

MICHELLE
BRIDGES

www.michellebridges.com.au

CIRCUITS FOR SUPERIOR RESULTS

Super trainer *Michelle Bridges* shares her circuit training secrets to help you achieve superior results.

The truth is, I've been jumping around in lycra for a few years now. And over that time I must have done almost every exercise modality on offer, from dance classes to marathons, hardcore weight training, to Bikram yoga.

I've always thought that variety in exercise regimes is the best way to keep training interesting, so I have no regrets. And the one thing I've learned from all these experiences is that there really is no one right way, when it comes to exercise.

This said, if I was stranded on a desert island and there was only one exercise option, for me the choice would be simple: circuit training.

For those of you who haven't experienced circuit training, it's based on the principle of doing a series of exercises one immediately after the other, with little or no rest between each one. You then repeat the circuit, but you do get to take a short break before doing so.

The benefit with circuits is that they

are infinitely variable. You can make them as long or short as you please, you can make them strength-based, cardio-based or flexibility-based.

You can also make them time-based, where you perform an exercise for 30 seconds (for example), before you move on to the next one. Alternatively, your circuit can be repetition-based, where you repeat the exercise a certain number of times before moving onto the next. You can build circuits around equipment, or simply use your favourite cardio exercises.

Interestingly, after years of doing weight training, a friend of mine noticed he had an uninvited guest around his navel area. So I devised a strength-based circuit for him, which he did three times a week in place of a weight training session. The result? That spare tyre was gone in just two weeks.

Try it for yourself. Pick five exercises – let's say, free standing squats, backward stepping lunges, sumo squats, push ups

and crunches. Do all five exercises 12 times without a break, then rest (not for too long), and repeat three more times, or five if you can.

If you're into your weight training and want to rip it up a bit then try this sequence with a weight that makes you work for 12 reps: incline dumbbell press, clean and press, bent over rows, sit ups, chin ups.

Is that heaving panting I'm hearing out there...? **OH!**

★ Michelle's Tip

Be creative with the exercises you choose, and remember that the objective is to get your heart rate up. When doing them in your gym, pick exercises that you can do in one particular area so you don't have to rush from one end of the gym to another.





PAUL BROWN

www.50sports.org

INJURED DOES NOT MEAN INCAPACITATED

Paul Brown dispels the myth that exercise should be entirely avoided when you are recovering from an injury.

Have you ever let an injury or minor ailment derail your entire exercise regime, only to discover getting back on track was all the more harder? Our eight-year-old son recently broke his wrist in a gymnastics accident and the many weeks his arm was in a cast reminded me how important it is to keep active and work around an injury whenever it's safely possible.

It also reminded me of those kids at school who would bring in a note excusing them from sport because of some minor ailment. They would sit on the side watching, bored, lonely and for certain their bodies were worse off as a result.

In adulthood I am often equally amazed at how many gym-goers seek to put their membership on hold when they suffer a minor, isolated injury; treating it as if it has disabled their entire body. In truth this course of action actually reflects their underlying attitude to exercise, and a lack of understanding of how the body really works.

Of course, you have to take care and be responsible about injury care and I would never condone ignoring an injury or putting one's wellbeing at risk. But, at the same time you have to listen to your body and if you understand how important activity is to every aspect of your life, as well as its quality, you will take the view that just because part of you is not 100 per cent right today, that does not mean all of you has to slump into hibernation.

You have to use common sense in what activities you choose to continue so as to not further aggravate your injury, but if you simply take 'time off' while your injury heals, the rest of your body can slip into a downward spiral, losing much of the condition you have worked



hard for, making the road back to fitness an even harder one.

When you consult with your physician and qualified fitness professionals, you'll see that in many cases an injury can be safely worked around to maintain your overall stamina, strength and healthy body weight. Many research studies have even proven that activity on one area of the body can provide accelerated healing benefits to other parts, as a result of stimulating blood flow and promoting greater absorption, delivery and use of nutrients to the affected region (e.g., calcium to broken bones).

Another issue with injury management is maintaining your motivation and positive state of mind. If you take your workouts or sport seriously, then being sidelined can be a very frustrating

experience. Whether you're a competitive athlete or novice, exercise releases endorphins that keep your mind alert and your attitude positive, offsetting the negative effects that the stress of being unable to participate or compete can bring on. So, it's when you're feeling at your least capable, that you'll perhaps benefit most from exercising.

The bottom line is, injured does not mean incapacitated, so from the moment your usual routine is interrupted by an unforeseen accident, or even an overuse syndrome, set up a smart plan to safely keep your body moving and your mind alert. Then, when you do get the all-clear from your medico, you'll be back at your best quicker, and well and truly ready for the next phase of your health and fitness journey. **OH!**

PAUL
TAYLOR

www.bodybrainperformance.com

THE 80/20 LIFESTYLE:

Paul Taylor shares his controversial views on nutrition for optimum body/brain performance.

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of this article series

PART 5:

FUEL YOUR ECOSYSTEM

Around 12 years ago, when I completed my Masters degree in Nutrition I was taught that a healthy diet for adults pretty much along the lines of the current public health messages – a low-fat, high carbohydrate diet with lots of whole grains and moderate protein. Sugar intake was to be watched but we were strongly advised to cut saturated fat and cholesterol intake as they caused heart disease, and diets higher in fat caused obesity. Butter was out and margarine was in. Traditional cooking fats like lard and tallow were to be replaced with polyunsaturated oils, as they reduced cholesterol and heart disease risk.

Science, however, is about evidence and the same goes for nutritional science. I have to say that the weight of evidence now shows that these recommendations are highly flawed, and have probably been part of the cause of the current levels of obesity, heart disease and diabetes.

There is simply no clinical evidence that either cholesterol or saturated fats cause heart disease and there is also no clinical evidence that substituting omega 6 fats (from vegetable oils) reduces risk factors – in fact, a recent study called the Sydney Heart Study involving 458 men with a recent coronary event showed that substituting omega 6 oils for saturated fat increased the risk of death from both heart-related events and other causes.

In addition, many clinical trials have shown that a low carbohydrate, high fat



diet is better for weight loss and metabolic health than a supposedly healthy high carbohydrate, low fat diet.

Research is revealing that the main driver behind many common diseases such as heart disease, obesity and diabetes is metabolic dysregulation. Insulin resistance, high triglycerides and oxidized LDL and small dense LDL seem to be the main culprits (the big fluffy LDL don't cause any harm). Currently, in this country, you have to send off to a private lab to measure oxidised and small dense LDL.

In terms of nutrition, my (and many other researchers') belief is that the drivers behind metabolic dysregulation are excessive carbohydrates (especially processed and simple carbs), trans fats from deep fried and processed foods, too much omega 6 fats from processed foods, margarines and vegetable oils (which are often oxidised), and too little omega 3 and high-quality saturated fats.

Next month, I will discuss my food pyramid, which reverses the mistakes of the last 50 years of nutritional advice. **OH!**

DR JOANNA
MCMILLAN

www.getlean.com.au

THE NEWS ABOUT **BOOZE**

Dr Joanna McMillan explains the healthiest way to enjoy a bevvy or few.

If, at the end of a busy day, you enjoy a glass of wine, a gin and tonic, a beer or whatever your drink of choice is, I'm not going to waggle my finger at you and tell you to cut it out. I dislike few things more than those who sit on what I call the 'healthy high horse' telling us what we should and shouldn't do. Instead, I prefer to share with you the facts based on the science to date, provide my professional advice, but then it's up to you to make your own choices. I enjoy a glass of wine myself, and it can be part and parcel of a healthy lifestyle; in fact, it can even be beneficial. But not when a couple of glasses become several, most nights of the week.

It's not just that booze is loaded with kilojoules (kJ), it's the situation drinking creates. Your resolve to eat well goes out the window, you sleep poorly, you're tired and dusty the next day so you skip your exercise and turn to fatty or sugary foods to pick up your energy levels.

Fat and alcohol is a particularly bad combination. When alcohol is in your system, you can't store it and so you burn it for energy ahead of fat or carbohydrate. Meantime it opens up your fat cells, priming them to take in any fat consumed meantime. So, if you have a few drinks and then devour a pizza, there's no way 'get lean' is going to be happening!

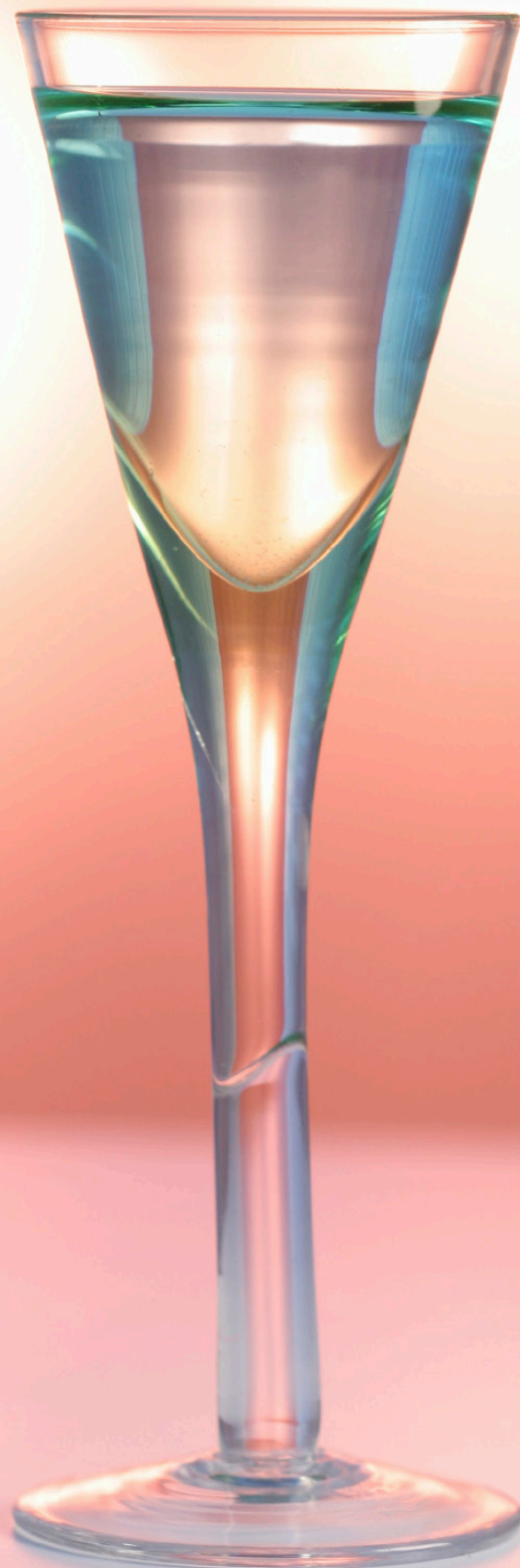
Your overall health will also suffer. While one or two drinks a day can be beneficial for heart and cardiovascular health, it's all too easy for your intake to sneak up on you. Too much alcohol affects liver health, brain function, heart disease, and raises the risk of many cancers.

In Australia the National Health and Medical Research Council recently launched new national guidelines to help us to reduce our risk of harm from alcohol. These guidelines recommend:

- For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.
- Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

My advice is to give yourself at least three AFDs (alcohol-free days) and stick to only a couple of drinks on the other days. If you do drink more on a social occasion, get straight back on track the next morning. Fit in an extra walk and eat really well on that day. Skip a snack or two, and ensure you stick to the Plate model for meals. Drink lots of water and take a vitamin B complex supplement (as alcohol uses up extra vitamin B vitamins).

You can see from the illustration that a standard bottle of beer contains 570kJ, a glass of wine 430kJ and a nip of a spirit 280kJ – but that's before you add a mixer. A pub serve of gin and tonic for example, provides about 460kJ.



MEG
GILLMER

SEEDED ROSEMARY CRACKERS



If I had to exist solely on crackers, dip and cheese, I think I'd be a happy woman. However, when I say 'crackers and dip', I'm talking about quality, homemade, seeded crackers, herbed almond cracker bread and parmesan 'bread' sticks; not your Jatz and French onion varieties! These crackers are easy to make and have an earthy flavour due to the dried rosemary. And they're loaded with seeds and spices. Whether you dip them in a roasted carrot and cumin dip, creamy tahini or beet and cashew, you simply can't beat these tasty morsels! And the best part is they are completely grain-free, dairy-free and vegan-friendly.



What you'll need:

3 tablespoons chia seeds
1 cup flax seeds
1 cup water
3 tablespoons pepitas
3 tablespoons sunflower seeds
3 tablespoons sesame seeds
1½ teaspoons salt flakes
3 tablespoons dried rosemary

How to make it:

- Preheat oven to 100°C. Line a large baking sheet with baking paper.
- Put chia, flax and water in a large bowl. Stir and leave for 15 minutes.
- Combine pepita, sunflower seeds, sesame seeds, salt and dried rosemary to flax mixture and stir well.
- Spread the mixture evenly on the lined baking sheet and bake at 100°C for 90 minutes.
- Turn crackers over and continue to bake for another 90 minutes.
- Turn the heat off, let it cool inside the oven, and when completely cooled, break the crackers into rough pieces. **OH!**

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NATASA
DENMAN

JUGGLING BABIES AND BUSINESS

Natasa Denman provides these tips to help working mothers achieve success.



When I had my first child a little bit over five years ago, my world changed. I think any first time parents will tell you the same thing. The first thing I noticed was my level of responsibility went through the roof; I was now responsible for keeping a helpless, dependent newborn alive and my focus had to be on this tiny little baby boy. My husband owned a local retail business and I was managing an optical outlet three days a week, so having maternity leave gave me some comfort and piece of mind.

I started back at work after my maternity leave; the business was giving my husband the flexibility to be around us as much as possible. Motherhood was fairly simple and I thought we had things in a pretty good balance.

Then it all went sour.

Due to some bad life decisions my husband lost our business. The one thing that I believed was my security was taken from me and all of a sudden my part time management job didn't seem enough. This is when the real juggling act began and where I needed to develop skills in time management and baby wrangling I never knew existed.

I decided to enrol in a Diploma of Life Coaching. This was a 24-month course of intense study and self-education which I now had to find time for as well as my work supporting the family, mother and household duties as well as being the emotional support for my husband. My son was 18 months old and I still wanted us (me and my husband) to be his number one influence and not have him raised by childcare. He did two days a week for the purpose of social interaction, so these were the days where I devoted every minute to my studies and new life coaching business.

It took me some time to get into a routine, yet this is what enabled me to keep all of the balls up in the air. Babies, toddlers and children all love routine and by me implementing

one for all of us, things started to flow. One of the first things I did was to remove television from my life. It was a time waster and once I realised that I could use my time so much better, I discovered that, in fact, I had more time for the things that mattered. Now don't get me wrong, TV isn't banned in the house, in fact my kids (Judd is now five and daughter Mika is 2 ½) love watching their favourite cartoons, and my husband loves his AFL, but the mindless watching for hours on end have been abolished.

I also had to teach myself to set boundaries about my work hours. To be totally present with your kids and to make it quality time, you need to have your focus on them, not on your phone or computer. That can wait until after they are asleep so they understand that they are the most important things in your life. Between the ages of four and seven is your child's 'imprint' period and it is so critical for him to be imprinted with great beliefs about being loved, special, etc. What will his beliefs be around money and your own business?

The best advice I can give people who own their own business who have kids is to get as much work done as you can during their nap times and after they go to bed. If you reduce your own TV time and replace that with working on your business, you will be able to continue to be present for your children, yet focused on growing your business so that you can start to live the lifestyle of your dreams.

Most of all, learn to make decisions. Make lots of them and make them quickly based on your 'gut' feelings. Do make sure you are not in a heightened emotional state when you are making them as the best decisions are made in a calm, neutral state. By making decisions, you will eliminate one of the biggest time wasters – procrastination! And as a result, you will find yourself with more and more hours in your week if you just learn to make fast, smart decisions. **OH!**



Natasa Denman is the next generation business mentor and product generator specialist.

The founder of *Ultimate 48 Hour Author*, a book writing mentorship program, Natasa is the author of 4 books herself – *The 7 Ultimate Secrets to Weight Loss*, *Ninja Couch Marketing*, *You Can Live The Life Of Your Dreams* and her soon to be released latest, *The Ultimate 48 Hour Author*.

For more information visit www.ultimate48hourauthor.com.au or email book@ultimate48hourauthor.com.au

IT'S OVARIAN CANCER AWARENESS MONTH

Ovarian Cancer Australia share these tips and facts about this alarming disease.

February is Ovarian Cancer Awareness Month, an annual Ovarian Cancer Australia campaign that aims to raise awareness of the symptoms, risks and impacts of ovarian cancer, as well as raise vital funds for support programs, advocacy and research. Teal is the international colour for ovarian cancer, so in a bid to achieve their goals Ovarian Cancer Australia are encouraging you to host an Afternoon Tea – or more accurately, an Afternoon Teal® on Wednesday 26 February.

For tips, ideas and inspiration on how to become involved visit www.ovariancancer.com.au or stop by any of the public Afternoon Teal® events being held across the country throughout February (Dates and locations can also be found on the website).

THE FACTS ABOUT OVARIAN CANCER

- 1 Ovarian cancer most commonly affects women aged over 50 who have been through menopause; however, the disease can affect women of all ages.
- 2 There is no early detection test for ovarian cancer so the best way of detecting the disease is to know and recognise the symptoms which most commonly include: abdominal or pelvic pain, increased abdominal size or persistent abdominal bloating, the need to urinate often or urgently, or feeling full after eating a small amount.
- 3 If diagnosed early, the majority of women can survive. Unfortunately without an early detection test for ovarian cancer, the majority of women are diagnosed with advanced stages of the disease.
- 4 Ovarian cancer has the lowest survival rate of any women's cancer. In fact, each year 1,400 Australian women are diagnosed and more than 1,000 will die from the disease – that's one woman every eight hours!
- 5 Each day in Australia, four women are diagnosed with ovarian cancer and three will die from the disease.
- 6 In Australia, the overall five-year survival rate for women diagnosed with ovarian cancer is 43 per cent. In comparison, the overall five-year survival rate for women diagnosed with breast cancer is 89 per cent.
- 7 Genetics and family history are responsible for at least 15 per cent of ovarian cancers. If a woman has two or more relatives from the same side of the family affected by ovarian or ovarian and breast cancer, her risk of developing the disease may be increased. This tends to be a result of an inherited faulty gene (BRCA1 or BRCA2 mutation) that increases a woman's risk of developing both cancers.
- 8 Other risk factors women ought to be aware of include:
 - being over 50 years of age
 - never having children, being unable to have children, or having children after 30
 - never having used oral contraceptives
 - having endometriosis
 - lifestyle factors: such as smoking tobacco, being overweight or eating a high fat diet
 - and hormonal factors: including early puberty (menstruating before 12) or late menopause (onset after 50). **OH!**

Ovarian Cancer Australia is a not-for-profit organisation founded in 2001 by people who have been affected by ovarian cancer, either themselves or through someone they love. It provides support for women and their families, raises community awareness of ovarian cancer, advocates for improved services for women and promotes world class ovarian cancer research to help save lives and ensure no woman with ovarian cancer walks alone. For further information visit: www.ovariancancer.net.au

MENSLINE AUSTRALIA: SUPPORTING OUR MEN

It can be hard for blokes to find quality male-specific support. MensLine Australia offers these services to help Aussie males enhance their emotional health.

In relationships, families, workplaces and communities across Australia, many of our men are doing it tough. This can sadly lead to family and relationship breakdown, mental health issues, and even suicide – the tenth leading cause of death in Australian men. MensLine Australia supports men to manage and overcome life's tough times by providing 24/7 professional, accessible counselling services to men across the country.

In the past year, MensLine Australia has supported over 40,000 men through their telephone, online and video counselling services – and this number is on the rise.

Randal Newton-John, Director of Operations at On the Line (providers of MensLine Australia), explains that they have recently expanded the service to include online and video counselling, giving men even more options for how they access support.

'Video counselling allows men to speak face-to-face with one of our counsellors via Skype, giving them that personal connection with a professional counsellor, no matter where they are in the country. It's great for men in rural or remote areas where there isn't a local service available – they can have a counselling session for free, in the privacy of their own home.'

'With online counselling, men are able to hop online any evening and chat to a counsellor through our website. It may be a particularly good option for men who feel they aren't quite ready to talk on the phone or face-to-face about what's going on for them – it gives men an added sense of anonymity that can be really important,' Randal says.

While relationship problems make up

almost half of the main topics discussed on MensLine Australia, men also contact the service about issues such as loss and grief, loneliness, mental illness, and parenting concerns.

'We specialise in family and relationship issues, but we're here to support men with anything in their life they may be having a tough time with. If there's a problem in our lives, chances are it will have some direct impact on our relationships. You might get a man who will get in touch about a problem with finances or work, and when you unpack it, we get to see the significant effect it's having on their relationships – which can often be quite significant. We support men to find practical strategies to take charge of their problems, manage their emotions, and improve their relationships,' explains Randal.

'I just wanted to say thank you to MensLine Australia for all the support I've received from your counsellors in the last month. I'd been having a tough time in my relationship, and found it hard to cope with the arrival of my newborn baby. Now my relationship is on the mend and things have greatly improved. My wife and I are happier and are overcoming our issues. MensLine Australia saved my relationship. You guys provide an amazing service for men.'

– MensLine Australia caller

If you or someone you know is having a tough time, let them know about MensLine Australia. Their phone line (1300 78 99 78) is available 24/7, or they can access online and video counselling through mensline.org.au **OHI**



JUSTIN
TAMSETT

www.justintamsett.com

EXERCISE FOR BETTER WORK/LIFE BALANCE

Recently, some interesting research was released indicating that people who workout can better balance the demands of their work and life. *Justin Tamsett* explains.



My colleagues and I surveyed a population of working adults, to gather input regarding both their exercise habits and their experience of resolving work and home demands. Briefly, those respondents who reported regular exercise were less likely to experience conflict between their work and home roles,' writes Russell Clayton, Assistant Professor of Management at Saint Leo University's Donald R Tapia School of Business in Harvard Business Review Blog Network.

A lack of time is the most common excuse for people stopping their exercise routine. So how reducing their available time to work or spend with family, create more balance and not increase their stress levels?

Clayton found that people exercised as a way to control their stress levels. In

fact, the study revealed that exercise improved work/life balance for two major reasons:

1. Stress control

Stress is counterproductive in the workplace, while exercise is one of the most effective ways to reduce stress levels.

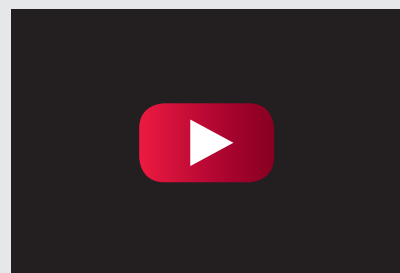
2. Improved self-efficacy

'The term refers to the sense that one is capable of taking things on and getting them done – and although self-efficacy is a matter of self-perception, it has real impact on reality,' writes Clayton.

What Clayton is saying is if you feel like a person who gets things done, then you'll become a person who gets things done. The confidence you gain by fitting

in a workout or completing a challenging workout makes you more self-assured, both in and outside the gym.

We've known it for a long time but it's great that finally, a study has confirmed that exercise is beneficial both physically and mentally, which contributes to enhancing your work/life balance. **OH!**



www.youtube.com/watch?v=87lmhg1ohkk



FIONA
COSGROVE

wellnesscoachingaustralia.com.au

THE 3 THINGS THAT DRIVE US

PART 2
ACHIEVEMENT

Fiona Cosgrove explores the second of the three things that people most crave in their life. This time she examines 'achievement'.

The second 'drive' that is mentioned by many social researchers is the need for achievement.

We all like to achieve things, but have you ever noticed that often when we accomplish a milestone (e.g., finish an exam, run a marathon, lose 5kg) the elated feeling doesn't last very long?

American psychologist Martin Seligman, modified his definition of happiness and wellbeing to include 'achievement' as one of the ingredients required in the recipe for a happy life. Those of us who feel motivated by ticking things off a to-do list will probably breathe a sigh of relief knowing we are on the right track! These lists can provide a sense of purpose and, if we take the time to acknowledge and enjoy the sense of satisfaction when we finish those tasks, can also enhance our overall wellbeing.

It's important to realise that 'achievement' can mean different things to different people. But what we can safely say is that achievement requires some type of 'to-do' list; this may be more commonly referred to as 'goal-setting'.

The interesting thing about goals is that they have a positive link with success meaning, people who set goals are more likely to succeed than those who don't. Having a plan or a time frame in which to perform certain tasks that lead to a specific end result, requires commitment. And it works better than when we don't have any clarity about what we want to achieve.

The problem is that many people believe success brings happiness, when the truth is, it actually may not.

By this I mean, if you pin your happiness on succeeding at all costs, but you don't actually allow yourself to feel satisfaction

TAP HERE
to read part 1
of this article series

along the way, then you run the risk of ending up with a very empty feeling once you achieve the overall outcome.

In other words, it is as important to enjoy the journey as it is to arrive at the destination. For example, very often we hear people talk about losing weight – going on strict diets that will involve discomfort and deprivation – because they believe it is a means to an end. However, strict diets typically end in a temporary loss of body weight and short-lived pleasure, which is soon reversed when we become tired of feeling deprived.

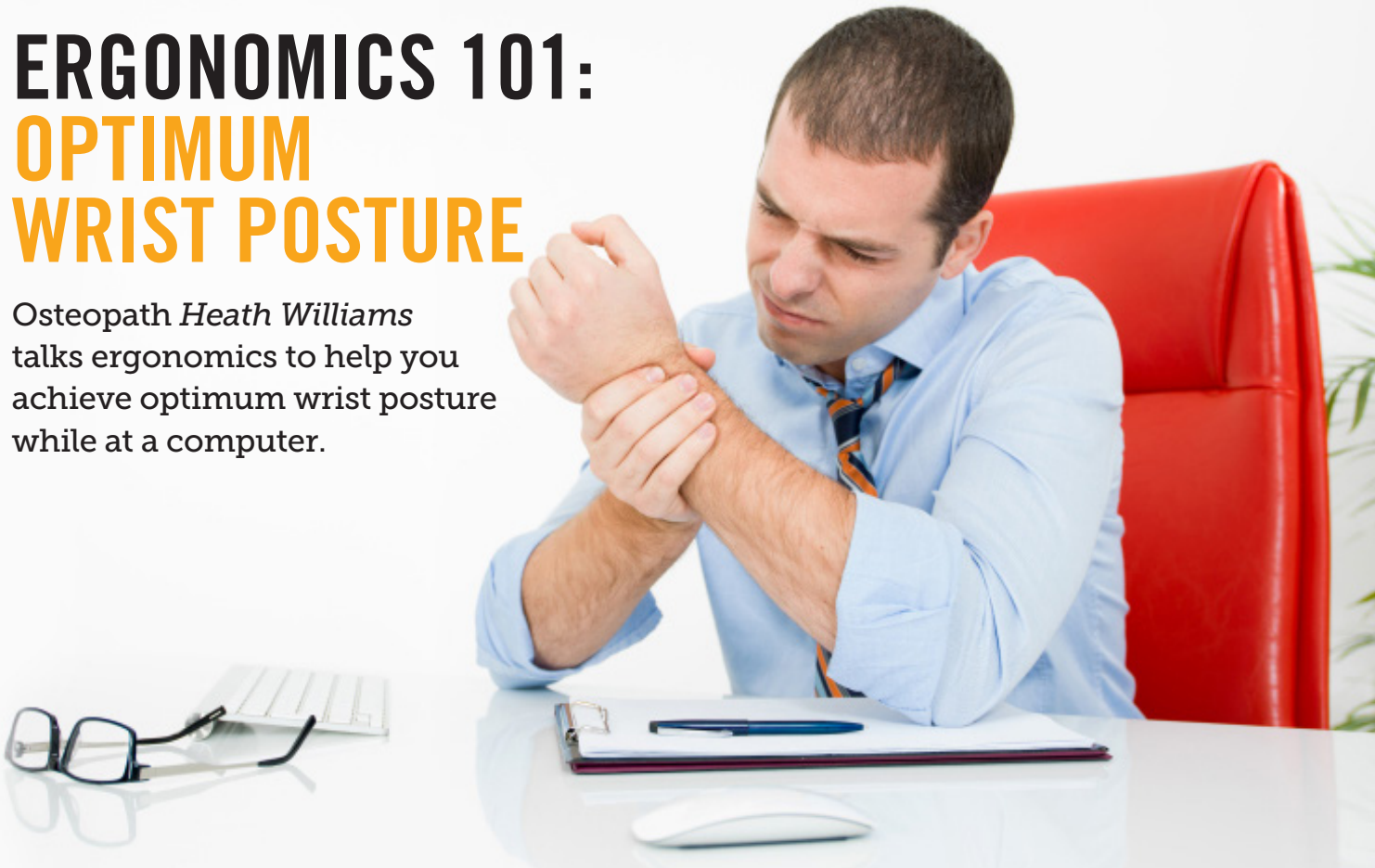
So yes, give yourself something to aim for, but ensure that the steps along the way have a distinct degree of enjoyment, and that you give yourself plenty of opportunities for satisfaction (and box ticking) along the way! Having goals is more important than attaining them, and the methods (or behaviours) we choose to reach those goals are the most crucial factor that will influence our happiness. **OH!**

Check next month for Part 3 of this article series on 'The 3 Things That Drive Us'.



ERGONOMICS 101: OPTIMUM WRIST POSTURE

Osteopath *Heath Williams* talks ergonomics to help you achieve optimum wrist posture while at a computer.



So many of us spend the majority of our time at a computer, and with the new working year upon us, there's no better

time to assess your current wrist positions when typing and using your mouse, and help you identify whether your current

working ergonomics are suitable, or whether you may require a different keyboard, mouse and/or use of a wrist support.

Wrist position while using a mouse

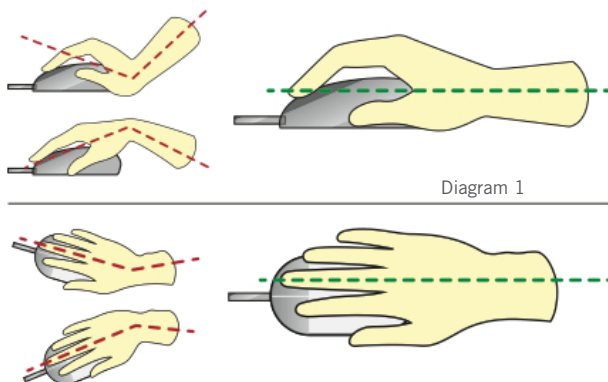


Diagram 1

When using a mouse your wrist position should be neutral/straight when looking from the side (see top image in Diagram 1). A wrist that is extended or flexed is not desirable, as spending

a lot of time with your wrist in an extended position (one of the most commonly observed wrist position faults) may increase your chance of developing wrist and/or hand strains and sprains. A wrist support may be of benefit if you find that your wrist drops into extension when using a mouse, as it can help to prevent this wrist extension.

When looking from above (bottom left image in Diagram 1), your wrist should also be straight. The bottom left image also shows a deviation of the wrist to the left or right, which is also not a desired position. Spending a lot of time using the mouse with ulnar or radial deviation may increase your risk of developing overuse type injuries such as tendinopathies.

If you continue to have issues with your wrist while using a mouse, further assessment from an osteopath may be required. Alternative options to improve wrist and mouse ergonomics include an ortho mouse, vertical mouse or mouse joystick.



HEATH
WILLIAMS

Wrist positions whilst typing

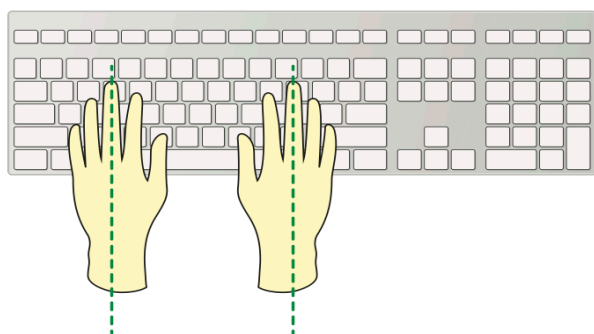


Diagram 2a

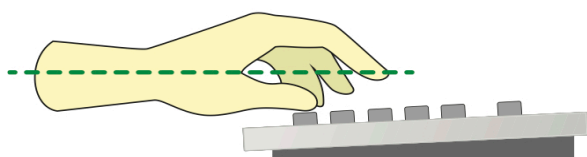


Diagram 2a demonstrates the ideal position your wrists should be in during typing.

The person in the bottom two images of Diagram 2b, would benefit from the use of a keyboard wrist pad due to the excessive flexion or extension of the wrist.

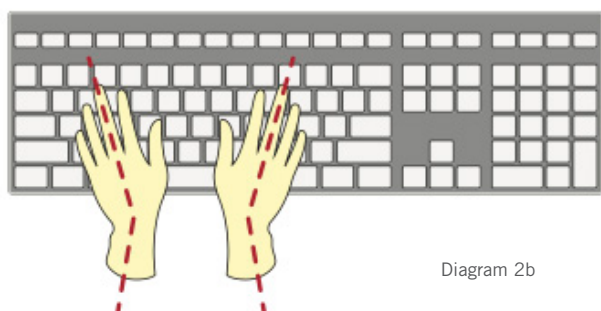
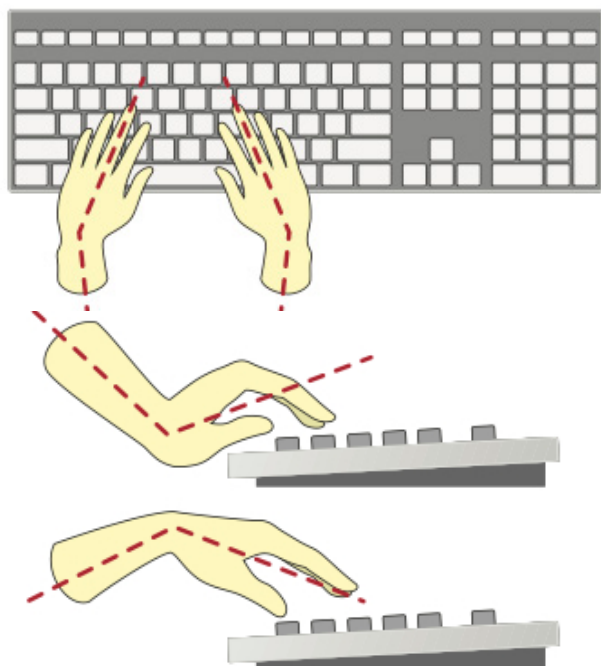


Diagram 2b



Assessing the mouse position on the desk

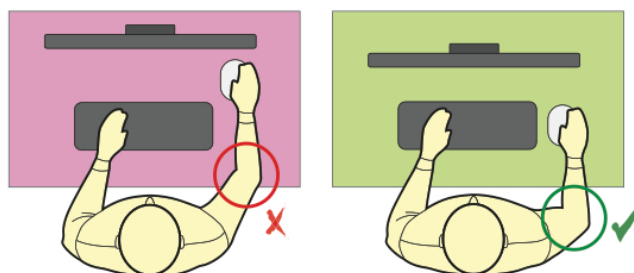


Diagram 3

Diagram 3 illustrates exactly where your mouse and keyboard should sit on the desk. Both should be adjacent to one another and approximately 10cm from the desk's edge.

The incorrect mouse position in the left image will result in the mouse arm being over-stretched. People who spend a lot of time with their arm in this position are often predisposed to an increased risk of developing neck, shoulder and upper limb strains and sprains. **OH!**

MORE INFORMATION...

If you find that you are having ongoing issues with your wrists, forearms, shoulder or neck following adjustments to your workstation, you should inform your Human Resources or workplace Occupational Health and Safety representative to arrange for a more indepth ergonomic risk assessment and guidance. If you are looking for an external consultant (osteopath, physiotherapist or exercise physiologist) to conduct an assessment, contact Corporate Work Health Australia (www.corporateworkhealth.com). Corporate Work Health Australia are an nationwide business providing ergonomic risk assessments in all major cities (Melbourne, Sydney, Brisbane, Adelaide, Hobart, Perth, Canberra and Darwin).

Heath Williams is the director of *Principle Four Osteopathy and Corporate Work Health Australia*.

Principle Four Osteopathy is one of Melbourne City CBD's 3,000 leading osteopathic clinics.

You can contact Heath by calling 1300 951 519 or visit www.principlefourosteopathy.com or www.corporateworkhealth.com