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Personal health and data monitoring is one of the current hot areas of techie gadgetry. You can buy smartphone apps that record how many paces you walk, track your calorie consumption, tell you when you have been sitting in one position for too long - and even give you a beep if your posture sags.

Body Composition Monitors

Now this isn't a smart phone app. In fact it's a new take on the humble bathroom scales. But as well as checking your weight, this device also tells you how much fat you've got (you really wanted to know that, didn't you?), how much muscle and bone, how well hydrated you are, how much of the fat is the bad stuff in the abdominal cavity (the so-called 'visceral fat'), and what your metabolic age is: your physical age, as opposed to your chronological age.



If you ask nicely, it will probably wipe your nose too.

It transmits all this data wirelessly to your computer or your Garmin sports watch, which stores it in a database and turns it into some whizzy graphs. Because it does so much it calls itself a Body Composition Monitor, rather than a weighing machine, and is proportionally more expensive.

Of course we were totally sucked in and, in the name of science, bought one and tested it with a few friends. You can read about it below.

Amy's Ride

The other big adventure this week was completing [Amy's Gran Fondo](#) ride with son Alex. This is an annual charity ride named after Amy Gillet, a member of the Australian cycling team who was struck and killed by a



car some years ago. The ride was a great experience - 110 kilometres along a closed and traffic-free Great Ocean Road in sunny conditions.

While the other 3,999 participants rode 'proper' bikes, my son chose to ride his commuter bike: a fixed-wheel without gears and without the ability to freewheel. He consequently obtained at least twice the value of his entry fee on the 2,000+ metres of ascent and descent compared to the rest of us.

Flying home from Melbourne I managed to prove that those airport security machines really do work. The security officer opened my carry-on baggage and extracted a set of hex-keys (apparently a must-have if you plan to dismantle an aircraft from the inside) and, to my horror, a box cutter that should have been packed in the bike bag. They kindly permitted me to take my hijacker's starter kit back to check-in and put it through as checked baggage.

Also in this issue, a new [Certificate IV in Training and Assessment](#) course starting in Hobart this month, plus [WH&S in the Workplace](#) and [Telephone Techniques](#) courses, and dates for our usual range of IT courses.

With warm regards

Nigel Davies
Director, NDA

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Certificate IV in Training and Assessment in Hobart

We begin a new [Certificate IV in Training and Assessment](#) in Hobart at the end of this month. There are still some places available - call Chris Carlson on 1300 765 736 if you would like more information.

What clients say about NDA's [Certificate IV in Training and Assessment](#):

This was a dynamic presentation...I was totally engaged from the opening line...the way the training was presented was so different to any presentation I have ever attended...this was hilarious and a fantastic way to finish a sensational training course.

JP, Department of Foreign Affairs and Trade

It was really good doing the course at NDA and a pleasure dealing with the staff there who obviously enjoy the work that they do. The customer service standard shown by NDA (promptness of response to queries and client contact generally) was quite impressive.

CB, Transend Networks

Body Composition Monitors

Knowing your weight alone is not necessarily a good indicator of your health. Your body comprises muscle, fat and bone, plus about 50-60% water. Good health requires an appropriate balance of all four, including the right type of fat.

Fat, or adipose tissue, takes two forms. Subcutaneous fat - the type you can grab with both hands - is found just below the skin and is not necessarily harmful. In fact, some studies suggest it may play a protective role.

The second type of fat is visceral fat, which is found in the abdominal cavity and around the internal organs. [An excess of visceral fat is associated with many diseases](#), including type II diabetes, rheumatoid arthritis, cardiovascular disease, breast cancer in women and autoimmune disorders.

Body composition monitors measure the percentage of your weight that is made up from each component and compare your values with average values for healthy people of your age and sex.

The Tanita BC-1000

I purchased a [Tanita BC-1000](#) because it interfaced with Garmin sports watches. Unlike most scales, it has no visual read-out facility; recorded values are transmitted by Bluetooth to your computer or sports watch. To

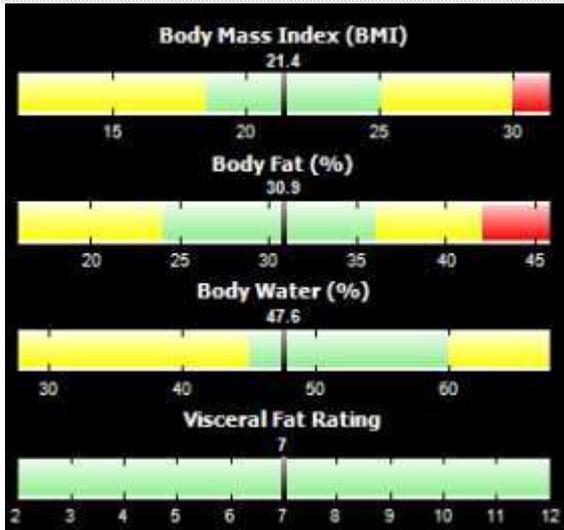
take a reading you strip off and stand on the scales in your bare feet. The device passes a weak electrical current through your body and uses bioelectrical impedance analysis (yes, I was impressed as well) to measure your weight and body composition.

Here's what my results looked like:

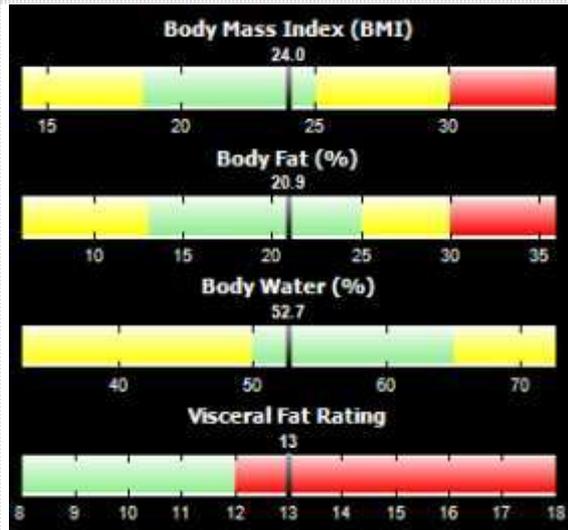


Body composition is displayed as a bar chart, with the green part of the bar representing normal values for your age and sex and your reading marked as a black vertical line. It looks like I need to increase the pizza intake.

On the evening of the Federal election, some friends came around to watch the results coming in, and we entertained ourselves by weighing each other. Here are two of their readings:



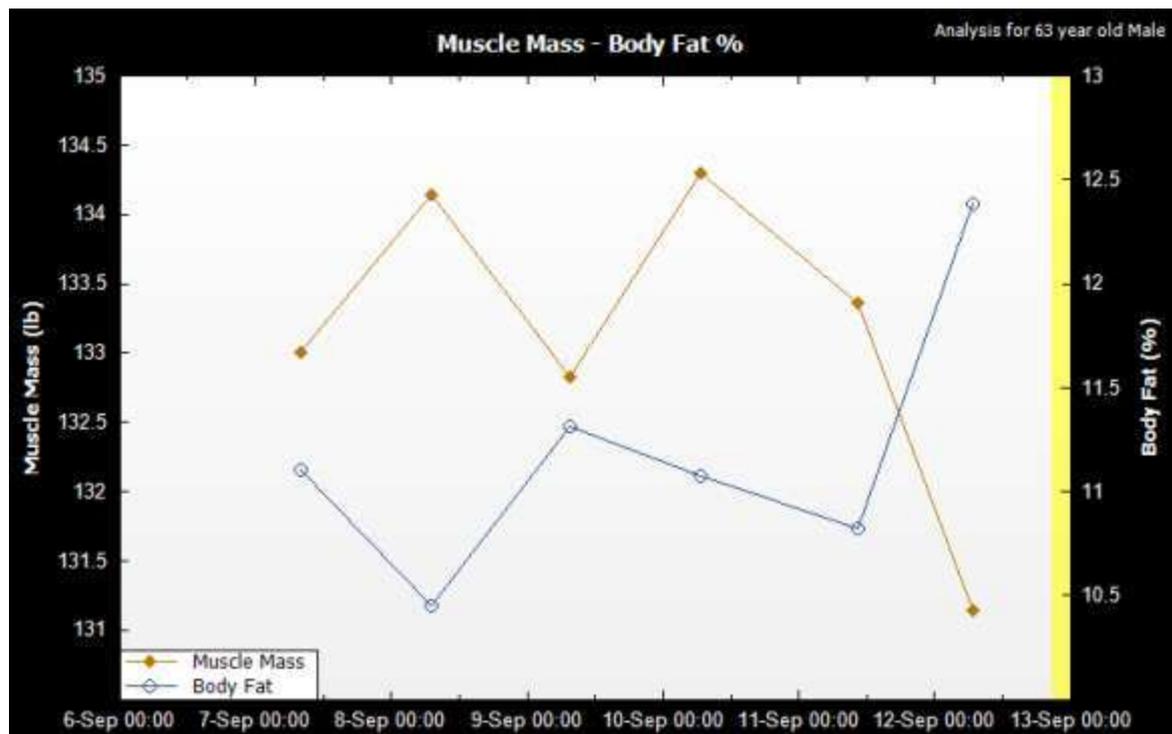
Fit 63 year old female with diet low in saturated fats - all readings excellent



Fit 74 year old male with healthy total body fat but visceral fat in the red zone

The values were remarkably consistent with expectations, knowing each other's lifestyles and backgrounds. Note that one otherwise slim, fit and healthy individual is recorded as having an excess of visceral fat. My friend eats a lot of honey and regularly drinks fruit juice. While this sounds healthy enough, both these foods are high in the type of sugar called fructose and, as [fructose is associated with increased visceral fat](#), he is going to modify his diet for a month. Then we will repeat the measurement.

After taking readings over several days, I had enough data for some graphical analysis. Here is muscle mass against body fat.



Looks like that extra pizza is beginning to kick in. As we get older, muscle mass declines and [some form of resistance training](#) is recommended for anyone over the age of 40. Other graphs include weight v body water % (it is important to be well hydrated, especially if you are exercising), weight to body mass index (BMI) and visceral fat rating.

Why might you buy one?

Devices of this type are normally used by serious athletes. Each kilogram of weight lost is worth about 25 seconds off your 10km run time - the difference between a gold medal and nothing - so it is worth tracking your fat percentage.

For the everyday punter, however, Tasmania has the worst record in Australia for obesity and the many diseases associated with being overweight. The sight of a graph trending in the right direction might help motivate people to modify their diet and introduce some form of exercise routine.

New Work Health & Safety course

NDA's new [WH&S in the Workplace](#) course has attracted a lot of attention this year. The next presentations are in both **Hobart and Launceston on Wednesday 2 October**. Call Janelle on 1300 765 736 to enrol.

I thoroughly enjoyed the training and felt very engaged - I have a lot to talk about at work tomorrow.

MH Quadrant Super

Excellent resource for later reference. Opportunity to contact later. Content very relevant to current future workplace requirements. Flexibility delivered with very good examples.

FW, DHHS

The trainer imparted a lot of knowledge in practical ways ie used life experiences and extensive knowledge to support the training materials.

DC, TEMCO

Very informative - procedures in place now realising seriousness of individual & workmates' duty of care.

LM, Fusion Home Support

Telephone Techniques

The way your phone is answered is one of the key markers of a professional business. Get it wrong and it can cost you dearly. That is why we recommend NDA's [Professional Telephone Techniques](#) to all organisations. The course is running next month and, to make it easier to

standardise your public telephone face, we are offering **two enrolments for the price of one**.

[Professional Telephone Techniques](#), **16 October**, both **Hobart and Launceston**.

Fantastic ! Very informative
SP, Australian Health practitioner Regulation Agency

All very good. Trainer very clear in what is being learnt on this level, very friendly person, lovely personality.
JP, Community Based Support South Inc.

I believe that anyone in a call centre should do this course as a refresher every 2 to 3 years.
DS, Aurora Energy

To enrol, email Janelle@nda.com.au or call **1300 765 736** and keep her on her toes.

2014 Skills Fund - don't miss out!

Applications for the [2014 Skills Fund](#) will open shortly. Organisations may apply for funding in partnership with an RTO (such as NDA) for either **short course training** ('skill sets') or **complete qualifications**.

Used sensibly, the Skills Fund could subsidise your entire staff training program for 2014 - but only if you act promptly. Last year the fund was exhausted before the expiry date. **Contact NDA now** and we will:

- Help you identify your training needs
- Ensure you meet the requirements of the program
- Write the application with you

1300 765 736 or chris@nda.com.au.

Forthcoming training courses

The following courses will shortly be presented by NDA - some at significant discounts on standard rates (to obtain the discount, please phone Janelle on 1300 765 736 and mention this email when making bookings). Clients with existing bookings for discounted courses may not change them but additional people may be added at the discounted rate.

Hobart IT Courses

[Word Intermediate](#) 18/19 Sep - \$480

[Word Advanced](#) 19/20 Sep - \$480 **two for the price of one**

[MYOB Setup and Operation](#) 23/24 Sep - \$570
[Introduction to PCs with Windows and Microsoft Office](#), 26/27 Sep - \$480
[Access Introductory](#), 30 Sep/2 Oct - \$480
[MYOB Advanced](#) 7 Oct - \$285
[Publisher](#) 11 Oct - \$240
[Excel Introductory](#) 21/23 Oct - \$480
[Excel Intermediate](#) 23/28 Oct - \$480
[Excel Advanced](#) 28/29 Oct - \$480

Hobart Business Skills Courses

[Time Management](#) 19 Sep - \$285 **15% discount**
[Learning Design](#) 25/26 Sep - \$570
[Workplace Health & Safety](#) 2 Oct - \$285
[Professional Telephone Techniques](#) 16 Oct **two for the price of one**
[Managing Successful Projects](#) 17/18 Oct - \$570
[Training Delivery](#) 22/23 Oct - \$570
[Superior Customer Service](#) 30 Oct - \$285

Launceston IT Courses

[Word Intermediate](#) 18/19 Sep - \$480
[Word Advanced](#) 19/20 Sep - \$480 **two for the price of one**
[Introduction to PCs with Windows and Microsoft Office](#), 26/27 Sep - \$480
[Excel Introductory](#) 1/2 Oct - \$480
[Excel Intermediate](#) 2/3 Oct - \$480
[Excel Advanced](#) 3/4 Oct - \$480
[MYOB Setup and Operation](#) 16/17 Oct - \$570
[Excel Intermediate](#) 23/30 Oct - \$480
[Publisher](#) 25 Oct - \$240

Launceston Business Skills Courses

[Workplace Health & Safety](#) 2 Oct - \$285
[Professional Telephone Techniques](#) 16 Oct **two for the price of one**
[Time Management](#) 18 Oct - \$285

Devonport IT Courses

[Word Intermediate](#) 18/19 Sep - \$480 **two for the price of one**
[Introduction to PCs with Windows and Microsoft Office](#), 26/27 Sep - \$480
[Excel Introductory](#) 1/2 Oct - \$480
[Excel Intermediate](#) 2/3 Oct - \$480
[Excel Advanced](#) 3/7 Oct - \$480
[MYOB Setup and Operation](#) 16/17 Oct - \$570

Devonport Business Skills Courses

[Time Management](#) 18 Oct - \$285 **two for the price of one**

HOBART Level 3, Trafalgar Centre, 110 Collins St Hobart TAS 7000 Phone: (03) 6224 2660	LAUNCESTON Level 1, 65 St John Street Launceston TAS 7250 Phone: (03) 6334 4910	DEVONPORT The Roberts Building, 23 Stewart St Devonport TAS 7310 Phone: (03) 6423 4547
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