



BHP Billiton Mitsubishi Alliance

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## Media Release

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### **Saraji Mine tackles health issues head-on**

BMA Saraji Mine is bringing Annette Sym, author of the “*Symply Too Good To Be True*” low fat cookbooks and motivational speaker to Dysart on 31 May to run a community weight loss workshop.

All 100 workshop places were taken in the first two weeks of advertisement.

Attendance at the workshop is free and sponsored by BMA Saraji Mine, with donations accepted at the door with all proceeds donated will go to the Cancer Council of Queensland.

While in town, Annette will meet kitchen employees at the Dysart Accommodation Camp and the BMA Single Persons Village to pass on her healthy cooking tips. She'll also meet some of her greatest fans at the Dysart hospital who use her cookbooks to create all patient meals.

Annette Sym's workshop also coincides with the official end and weight loss tally of employees involved in the “Gut Buster” and “Think Light” programs currently running at Saraji.

BMA Saraji Occupational Health Advisor Sue Bartlem explained employees on the voluntary programs have been given a unique extra incentive to lose weight.

“For every kilo lost, BMA Saraji Mine will donate \$10 to the employees' charity of choice,” she said.

“And the Crew that loses the highest percentage of weight have an extra \$2000 donation to give away.”

Mobile Maintenance Department Diesel Fitter Barry Harris has already lost 5.5kg since getting involved in “Gut Buster's” just four weeks ago.

“I am a big believer in the Gut Busters Program and other Health Programs run onsite, to be honest I think they probably saved my life.” he explained.

Sue Bartlem explained that the “Gut Busters” program is available on site and run by Marg Barrett from Barrett's Workplace Wellness.

“Every week a new weight loss topic is discussed before everyone weighs in and gets measured – it's been a great success with increasingly positive feedback from the participants each week.”

The Gut Busters and Think Light program are complemented by free local gym membership and the “Fitness in the Park” initiative co-funded by BMA Norwich Park and Saraji Mines which provides free cross training; aqua aerobics and Fit Mix gym classes scheduled at hours that suit shift workers and the local community.

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