



## The Fit Duck

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We all say we know the importance of maintaining physical health but do we really understand the implications of poor health choices? What practices can we put into place now in order to set ourselves up for a lifetime of good health and physical wellbeing?

Key messages:

- Get out of your comfort zone
- Take time to look after yourself – especially when you have to look after others (both at home and work)
- You need to be mentally fit
- Everyone has their mountain to climb – there are many challenges you face both personally and professionally
- Very different being one of the team to being leader of the team
- Everyone complains about management
- Important to be self-aware and consider what you may need to do to change your communication style but also to realise that you can please some of the people some of the time not all of the people all of the time.
- 45% of Australians will experience mental health (ABS 2013)
- In any one year 1 million Australians will have depression and 2 million will have anxiety. (ABS 2013)
- If you live in an indigenous community this can be far greater.
- When you are a leader of an organisation you can feel stress from a number of different angles. Doing the job can be the easy part. Managing people and just watching them go through difficult experiences can incrementally impact on you (especially if you are a sensitive soul).
- Even if you can't lose weight by being active – keep active as it does contribute to your health.
- To transform you need to find some help – I chose a weight loss program that suited me. Work on your mind set that is the key. Control your meal portions and get moving.
- It won't happen overnight – so take one step at a time. You will get there.
- The first time will be very challenging but you will find encouragement along the way and combine your challenge with something you love.
- In Townsville Castle Hill is like a community. People from all walks of life but with the same goal – to reach the top. There is a lot of encouragement along the way to reach the top and it is very satisfying when you reach your goal. It would be nice to work in an organisation like that.
- Once you reach the top it is ok to enjoy the view – but you can't just get there and say that's it I've made it. You have to keep working at it. Don't stop – find new goals, new ways and mix it up. Some people use different methods of getting to the top of the hill – walk, ride, run, goat track. Weight loss and management is the same – you can't just get to your goal weight and then return to your old habits you have to stick to your new habits. In management you can't just become a leader and then rest on your laurels you need to keep looking for next challenge, experience or even qualifications.
- The one most universal trait for success is hunger. That drive that never seems to go away and is evident in successful people. Very evident in sports people. But you need to find





fulfilment in what you do to be happy – if you are not happy then success without fulfilment is failure. (Tony Robbins)

- Hit the refresh button – don't go on fad diets, do wean yourself off sugar and bad food choices, resist and find new ways of avoiding temptation – like eating something healthy at the work morning teas.
- If it doesn't challenge you it doesn't change you – don't be a lame duck – it is hard work but you won't change if you aren't challenged.
- Be a good role model – lead by example – and show your family, your work team that you mean what you say and that you can bring others along with you.
- Shake it up!
- If your organisation feels like 'shit' then maybe it is time to move up or out. Don't just sit around and complain – be part of the solution – it takes team work. And if its not a healthy environment that you are in – you need to make a change.
- Be Fit for Purpose - You can't rely on fate or luck – you need to position yourself for opportunities – whether it be gaining qualifications, experience or applying for new jobs. Put yourself out there and take on new challenges.
- Fit it in the diary – be very organised – amazing what you can do in 15 minute intervals. Micromanage yourself – even on weekends – set yourself mini goals 'I'm going for a walk at 4pm' and the stick to it. Pre-cook or plan meals in advance to avoid the takeaway.
- Consistency – you don't need to be motivated – just consistent. We spend over 22 hours a week sitting (probably more). Only 1 in 5 people do their 10,000 steps a day. Get a fit bit or pedometer. Constantly make an effort to do something active. Make it part of your daily routine like brushing your teeth or having a shower.
- Move it!
- Don't just think – DO. Get out of bed, don't procrastinate – don't put off getting those qualifications – don't over analyse – just get going – start walking – put those shoes on – be dressed ready to go. You will feel so much better and energised afterwards.
- Discover new places – helps break the glass ceiling or get ahead if you move around and local government offers many opportunities to do that.
- Meet new people – it is amazing the people you will meet – LGMA a great place to network. Be inspired and amazed at other cultures and learn to respect others.
- Try new things – do a team building exercise with the colour run – help raise money for charity.
- Help others and be grateful. – Give your time to a community event – volunteer – you will meet new people and find a new way of rewarding yourself (instead of the chocolate bar).
- If you can't see the light at the end of the tunnel go down there and light the bloody thing yourself (Sara Henderson) - no one is going to do it for you – you have to make the effort – only you can do it and need to want to do it for yourself.
- Never quit, if you stumble get back up, what happened yesterday no longer matters today is another day so get back on track and move closer to your dreams and goals. You can do it.
- Dare to be different – you don't have to get ducks in a row like everyone else – why not get your cockatoos in a row!
- Find your happy place and Live Louder!

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