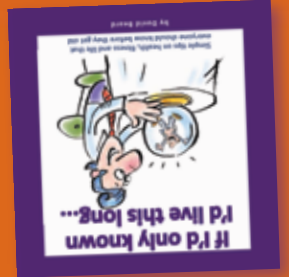




JANUARY 2009 NEWSLETTER

# pilbara health

We have 20 Pilbara Health Inspirational Books to WIN!



- ◀ Live long and prosper
- ◀ Be active – but stay safe
- ◀ No more excuses: Take action today

*In this edition*

## Rio Tinto

### Get out there – get active!

Being more active is about making small changes in your life and, as you get used to them, gradually adding more changes and activities.

Your lifestyle can have a major impact on your health and well-being. Regular physical activity and healthy eating helps to maintain good health, prevent obesity, and can also help protect against heart disease, type-2 diabetes and some cancers.

Adults should try to include a minimum 30 minutes of moderate-intensity physical activity – such as brisk walking – into their lives each day.

But you don't have to do it all at once... a few shorter sessions of 10 to 15 minutes can be accumulated across the day. Short bouts of activity, when added together, can be even more effective in improving factors such as blood pressure, blood cholesterol and metabolism.

Four steps can help you achieve better health:

- STEP 1:** Think of movement as an opportunity, not an inconvenience.
- STEP 2:** Be active every day, in as many ways as you can.
- STEP 3:** Do at least 30 minutes of moderate physical activity on most days. Make it an appointment for each day.
- STEP 4:** If you can, also enjoy some regular, vigorous activity for extra health and fitness, such as playing sport.

Getting started can often be the most difficult hurdle to overcome, so write down a starting date and make sure you stick to it, then set some short-term and long-term goals.

Maintaining momentum is the second biggest challenge, so keep in mind these handy tips:

- Buy a pedometer to count how many steps you take.
- Avoid short trips in the car and walk or cycle instead.
- Play actively with your children: kick a footy, jump on the trampoline or go for a bushwalk.
- Keep a pair of walking or running shoes in the car so you're always ready for a walk or run.
- Start a walking group with colleagues and friends and stick to a routine.
- Go for a short walk during your lunch break.



### No more excuses: take action today

We all make excuses for not making physical activity part of our daily routine – and here are some common answers to help motivate you:

**"I don't have enough time" or "I work long hours"** – the average person spends 15.2 hours each week watching TV and using computers for recreation. Use this time to be active instead.

**"I'm too tired after work"** – the more active you are, the more energy you have for other things. Boost energy levels by combining physical activity with healthy eating.

**"My job is physically active already"** – many are surprised by just how inactive they are. Look for opportunities to be active during the day.

**"I have other priorities"** – only 30 minutes of moderate activity each day is needed for good health. You can be active with errands, short trips, house work and gardening.

**"I have children"** – kick a footy around with the kids or walk and cycle to school with them.

**"I'm too old"** – if you've been inactive for a while, start off slowly by taking a short walk. Exercise is vital as we get older to maintain flexibility and muscle density.



### Wii! Fitness and fun at home

Gone are the days when spending hours in front of the computer meant engaging in sloth-like behaviour. The interactive Wii Fit has provided an alternative gaming experience with 40 different exercise activities designed to help people get in shape.

While it should never be considered a substitute for proper fitness equipment, it's a handy way of keeping up casual fitness indoors when it's pouring down with rain or too hot outside.

The games involve yoga, muscle workouts, aerobic exercises and balance games. Some activities can only be accessed after playing for a certain amount of time to ensure you are warmed up and ready to progress. A fitness test also puts users through a series of challenges and tells them how "old" they really are.

Doctors believe Wii Fit can have a favourable effect, especially on the elderly, as it keeps minds alert while promoting physical activity.

### easy to enter!

Fill out this entry form and send it to us. Don't forget to complete both sides!

### internal mail

Corporate Health, Safety and Environment  
Rio Tinto Iron Ore, 16th Floor, The Quadrant, Perth

### post

Corporate Health, Safety and Environment  
Rio Tinto Iron Ore GPO A42, Perth WA 6837

### online

Enter the Quick Quiz online and while you are there, check out last month's winners and answers at <http://pilbarahealth.riotinto.com>

### WIN one of 20 Pilbara Health Inspirational Books

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

I am a:  PI Employee  Contractor  Relative  Other

Worksite or home address: \_\_\_\_\_

Daytime phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

I would like more information from Pilbara Health. I am very interested in: \_\_\_\_\_

I would like to receive the Pilbara Health monthly email. Please send to my email address above.

**Entries close Friday February 13, 2009.**

Winners will be notified personally and published on the website. See competition terms and conditions at <http://pilbarahealth.riotinto.com>



Printed on Australian made 100gsm Tudor RP from Spicers paper. Manufactured from 100% recycled pre and post consumer waste. Use of the stock results in a donation to Landcare Australia for the rehabilitation of old landfill sites.



# Welcome from the Pilbara Health Team

It's the start of a New Year and a great time to make changes to your lifestyle so you can improve your health and overall well-being. Often the hardest part is just getting started but January is a great time to bite the bullet and follow through with all those good intentions.

In this issue of *Pilbara Health*, we look at the benefits of physical activity and how gradually making small changes can make a real difference to your overall fitness. Choosing activities you enjoy, especially with friends, is often the key to effective results.

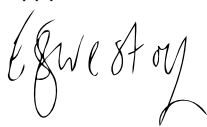
We also highlight David Beard's new book *If I'd Only Known I'd Live This Long*, which has some great advice on living into your 90s if you adopt the right attitude to health, relationships and finance. Be sure to enter our competition to win one of 20 copies.

From next month, keep an eye out for *Achieve Health*, Rio Tinto Australia's new wellness program that confidentially assesses personal health risk factors, provides personal health information and education and raises the profile of health through national and local initiatives and activities.

*Pilbara Health* will continue as an online newsletter and a live website packed with information so you can stay in touch with what's happening locally. Be sure to share the online version with your family in February. Don't forget to subscribe to the online version if you haven't already.

During 2009, if you have a useful health tip or story to share, please email your contributions to [health@riotinto.com](mailto:health@riotinto.com). We enjoy hearing from you and making your ideas a part of this newsletter.

Happy New Year




Ed Weston and the Pilbara Health Team

## Be active – but be safe

Most adults don't need to visit a doctor before starting moderate physical activity. But if you have a chronic health condition, such as heart disease or diabetes, it's advisable to consult your doctor beforehand.

However, anyone doing some physical activity should take the following precautions:

- Wear clothes and shoes to suit the weather and type of activity.
  - Warm up properly and cool down with some stretches to aid recovery.
  - Choose well-fitted shoes with appropriate shock absorption.
  - Choose to be active during the cooler times of the day and avoid being active outside between 10am and 3pm, especially in summer.
  - Wear sunscreen (SPF 30+), a wide-brimmed hat, protective clothing and sunglasses to avoid exposure to the sun.
  - Wear light-coloured clothing to ensure other walkers, drivers and cyclists can see you clearly.
- 
- If bush walking, take insect repellent and some first aid measures such as a bandage and an instant ice-pack.
  - Carry a mobile phone.
  - Ensure you walk your dog on a leash.
  - Drink plenty of water before, during and after physical activity, especially on hot days.
  - Slow down if you feel breathless or uncomfortable. If you have chest discomfort, palpitations or pain, stop immediately and seek medical advice.

Rio Tinto



## Live long and prosper

How often have you heard the phrase "If I only knew what I know now?" As people advance in years, they recognise the benefit of hindsight and often reflect on some of the choices they made.

Author and exercise physiologist David Beard has embraced that theme in his book, *If I'd Only Known I'd Live This Long*, based on his work in the aged care industry and background in the health and fitness industry.

Focusing on health, fitness, attitudes, relationships and money, the book is full of tips on small changes people can make to their lives now to ensure they live to a ripe old age.

"The choices you make for the first 75 years of your life will determine what the last 25 are like," David said. "If you want to live to 95 or 100 you need to start thinking about these things now, so the book's message is for anyone from 35 onwards.

"It's never too late to start making changes. From a physical fitness point of view, there have been studies on 90-year-olds in nursing homes that have shown strength training actually made the same percentage improvement as it did in 30-year-olds."

With New Year now with us, many will have made resolutions for 2009. In most cases, these will have been broken before the end of January. David says people often make the mistake of attempting big changes, instead of gradual small ones, which are more easily integrated into day-to-day life.

"It's really about trying to develop the right lifestyle habits to get you through 100 years," he said. "Staying active as you get older is one of the most important things you can do.

"Another consideration is being grateful for what you've got and wanting to give back to other people. Having a purpose that's bigger than yourself is also a worthy goal."

David opted to make his book light-hearted by matching quirky illustrations with the text to better engage people in his ideas.

"Old age can be a great time of your life," he said. "It's not all dour and serious so I made sure the book was in a style that all people would respond to."

More details on *If I'd Only Known I'd Live This Long* are available at [www.lifelongfitness.net](http://www.lifelongfitness.net)



David Beard with his new book *If I'd Only Known I'd Live This Long*.

## BOOK YOURSELF IN

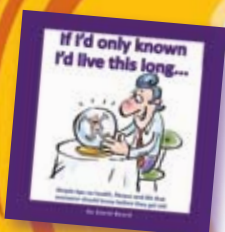
A New Year is here – and it's a chance to start afresh, making health and fitness habits part of your daily routine.

The book *If I'd Only Known I'd Live This Long* has plenty of tips to help you through 2009 and, by reading this month's newsletter, a copy could be all yours.

Just answer the three questions and enter here or online before Friday, February 13, 2009.

Answers can be found in this edition.

Look for the answers to last month's Quick Quiz on the winners' page of the Pilbara Health website at <http://pilbarahealth.riotinto.com>



1

The key to happiness is to shut yourself away from people.

TRUE  FALSE

2

Doing next to nothing is the best way to live to 100 years of age.

TRUE  FALSE

3

Warming up before physical activity can help prevent injury.

TRUE  FALSE