongst other things, and its successful completion delivers one to a complete and comprehensive awareness of all the intricacies associated with successful attainment. It’s a stage of learning and developing, and it’s our greatest opportunity to substantiate the mastery from which we can achieve that something special in our lives. It’s a personal and professional development stage that makes whatever we aspire to possible.

And so we have it, but accounts of times when individuals outdid themselves are not just limited to the sporting arenas of the world – surgeons, engineers, managers and others have been equally as adept

at describing periods in their working lives when positive emotion has been aligned with the task at hand. It's a phenomena known as a *flow state*, it's a feeling of being immersed in relaxation, and it explains those periods when people can be engaged in an exceptionally demanding task even though the brain is operating within a minimal level of activity or energy expenditure. The quality of attention in *flow* is **relaxed** yet highly focused. Flow is the ultimate motivator because when we work in flow, the motivation is built in – work is a delight in itself. Identifying ways to master *flow* is emotional intelligence at its best, and the key to attaining your workplace productivity.

The relaxation-productivity relationship.....it is real, and it explains the scientific discoveries of mankind just as much as it explains peak performance outcomes of professional athletes and professional people, and it will also explain peak performance achievements in your workplace too.

## September 2005 - The Doctor's Room

### Top Level Sports Medicine and Your Corporate Health Programme



**By Doctor Simon Mayhew**

I believe that corporate health programmes can learn much from top level sports medicine.

I have worked with NPC rugby teams from all divisions - in fact I have been with teams that have made finals at all 3 levels. I have been involved with two Super 12 rugby franchises. I have had the pleasure of working with New Zealand under 19 and 21 teams to 3 world Championships. Away from rugby I have worked - and continue to work - with a variety of elite athletes in various codes: including tennis, badminton, cricket, soccer, track and field, swimming, triathlon, soccer, netball, cycling and rugby league. I have been associated with some very successful sports teams and individual athletes – world champions included.

Modern sports medicine is **athlete-centred**. The athlete is physically and metaphorically surrounded by supportive experts – coaches, manager, dietitian, physio, chiropractor, biomechanist, doctor, muscle therapist, podiatrist, psychologist, etc. Helping the athlete to achieve their best ever performance is the common aim.

It is never simple and success does not happen by chance, even when you have an Under 19 or 21 rugby team loaded with talented players the calibre of Luke McAllister, Peri Weepu, Stephen Donald, Ben Atiga, Jimmy Gopperth, James Ryan, Hosea Gear, Rudi Wulf, Jerome Kaino, John Afoa and Nick Williams. Excellent sport teams do not succeed simply by picking the players, doing a series of fitness tests and then just competing!

**Thorough planning and preparation** is critical to sporting success. Players do not stay well by chance. Any good sports team's support

staff undertakes its planning well in advance of the team even being named. The planning and preparation is constantly being reviewed and appropriate adaptations for the future are made. The pursuit of excellence leaves nothing to chance.

From the sports medical side of things, we are involved from the early stages.

Aside from the thorough planning and preparation how do we make a difference?

1. We must have **good skills, knowledge and abilities** – get the right people involved.
2. We must be **pro-active about health and fitness care**. Health is not merely an absence of disease. We aim to optimise health and fitness so that our athletes can safely play to the best of their ability (ever).

#### Optimising health in the sports setting:

1. You must have an understanding of health in terms of athletes. Very little things can matter (e.g. a runny nose on game day!). On competition day players want to “glow” with good health.
2. **Sports health is a work in progress NOT a finished product.** Healthier athletes tend to have **regular** contacts with their health professionals - dietitian, physiotherapist, chiropractor, massage therapist, trainer, doctor, etc. Like **service checks** for a car!
3. Elite athletes tend to be up to date, including regular muscle balance assessment.
4. Elite athlete's health and fitness care **MUST** be **individualised**. They may be team sport athletes but all have differing needs and must be approached as such.
5. Athletes are no different than the general population in that they prefer **personal** rather than a generic approach to their health and fitness.
6. The sports team health professionals must work as a team with the same goals. **Excellent communication** with athletes, coaches and each other is critical for this.

A campaign for the Rugby Under-21 World Cup or a Super 14 campaign, or a campaign for the World Swimming Championships have many similarities. **Superb physical and mental fitness and health is never a finished product but a work in progress.** We must continue to review and undertake a broad range of minor and major “services”. **And optimising corporate health and wellness is no different.**

It was not that long ago that sports groups were learning from business about how to run the “business of sport”. The educating should be a two way, dynamic process. Like sport, corporate health cannot merely be about injury prevention, but it must also be about optimizing performance

#### HEALTHY COMPANIES WILL

1. Have a company health and wellness vision
2. Be worker centred in terms of peak performance
3. Be process oriented.
4. Have a well planned health and wellness programme that is dynamic and pro-active - preventing the wound rather than simply putting bandages on it.
5. Have a health and wellness approach that is personal and individualised
6. Have an environment of trust (like athletes trust their coaches and fellow athletes)
7. Employ expert health and wellness professionals.

In looking after the LABOUR content of the production equation, in a manner similar to managing elite athletes, maximum sustainable gains in output can be achieved.

There is excellent research to support the benefits of well planned company health and wellness programmes:

- Lower absenteeism
- Less injury and sickness
- Better staff retention
- Improved output
- Happier workers
- Reduced costs
- Better worker relationships

So will you model your “team” on the All Blacks of this world or model them on a Sunday social soccer team?

## September 2005 - Fit For Life

### The Swiss Ball Revolution



**By Jayne Smith**

The fitness world has been hit by a revolution – a Swiss ball revolution. Since the early 1990's, Swiss balls have been a familiar sight in many gyms and are commonly used for abdominal training, where their ability to isolate core muscles of the abdomen, chest and back have been proven to provide an increased effectiveness. Because the Swiss ball creates instability, it forces the user to engage these core muscles as a response to this apparent loss of balance.

Taking on the appearance of an over inflated beach ball, the intervention of the Swiss ball was initiated by physical therapists looking for variations on range-of-motion rehabilitation exercises. In recognition of discomfort associated with exercising on the floor, therapists developed a rudimentary fitness ball which enabled them to bring the floor to the patient whilst also enabling them to perform stretches and isolation exercises without the danger of joint damage.

Current day and traditional sit-ups have been replaced with various forms of abdominal crunches, whilst many engaged in strength training have realised opportunities for free weights to be performed whilst on a Swiss ball. In both circumstances the extra dimension of core strengthening has been a welcome advancement. In addition, Swiss balls have altered the mechanics of traditional exercises such as push ups, where emphasis to the arms and shoulders has been added whilst taking the legs out of the equation. By combining five or six Swiss ball exercises in a mini-circuit you can get a complete and exhilarating workout.

#### **Tips For Safe and Effective Swiss Ball Workouts**

- Purchase a ball rated for your height and weight
- Inflate your Swiss ball so as to feel some 'give' when you place your full weight on
- Take care the ball does not slide from underneath you by ensuring you are not on a slippery surface
- Be careful not to overdo and exercise simply because it feels easier to perform on a Swiss ball

- Warm-up appropriately by performing the particular exercise you intend doing at a reduced intensity (i.e. perceived effort of 60% training intensity)

### **Familiar Exercises With a Swiss Ball Variation**

**Push-ups** – The introduction of a Swiss ball to an exercise regime can make a traditional push-up exercise easier or harder depending on the whim of the participant. By lying face down with your hips supported by the ball you will provide a supportive base making the exercise easier. To advance this exercise, simply walk forward on your hands and let the ball roll towards your feet – the further away from the ball your hands position, the greater will be the strength requirement.

**Wall Squats** – Support your back by positioning the Swiss ball between and your back while standing, extending your arms as a means for balancing. Lower yourself until your legs are at a 90% angle to the ground (do not extend beyond 90%). Return to the start position, ensuring that you retain tightness in your legs and butt. To advance this exercise, try extending one leg straight ahead of you, enabling the planted leg to take the entire strain of the exercise.

**Leg Curls** – Lying with your back on the ground, your arms extended to your sides and your feet positioned on the Swiss ball, commence the exercise by “curling your legs” in a downward motion towards you. At the bottom of the movement, your legs should form an inverted V-shape. Slowly return your legs and body to their original position.

**Front Stroke** – Lie on the Swiss ball with your stomach positioned on the middle of the ball and your legs and arms able to move freely. With your back straight and your arms and legs touching the floor, raise your right arm and left leg simultaneously until both are parallel to the floor. Keeping your back tight, return slowly to the start position and continue to perform the movement with your opposite arm and leg. This exercise can be advanced by attaching leg or wrist weights to your hands and legs.

**Abdominal Transfer** – Lying on the floor with your arms extended above your head and your legs extended below you, squeeze your legs together to hold the Swiss ball in place. Raise your legs and arms so they meet in the middle of your body above you. Using your hands, grab the Swiss ball from your legs and return to your start position (except now you are holding the Swiss ball in your hands) making sure you maintain tightness through your abdomen at all times. Repeat the transfer of the Swiss ball between your hands and legs.

**Lateral Raises** – Sit on the Swiss ball (feet extended to ensure balance) with weights in your hands, your palms facing toward each other and the dumbbells beside your thighs. Keeping your back straight and looking forward, raise the dumbbells until they're just above shoulder level and then return to the starting position.

So take on the Swiss ball challenge and happy exercising!

## September 2005 – Eat Yourself Holistic

### Understanding the Role of Omega and Iodine in the Diet



**By Jeni Pearce**

#### **The Omega File**

Eating more of the right forms of fat could reduce the risk factors for a number of lifestyle diseases – such as heart disease - and improve health. Whilst many New Zealanders are aware of the need to reduce the level of saturated (animal fats) and increase the intake of the healthier monounsaturated fats such as olive and canola oils for heart health, current research supports an increase in the intake of a polyunsaturated fat called omega 3. Found mainly in sea foods and plants this fat assists the body to function correctly and is all the more essential due to the bodies inability to make it itself.

Unfortunately, in New Zealand we tend to eat more of the omega 6 variety and not enough of the 3 form (the number refers to chemistry and where the double bond falls in the molecule). By increasing the intake of omega 3 - in combination with a balanced healthy diet – we can help reduce the risk of major diseases such as heart disease, stroke, cancer, type 2 diabetes. In addition, omega 3 has been attributed to the treatment of inflammation and immune conditions (rheumatoid arthritis) and possible depression.

Heart disease risk is reduced through omega 3's ability to maintain blood flow to the arteries, whilst also reducing the stickiness and clotting of blood (by reducing the build up of plaque in the arteries or atherosclerosis) and assisting a regular heart beat. Increasing omega 3 intake raises the protective HDL cholesterol and lowers the triglycerides (high levels increase the risk for heart disease). Omega 3 also appears to help maintain the efficiency and ability of messages and signals to be sent and received by the brain and nervous system. Consuming omega 3 over time has been reported to reduce blood pressure. Omega 3's role in reducing clotting of blood also lowers the risk of stroke.

As part of a healthy diet for pregnancy growing babies need omega 3 and 6 for development, especially of the brain, eyes, nerves and

reproductive organs. The highest concentrations of omega 3 are found in the human brain and its presence here may reduce depression, while age related changes in the brain may be delayed. In the retina of the eye, photoreceptors (receptors activated by light) help with recognition of what we see. Omega 3 is known to assist in the correct functioning of these pathways and is thought to delay the onset of age related degeneration and damage.

Benefits to the immune system have been reported including a reduced risk of infection and wound complications, whilst omega 3 is also believed to play a role in the formation of compounds (eicosanoids) that assist in reducing inflammation, assist blood vessels to relax and reduce blood clotting. In addition, omega 3 is also said to provide benefits to those actively engaged in exercise, due to its role in improving heart muscle condition and function. It is also claimed that the presence of omega 3 enables the heart to use less oxygen during activity, pump more efficiently and lower the average heart rate.

### **Three Forms of Omega 3**

There are three forms of Omega 3. The form called DHA (Docosahexanoic acid) is the most efficiently used by the body and is found in fish and fish oils (salmon, tuna, sardines, oysters) and has crucial roles for the brain, eyes and nerves. In conjunction with the EPA (Eicosapentanoic acid) form, Docosahexanoic acid has been linked to a reduction in risk factors for heart disease and strokes. These fatty acids provide fuel for energy, are part of the building materials for cell membranes, take care of the health of the membranes and other tissues (such as the retina in the eye and nerve impulses) and have a role in reducing inflammation.

Alpha Linolenic acid (ALA) is the form found in vegetables oils, seeds and nuts, such as canola and walnuts (30g of walnuts has about 2g of omega 3 ALA). This form however, is less easily converted to the more influential DHA form. Whilst the exact mechanism for how omega 3 fatty acids provide beneficial effects on heart disease, inflammation and blood fats remains unclear, vegetarians and people who avoid fish need to pay close attention to their omega 3 intake as plant foods do not provide the long chain DHA and EPA forms. Using foods enriched with omega 3 (milk and eggs) and consuming more nuts such as linseed, canola oils and walnuts is strongly recommended.

When increasing the omega 3 intake however, it is important to not to further increase the intake of omega found in margarines, sunflower, safflower and corn oils, and sesame seeds. Internationally many different foods (pasta sauces, meats, eggs, bread, bakery products, margarines, spreads, juices, soft drinks, dairy products and milk) are

enriched with omega 3 fatty acids and some are available in New Zealand. The method of cooking appears to have minimal effect on fat content and does not destroy these important fatty acids.

### **Foods containing Omega 3.**

Eating fish, especially oily fish - such as tuna, salmon and sardines - two to three times a week - is strongly encouraged. All forms of fish - fresh, frozen and canned - are good choices. Similarly, eating more sea foods - such as green lip mussels, oysters, crab, and shellfish cooked with lower fat methods – is also encouraged. Choosing omega enriched foods such as heartwise milk in cooking, for sauces, custards, smoothies and on cereal is also advised, as is eating omega fortified eggs, margarines, and canola and walnut oils in cooking and as dressings.

<b>Food File</b>	<b>Omega 3 content g/100g</b>
Hoki, smoked	0.5
Hoki smoked, poached	0.7
Travelley, grilled	0.8
Tuna, canned	0.6
Kahawai, canned	1.1
Mussels, uncooked/steamed	0.7
Mussels, marinated	1.1
Mussels, smoked	3.3
Oysters, battered, deep fried	0.7
Sardines, canned	3.6
Salmon, canned (red)	2.4
Salmon, canned (pink)	0.9
Anchovies, canned	0.8
Heartwise milk	0.8

### **Iodine: The Forgotten Essential Mineral**

Iodine has received more attention recently for a number of reasons, mainly because food grown in New Zealand soil is low in iodine content. Whilst foods taken from the sea have been proven to provide a good source of iodine, the fact remains that the most pertinent source of iodine in New Zealand diets is iodised salt. Importantly, whilst table salt

has been fortified since 1924, the fact remains that salt used by manufacturers is not iodised.

A deficiency of iodine causes goitre (enlargement of the thyroid gland) and hypothyroidism (where the poorly functioning thyroid gland cannot make sufficient thyroxine, culminating in weight gain, poor cold tolerance, voice changes, dry skin and thin coarse hair). Thyroxine is used to stimulate a metabolic process in cells, which is broken down in the liver and excreted in the bile. Alternatively, an excess of iodine can cause acne like skin condition or lesions and hyperthyroidism (weight loss, tremors in the hand, nervousness, increased appetite and intolerance to heat).

High blood pressure has a strong link with stroke and is a common condition affecting many New Zealanders. In an endeavour to reduce high blood pressure (hypertension) a reduction in salt intake has been consistently recommended. In addition, reducing salt intake leads to greater bone health and a reduction in osteoporosis as high levels of salt increase losses of calcium in the urine. People with hypertension are encouraged to reduce their intake of salt and foods high in salt. They are also encouraged to increase their intake of calcium and fruit and vegetables as these appear to provide some additional protection. Including foods containing iodine regularly into the diet is important.

Nevertheless, recent data provided through Ministry of Health, NZ Food, NZ Children survey (2003) has indicated that the level of iodine in the diet has fallen for both adults and children, with children in particular appearing to be more at risk. Many children do not add salt at the table, and the trend towards using gourmet style rock and sea salts (without the added iodine) in cooking and on food has further lowered the dietary intake. Children may need more than 120ug and teenagers may require greater than the 120-150ug of iodine daily. Iodised salt should be used in cooking for pregnant women, children and teenagers.

### **Food sources Providing Iodine:**

- Iodised salt when added to food Bread (where iodine conditioners are added)
- Regular bread
- Shrimps and seafood
- Eggs
- Cheddar cheese

## **September 2005 – Back in Action: Okinawa**



**By Doctor Ed Timings**

Near a beach in Northern Okinawa, a group of 161 islands stretched between Japan and Taiwan, there is a large stone on which the following proverb is carved. “At 17 you are but a child, at 80 you are merely a youth, and at 90, if the ancestors invite you into heaven, ask them to wait until you are 100, and then you might consider it.”

The population of 1.3million includes more than 400 centenarians. 85.7% of who are female, which is nearly four times the rate in Western Countries. The average age at death is 81.2 years. As a group, coronary heart disease, stroke and cancer - the three leading killers in the west - are least likely to afflict people living in Okinawa than anywhere else in the world. And as a result, they enjoy not only the world’s longest life expectancy, but he world’s longest health expectancy.

Health expectancy is really significant. Although we may well live longer, our final years often leave us inflicted with various disorders - severely limiting the enjoyment of these years science has kept us alive for. Dr Bradley Wilcox, a Fellow in Geriatric Medicine at Harvard Medical School, and current investigator of the Study, said 97% of their life expectancy is disability-free. On the oldest centenarians, their illness has generally occurred a few months before they die. Okinawan Centenarian Study, which began in 1976, concentrated on genetics and lifestyle. Over 600 centenarians and elders in their 70’s, 80’s and 90’s, were examined.

Successful aging was in fact due to lifestyle. Okinawans who grow up in other countries and lead a different lifestyle have an increased mortality rate. If we compared this, for example, with diabetes in the Western world versus say, Japan, in American there is a much higher rate of diabetes than in Japan. But if you take the Japanese person and put them in America, they will grow up and assume the same mortality rate and difficulties of diabetes as an American.

The scientists concluded that their healthy arteries were largely due to their lifestyle: diet, regular exercise, moderate alcohol intake, avoidance of smoking, blood pressure control and a stress minimalising, psycho-spiritual outlook. In other words, they also meditated.

It was found also that they had an extremely low risk of hormone-dependant cancers. This is believed to be due to low caloric intake, a diet high in fruit and vegetables, healthy fats and fibre. Low body fat, high levels of physical activity and a high intake of protective oxidants (such as flavanoids which are oestrogenic compounds derived from plant foods) assist this.

Okinawans also managed to stay lean in old age by eating a low-calorie unrefined complex carbohydrate diet, and practising a cultural habit called *hara hachi boo* (which involves ceasing to eat when they are 80% full). They also keep physically active - the natural way - by dancing, soft martial arts, walking and gardening.

Okinawan's rate of dementia is low, and they appear to enjoy good mental health. They are very happy, carefree people. Okinawans also have a strong network with large extended families.

### ***In summary***

*Friendships and communication* - When we relate this to today, we must think about where we spend most of our time, and is this network supporting us? How can we increase joy in the workplace - listening with sincerity? How can we increase joy in the workplace - listening with sincerity? Time out rooms? Those of us who don't have enough friendships could join social groups, or volunteer groups, or take up a new sport. It's a matter of life and death.

*The two principal factors* of the diet are that it is low in calories and it incorporates plenty of vegetables. Okinawans eat more food in weight than North Americans, but because they eat less fat - and so take in fewer calories - they manage to keep lean. 50% or more of one's total calories should come from complex carbohydrates. Examples are brown bread instead of white. The diet of the Okinawan seems about  $\frac{3}{4}$  plant food, and  $\frac{1}{4}$  animal.

*Eating habits* - They stop eating, as previously stated, when they are 80% full. We should all stop eating at the first feeling of fullness, but we seem to carry on. There is a 20 minute delay before the stomach tells the brain it is full so you are, in fact, full at that first sign.

*Enjoy Life* - Importantly Okinawans do the things they enjoy, which affects the chemicals in their brain. They are not trying to do more and

more things, in less and less time. They are working on their own schedules, which are more in tune with their biological clocks. You can't say that this is a stress free society, as a 1/3 of the population was killed in the 2<sup>nd</sup> World War, so they too have their stresses, but they do cope.

*Time out* - Okinawans incorporate quiet time into their day, and regularly pray at a shrine in their homes. Mediation is such an important tool for Okinawans, and so too should it be for us.

***There is no magic pill, Okinawa is not some weird and out of reach theory. It's calories in and calories out. It's maintaining fitness levels and getting in touch with your spiritual side. It's healthy ways of coping with stress.***

## September 2005 – Golden Rules of Leadership



You may recall our first three principles for leadership in our June 2005 edition of *The Koru*:

1. Show Respect For Everyone
2. The Power of Love, and
3. Recruit People Who Can Work in a Team Environment.

In this instalment of Golden Rule(s) for Leadership we wish to offer the second instalment of fundamental considerations that are as much principles for holistic welfare as they are for leadership guidelines.

4. The Power of WOW.

What's your WOW factor? What's the one thing that gets people out of bed in the morning and wanting to excel in your office? **Don't know.....give me some time to think about it! WRONG ANSWER!!!!** Your WOW factor is what makes your culture what it is. Your WOW factor is what makes the people at your place feel great about themselves. Your WOW factor is your point of difference – and if it isn't in how your people feel about themselves than I'd suggest **it needs to be**. What constitutes a WOW factor? A wow factor can be in a programme you implement. It can be in the way you communicate. It can be as large or small as you want it to be, as long as it sends out the message that the recipient is respected and valued.....as long as it leaves the recipient feeling good about themselves and their environment

I've recently re-commenced a role with the New Zealand rugby league team, the Kiwis, for the up-coming Tri-Nations between New Zealand, Australia and Great Britain. Our first encounter is against Australia in Sydney, a place where the Kiwis haven't won in nearly 50 years of trying. We've also never gone back-to-back against Australia (something we simply have to do if we hold any desire to win the Cup), and we've certainly never won a series featuring both of our greatest rivals. Our campaign commenced with a card to each player broadly in contention for selection, and within the card was a personal message to

each player. It's a simple strategy, but one that had an immediate impact. Ruben Wiki's card sits pasted to his mirror at home. We sat down and bullet pointed what we wanted to say to each player, and then I had the job of developing the bullet points into a phrase. I can tell you one thing.....**if you want to feel good about yourself, try doing that for an idea.** After writing out a compliment to everybody in your organisation, I'll guarantee you can't but feel good about yourself. I'd almost go so far as to recommend it as a weekly therapy!!!!

Our challenge is constantly seek that **WOW** factor - that thing that makes everybody in the environment strive to achieve what's possible and positive,....**AND I'LL BET YOUR CHALLENGE IS THE SAME.**

## 5. When the Right People Become the Wrong People

In the mid-1990's I was involved with basketball coach Tab Baldwin, who was in the process of winning four NBL Championships in 5 years. One of the first things Tab ever spoke to me about was his philosophy on creating a great culture.....It was a simple philosophy....Recruit quality people and you'll end up with a quality culture. For a long time I believed that was probably the case, although I'd have to say my thinking has swung a little in recent times. You see, I've seen organisations set about recruiting all the best people (don't we all!). People who they liked and believed they could trust. And then I've seen those same organisations wonder why the right people somehow ended up being the wrong people – friendships have been lost and relationships destroyed.

You see, I now believe the "right people" can easily become the wrong people if you don't have a strong definition of roles, appropriate protocols and a process for promoting collective responsibility. The "right people" can soon become the "wrong people" if the environment they walk into doesn't give them a sense of their worth, leave them with a sense of their own confidence and purpose or give them an understanding of their integral value to the organisation.....No, I've come to realise that great cultures are based upon outstanding environments that breed people who are excited and inspired to attain their own level of personal greatness. So if you want a workforce who wake in the morning **pumped** about the prospects for the day ahead, my recipe would be to priorities sound values, a system to work to, a belief in that system, and a definition of roles and expectations, and you'll end up with a group of people inspired to achieve their best performance. My recipe would be to promote ownership above everything else, because when we have ownership..... **We have a chance to succeed.**

## 6. Recognise Your Key Stakeholders

In any organisation there are invariably key “stake holders”. They are people who are influential in your group, usually through a combination of their dominant personality, highly respected talents and out-going demeanour. In real terms – and because of these qualities – they are highly regarded by their peers, most of who see them as emergent leaders (people who lead regardless of whether they possess a title recognising this status). The key “stake holder” is at the “core” of your organisation, and it is in the interest of any effective leader to ensure congeniality exists between themselves and the “key stakeholder”. It is in your best interest to ascertain the values and guiding principles that are important to that person, and to then set about creating a culture that makes them comfortable, happy and feeling a level of importance to the success of the team.

In 2001, I was involved in a performance coaching role with the North Harbour Rugby Union’s NPC team. Under Wayne “Buck” Shelford, I was effectively given license to generate the sort of culture I believed most fitting to the team maximising its talent, and immediately recognised our key “stake holder”. In 2001, Mark “Sharkey” Robinson was our captain and half back. He was highly respected by all his team-mates for his exquisite talents as much as for his personality, which - added to the fact that his playing position was pivotal to the team’s on-field direction – made him the obvious candidate to create a culture through. We needed to surround Mark with a value system that exhibited similar principles to those he readily exhibited (i.e. good simple values, a formal operating process and trustworthiness, and definitely no mind games - what is it with people in leadership, be it sport or business!). As a consequence of this strategy, Mark Robinson was arguably the player of the 2001 NPC season, a quality leader – with a team who followed his lead - and the team finished a meritorious second in a competition dominated by the five Super 12 franchises. In this year’s Kiwi team we have four “key stakeholders” – Ruben Wiki, Stacey Jones, Nigel Vagana and Paul Rauhihi – and our success in the Tri-Nations will undeniably rest on our ability to generate a culture they can easily adapt to – a culture that leaves them inspired and motivated to carry their team-mates to victory.

## **September 2005 – Face to Face With Bill Harrigan**

*Bill Harrigan has been Australia's leading Rugby League referee for over a decade. He has a profile equal to the major players - and has never been far from the headlines. He is very good, and very opinionated - and isn't afraid of speaking his mind. His life has given him a fair number of knocks, as well as great rewards. As a rugby league referee, he is acknowledged to be one of the best, but often disliked because of the job he does. Often considered to be arrogant and egocentric, he is also recognised as a man who showed great skill and sensitivity in dealing with crisis situations during his time in the police Tactical Response Group. On the eve of the NRL's flagship match, we revisit an interview from the launch of Bill's best selling book and talk to him about his charismatic career in the game as well as his philosophies on life.*



**The Koru:** When did you first start refereeing?

**Bill:** I started in 1977. The reason I got my referees ticket was because the New South Wales Rugby League was asking for schoolboy referees. They were asking schools to volunteer putting kids through referee's school. I didn't want to do it, but I was forced to by a teacher at school.

**The Koru:** Did you have a playing background?

**Bill:** I played for 23 years as a hooker and continued playing. I was still playing police football when I was refereeing first grade. I was playing on a Wednesday and refereeing first grade on the weekend - Dennis Braybrook, who was the referee's boss - wasn't very happy about it, but he said,

"I'll let you do it and God help you if you ring up and say you're injured."

**The Koru:** How long have you been identified as a professional referee?

**Bill:** When the Super League/ARL war commenced, that's when refereeing rugby league went professional. It started on the first of January 1996, and when I signed with Super League I became a professional referee and gave away the police.

**The Koru:** And you've been professional ever since?

**Bill:** Yeah. I'm on a year to year thing at the minute. The contracts have all finished and it's just a year to year thing now. When I first signed with Super League it was a 5 year contract and since then the NRL have taken over and it's a year by year thing.

**The Koru:** What is your philosophy regarding refereeing?

**Bill:** Get out there and do the best job I can, and the best performance for the game of rugby league - spectators, clubs, players - and do it to the best of my ability and full of integrity. That's probably the biggest thing. So that's probably my philosophy - to get out and enjoy myself and do it to the best of my ability.

**The Koru:** What do you believe are the key strengths you bring to a refereeing performance?

**Bill:** Commitment and dedication to whatever facet of the refereeing it is - whether it's the fitness side, the knowledge of the rules. Being a player for so long and playing in the hooker position where we test the rules a fair bit has enabled me to see everything from the perspective of the players. So I can see where they're coming from as well and get to read the game. Some of these young referees now have really just taken up a couple of junior years of playing and then decided to become a referee, whereas I kept playing right up until I was 27.

I think my other key strength is my time in the cops.

- The Koru:** What do you think are the attributes you got from the Tactical Response Group that have enhanced your refereeing ability?
- Bill:** First and foremost was the fitness that we had to have. Second was that we had to rely on each other and put our lives in our buddy's hands and vice-versa. We did a lot of drill. We did a lot of dirty jobs where we were getting out of bed in the middle of the night and training. We've been through riots together, and so having that bond and camaraderie with your mates has been a huge strength.
- The Koru:** In what way do you think that attributes to your refereeing?
- Bill:** Strength of character. Commitment and dedication to doing what I had to do because I had somebody else's life in my hands gives me the ability to have a commitment and dedication to do whatever I have to do in refereeing. Especially once I made the top it gave me the dedication to stay there.
- The Koru:** Twenty-one State of Origin performances. What makes the State of Origin so special?
- Bill:** Twenty-six of the best players in the world on the field at the same time. The game is so quick, so exciting because you have those twenty-six players on the field. It just makes for one hell of a game.
- The Koru:** In addition to the State of Origin, you also controlled the four Super League Tri-Series games in 1997. What impact did Super League have on rugby league as we now know it?
- Bill:** Without Super League I would've retired back in 1995, and the reason being that it was too difficult to try and run a refereeing career, a career in the police force which was getting increasingly more demanding as I grew in rank and also having a family standing back on the outside saying, "Hello, when do we get some time with you?" So I was having to choose what was going to be first, second and third and referee was out the door at that stage. Super League came along and threw a lifeline to me and said, "We want you to become full-time." So

that took my job out of it - made it my job and allowed me to balance between family and refereeing really well.

**The Koru:** What about the game itself. How did Super League change the game?

**Bill:** The war changed it just because the two factions were warring over it, but on the positive side - and I think now that's what you look at because I don't think there's been too much that was detrimental about it - I believe they brought into the game the new technology for refereeing. Electronic gear. The video referee. The money being poured in through News Ltd and Murdoch allowed clubs that wouldn't have normally survived to survive. I think it just gave the whole game a shake up. There was a period of time when it was very ordinary and there was a lot of hate - factions against each other - but I think now everything's just blended in and the game's just gone from strength to strength. It needed to happen. Like a rebuilding of a business, and now it's flourishing.

**The Koru:** How much has the game evolved in your time as a referee?

**Bill:** Immensely. If you go back and have a look I refereed Ray Price, Mick Cronin, Steve Mortimer - those sort of blokes. Going back that far we were putting the ball in the centre of the scrum. The game was only 5 metres. Training was only two or three times a week. Now it's professional and players are paid good money, they're training two or three times a day, six days a week. The game is just so much faster which has made it much more of a spectacle.

**The Koru:** In addition to the State of Origin, there's also been 9 Grand Final appearances. What's the secret to coping with the hype leading into a big game and ultimately performing on such a stage?

**Bill:** I love the atmosphere of the big day and I love the big games. Everything moves up from a competition game to a semi-final to a grand final or a state of origin. The atmosphere and the intensity lifts, and I seem to lift with it. I've heard it said and seen it written that I'm a big game referee, and I've got to go along with that. I just love the big games and lift with it.

**The Koru:** The Grand Final is arguably the biggest day in a player's life, what's the key to channelling the nervous energy and excitement of the players into a spectacle worthy of a Grand Final or State of Origin encounter?

**Bill:** By keeping everything in check first and not getting overwhelmed by the day or by what it is. Keeping the nervous energy and excitement in check, but still being able to enjoy it, and using it to bring the best out in you. So when you get tired and there's ten minutes to go, you just find that little bit extra that you may not have been able to find in a club game.

**The Koru:** And controlling it in the players?

**Bill:** They make it easy because when you get those big games everything's on the line. State of Origin you've got the best players, they're playing for the win for their state and sometimes for a Kangaroo jersey. They're not out there to muck up their chances and they're not giving away stupid penalties. In grand finals it's the be all and end all - at the end of that day they've either won it or lost it and they're not going to jeopardise that. It makes it a little bit easier for me.

**The Koru:** You appear to have a profile in the game that matches even some of the games best players? Is this a situation you enjoy?

**Bill:** It's a little bit overwhelming, and humbling I suppose. I've had some greats from other sports - AFL and soccer, that sort of thing - come up and say, "Fantastic to meet you. It's unbelievable to meet an official who's got as big a name as the top players in the game have." And to me that's humbling - I don't look at myself in that way. I look at myself as the same bloke who's been able to walk down the street and not be recognised. But the reality is that I am recognised just about everywhere I go - it's a part of life and I just deal with it the best way I can. There are negatives to it obviously. I've just experienced that in the last week with death threats and so on.

**The Koru:** What impact has this profile had on your life and that of your family?

**Bill:** That's something that concerns me because I know I can

handle it and I know how to handle it, but it's the way it affects my family. They don't really have control of it - my brother and sister, uncles and aunties go to work and the people who work with them know who they are and know the relationship so they cop a hard time. My brother's kids and sister's kids go to their schools and they cop a hard time because their uncle's the referee. My kids cop a hard time at school and end up in fights and that sort of thing because of people bagging their dad. That is a real negative of having a profile, or a referee's profile where you can't make everybody happy.

**The Koru:** In terms of managing your role as a professional referee, do you believe the NRL are positive and active?

**Bill:** In the situation that happened last week they upped the security and took an active role, but on the whole this year they've really tried to downplay the referee's personalities and profiles which I think is a negative really. I'd like to see it more positive, because I think if you make it a positive you'd have a better chance of recruiting younger blokes. It's like advertising. We're losing 26% per year of officials because of harassment, abuse and assault. That is a major problem over here - I think it's a major problem worldwide because of the way society has gone with respect and manners toward authority.

**The Koru:** In regard to the game and your career in it, what do you recognise as being the highlights?

**Bill:** 1989 Grand Final. That was the first Grand Final I've ever refereed in any grade. I was the youngest referee to ever referee a Grand Final. And it was just a great game between Canberra and Balmain - it went to extra time and Canberra were the underdogs and got up. It was just a brilliant game of football. Last year it was stated the best Grand Final of the modern era by all the journalists.

**The Koru:** And what do you believe to be the lowlight of your career?

**Bill:** One of the major lowlights was the round 17 game last year between Newcastle and Parramatta when I put four Parramatta players in the sin-bin and I got dumped the following week. I got told I was being rested but I got

dumped, and I was pretty dirty on it. That was probably a low point. Other low points have obviously been the harassment and death threats last week - but on the field that was probably the low point.

**The Koru:** Who do you most admire in regard to playing and coaching performance? What makes these people so uniquely outstanding at what they do?

**Bill:** Coaching, I'm very fond of the way Wayne Bennett handles himself. I think he could probably do a little bit more media wise to help promote the game and everything, but that's Wayne and I can accept that. I've got to know him a little bit more outside the cameras and have had conversations with players that are close to him and they tell me the sort of man he is. If I was ever playing, he'd be the sort of bloke I'd like to play under. Players - I get on pretty well with just about all the players, but if you're talking about performances, Wally Lewis is probably the greatest player I've ever refereed, Mal Meninga was probably the toughest for brute strength and brutality when he runs with the ball, and Gordon Tallis was probably one of the toughest forwards I've ever come across before his leg injury when he was in raging bull form.

## **September 2005 – Let's Go Surfing**

**[www.mercola.com](http://www.mercola.com)**

We really enjoy some of the insights offered by Dr Joseph Mercola through his website, [www.mercola.com](http://www.mercola.com). Joseph Mercola is an osteopathic physician, meaning he practices a “whole person” approach to medicine, treating the entire person rather than just the symptoms. His stated objective is to “develop attitudes and lifestyles that don’t just fight illness, but help prevent it.” We find the website to be an essential mechanism for dispelling many of the myths and misinformation bombarding the public.

In the first instance, the website is not beholden to advertisers, meaning the insights provided are based on extensive research conducted without a bias derived through loyalty or inducement. Although American based, the website can be a compilation of references to published articles, with Dr Mercola tackling some of the most controversial but pertinent issues of modern medicine. The website is updated on a regular basis, and subscription to Dr Mercola’s free newsletter – eHealthy News You Can Use - makes for some entertaining and perceptive reading on a regular basis.

Due to the strong emphasis on holism, the range of health issues covered is expansive – so expansive that it readily covers off an all the five dimensions of health:

- Physical health
- Emotional health
- Social health
- Spiritual health, and
- Intellectual health.

From it’s beginnings in 1997, the website has now grown to routinely be among the top 10 health sites on the internet. So if you want practical health solutions without the hype, we’d suggest you look over [www.mercola.com](http://www.mercola.com).

## September 2005 – Jeni Pearce’s Fabulous Fat Quiz

Few specialist areas in our current thinking are so heavily governed by myth than that of nutrition. When it comes to eating, most of us have “read the definitive article” – the article that explained it all and enabled us to immediately gain expertise. Virtually everyone we know can suggest a more fulfilling and healthier diet, whilst most people can point to a dietary plan they once placed their entire faith in. Everyday the media – both print and television - are filling our heads with opinion and advice, and never before in the history of New Zealand television has so much production revolved around suggestions for weight loss - including TV3’s latest contribution “Downsize Me”, featuring the Health and Wellness Institute’s very own Dr Simon Mayhew.

We now challenge you to test your knowledge on this most intriguing of topics – to find out what you really do know about the role of protein, carbohydrates, fats, vitamins and minerals in your diet. So take up the challenge and let Jeni Pearce’s **Fabulous Fat Quiz** test your knowledge.

#	Question	True/False
1	Some foods contain good cholesterol and some foods contain bad cholesterol	True / False
2	New Zealanders eat 10% or more fat above the recommended intake	True / False
3	Fat is kilojoule/calorie rich, so avoiding all fats is advisable because of the obesity threat	True / False
4	Fat does not contain essential nutrients	True / False
5	There is no difference in health benefits between using a spread and butter	True / False
6	People who are the right weight or thin rarely have high blood cholesterol levels	True / False
7	Saturated fats have more calories/kilojoules than unsaturated fats	True / False
8	New Zealanders need more monosaturated fats in their diet	True / False
9	Cholesterol actually has a high kilojoule/calorie content	True / False
10	Many foods, especially spreads are high in the harmful trans fats	True / False

11	All foods that are low in cholesterol are also low in saturated fat	True / False
12	All fats are harmful to heart health	True / False
13	Only omega 3 can lower blood cholesterol levels	True / False
14	Omega 3 fat can only be found in fish oils or by eating oily fish	True / False
15	As cholesterol levels can be hereditary, diet and lifestyle changes won't help	True / False
16	People who are aged under 45 are unlikely to have heart health risk factors	True / False

Add up how many times you answered "true" to work out how you rate.

Number "true" is \_\_\_\_\_

## Jeni Pearce's Fabulous Fat Quiz – How Did You Do?

### If you answered "true":

11-16 times	Ooops – an overhaul is required!
7-10 times	Some work is definitely needed
5-8 times	Okay, room to improve
1-4 times	Excellent, good work!
None	You're a genius – well done!

All of the answers are in fact **FALSE**. If you answered any TRUE, then it's possible that your knowledge of fats could be impacting your health.

### Answers below:

1. Good and bad cholesterol are carriers in the blood and do not exist in food (this is dietary cholesterol and only occurs in animal foods)
2. New Zealanders eat 2-3% of fat above the recommended intake (aim for 30-33% of energy intake from fat)
3. Although fat is kilojoule/calorie rich, it is an essential nutrient. The key is to cut back rather than cut out and change to healthier types of fat. Cutting back will also help with controlling body weight and reducing the chance of becoming obese
4. Fat contains essential nutrients such as fat soluble vitamins (A, D, E, K) and essential fats (omega 3 and omega 6)
5. Spread contains more of the healthier unsaturated fat compared to butter
6. All fats contain the same amount of calories/kilojoules at 9kcal/38kj per gram
7. People who are the right weight or thin can have high blood cholesterol levels as they believe they can eat what they like, often high fat foods as they do not put on weight and this raises the blood levels
8. New Zealanders need more polyunsaturated fats in their diet
9. Cholesterol actually has no energy (calore/kilojoule) content

10. Many foods, especially spreads are low in the harmful trans fats, spread manufacturers in New Zealand remove almost all of these
11. Not all foods that are low in cholesterol are also low in saturated fat. Coconut cream is high in saturated fat and contains no cholesterol!
12. The essential fats are beneficial to heart health
13. Both omega 3 and 6 can lower cholesterol levels
14. Omega 3 can also be found in spreads and nuts such as walnuts
15. Although cholesterol levels can be hereditary, diet and lifestyle changes do make an impact on lowering levels in the blood
16. People who are aged under 45 also have heart health risk factors. This is the time to minimise the risk with healthy eating and activity