



Queensland
Government

THE GLOVEBOX GUIDE TO
**men's
health**

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**QUEENSLAND
Country Life**

Get fit bit by bit

By SALLY SYMONDS, fitness & weight loss expert

Rural men have an eye for progress – of fat bullocks, potential crop yields or dam levels. And yet the most critical progress being made in rural areas is going largely unnoticed. An obesity epidemic in these areas show rural men are more at risk than their female or urban counterparts.

Many perceive rural areas as limiting in shopping for 'healthy' foods. However, eggs, meats and vegetables are among the best superfoods available on the market today. And don't think your veges need to be fresh. Research shows there is very little nutritional difference between fresh and frozen vegetables.

It is recommended we eat five serves of fruit and vegetables every day. Are you getting enough? Increase your fruit and vege intake and you'll reduce the less-healthy options such as cakes and sweets.


For rural men, it is just as important to consider what you drink as what you eat. One gram of alcohol contains nearly twice as many calories as a gram of protein or carbohydrates, but with little nutritional value. Small changes in drinking less, and less often, will have a significant impact in gaining back a few holes on your belt.

We must also consider that the industrialisation of most farming methods means our bodies don't

require the fuel our ancestors did. This has eliminated much incidental exercise for rural workers that now needs to be found from elsewhere.

The best gym you will ever have is the one built by Mother Nature and you have a lifetime membership. And while the best weight for exercise is your own body weight, hay bales, feed buckets, and other readily available 'equipment' are also great.

Finally we need the vital ingredient for long term success; a fit and healthy mindset. The ABC of fitness and health is CDE: consistent, daily effort. The man on the land is an expert at this already. You know your crops and stock require attention, monitoring, maintenance or some kind of work almost every day.

It's the same for your body and your health. What's stopping you from making a change today? 

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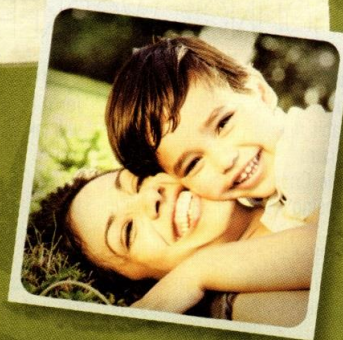
Brisbane-based fitness and weight loss expert Sally Symonds grew up on a property in central Queensland.



YOU'D DO ANYTHING FOR THE PEOPLE WHO COUNT ON YOU.

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10 exercise tips for man on the land

THE world is your gym. A little bit of know-how and ingenuity can mean massive gains in terms of your health and fitness. Here are some tips to help you start:

1 Bodyweight bonanza. Bodyweight exercises are among the best bang for your buck exercises no matter where you are. Squats, lunges, planks and push-ups are the cornerstones of most exercise programs and are a great way to stay fit and healthy if you are on the land.

2 A barbell by any other name? There's very little difference between a barbell and a crowbar. Bent over rows, upright rows, overhead weighted walking lunges or stationary weighted squats all can be performed just as well with a crowbar. It also makes an excellent substitute for a torsionator for men who want abs of steel. Simply place the corner of your crowbar on the ground in a secure corner (e.g. the corner of a shed floor). Grasp the bar with both hands. Lift the bar up so that it is high and in front of you. Stand with feet shoulder width apart. Keep your back and arms straight and twist the bar to one side of your body (towards waist height) and then the other, pivoting your opposite foot towards the direction of the bar as you do so.

3 Sandbag fitness. Sandbag fitness is gradually growing in popularity among fitness fanatics. It's easy to make your own sandbag using a hessian bag and some sand. Or why not try using 10kg bags of dry dog food or larger bags of other stock feed. Lift, carry and flip to your heart beat's content.

4 Real men do chin-ups. Being able to do a chin-up is a sign of real fitness. For beginners, simply hook a rope around a tree branch and pull yourself up (feet on the ground). Progress from this by ditching the rope and instead holding on to the bottom of your tray-back (feet on the ground) and pulling your chest to the vehicle. Once you master this it's time to jump in the back of the cattle truck, suspend yourself from the overhead bar by your hands and pull until you can manage to get your chin up over the bar. It might take a while to build up to this level of strength but it's certainly worth it in the end.

5 Farmer's walk. You need something you can carry in each of your hands like two buckets of water or 4 litre containers of oil with a handle on top. Pop one in each hand and walk with a tall spine. That's it. This exercise works the arms, back, shoulders, core and legs. It's probably one of the most useful exercises in existence. This gym-junkie's favourite was named after you. When was the last time you did it?

6 Tyre flipping. Urban city folk are always on the lookout for giant tyres to flip and pay big bucks for this 'equipment'. Make the most of the tyres you have lying around.

7 Ramp it up. Incline and decline weight benches offer a lot in terms of potential exercise variations. Consider incline sit-ups, incline

hamstring curls or even decline push-ups. You have a ramp. You can use it for much more than loading horses, you know.

8 Step it up. Bales of hay are the ultimate step tool. Use them for step-ups, lateral step ups (stand beside them and sideways step up on to them) or even combined step-ups and lunges (after you step off then lunge backwards with the stepping foot). The unstable surface of hay means that you'll actually burn more calories using this than you would using a perfectly flat and stable surface (like an aerobic step). Winning!

9 Work on your balance. Working on your balance is a great way to enhance your core

muscles and developing a strong sense of balance is particularly important as we get older. Simply place a post on the ground and try to walk along without falling off. Want more of a challenge? Raise your arms above your head, carry some weight, carry weight on only one side. It's not as easy as it sounds!

10 Cracking cardio tips. You don't need any fancy equipment to develop your cardio fitness. Walk. Jog. Run. Climb a set of yards – over and over again. Chop down a tree with an axe (a stock-standard gym exercise is called the woodchop). The only limit is your imagination.

SALLY'S FAVOURITE 'MAN' DINNERS

Baked Bean and Bacon Muffins

This also works well with corned beef instead of bacon and they freeze very well.

- 1 cup wholemeal self-raising flour
- ¼ cup low-fat tasty cheese, grated
- 125g low-fat bacon
- 220g can baked beans
- ½ cup low-fat milk
- 2 egg whites
- Olive oil spray
- Cracked black pepper, to taste
- Preheat oven to 180°C.

Chop bacon into small squares and microwave on high for approximately 3 minutes or until cooked through.

Lightly spray a 24-hole mini muffin pan with olive oil spray.

Combine flour, cheese, bacon, pepper and baked beans in a large bowl.

Add milk and egg and stir until just combined.

Spoon into muffin pan.

Place in oven and cook for approximately 25 minutes, or until a skewer inserted into a muffin comes out clean.

Leave in pan for 5 minutes before turning onto a wire rack to cool.

Ham baskets

Cook in bulk and freeze. Ideal for breakfast, lunch and even a Sunday night dinner.

- 4 slices ham
- 4 eggs
- 1 carrot, grated
- 1 handful spinach or broccoli, chopped
- ½ cup mushrooms, sliced
- 1 tomato, diced
- 1 Black pepper to taste
- 1 Olive oil spray



Baked Bean and Bacon Muffins.



Ham Baskets.

Ham Baskets Directions

1. Preheat oven to 180°C.
2. Whisk eggs in bowl.
3. Add carrot, spinach/broccoli, mushrooms, tomato, salt and pepper, combining well.
4. Lightly spray cupcake/patty tray with olive oil and layer in slices of ham.
5. Spoon the mixture into ham cups.
6. Cook for 10-15 minutes or until ham stiffens and mixture in the middle is set.