

SPECIAL POINTS OF INTEREST

- * Exercise safety in the winter
- * Winter weight gain
- * Recipe warmer
- * Community awareness
- * What's on



INSIDE EVERY ISSUE

Training Tips	1
Food Facts	2
Recipe	2
Reaching Out	3
Kids Corner	3
Message Board	4
About Us	4

GETTING THROUGH WINTER

Rug up and plough through the cold...

There are countless benefits of engaging in regular exercise ranging from weight loss to the prevention of chronic diseases. Cold weather can deter many from exercising but there are a number of added benefits to remaining physically active during winter:

- Exercising in winter requires more energy this means you burn more calories, a great incentive for those who want to lose weight and usually put on a couple kilograms during the colder months.
- Regular exercise is also known to boost your immune system helping to keep away colds and flu's that can plague us during the colder months.
- During winter when it's all too easy to lay around in bed or on the couch, regular exercise gives you extra energy helping you to get more done during the day.
- When we exercise our bodies release endorphins, these chemicals improve our mood making us feel good. This reaction is even more important during winter when seasonal depression can occur and moods sometimes drop due to miserable weather.

TRAINING TIPS

Exercising in cold weather:

- Take extra care to warm up properly as joints and muscles may need extra time to become warm.
- Make sure you drink enough water during your workout because it's easy to forget that you can become dehydrated just as easily as you would exercising in the heat.
- Wear light layers when exercising so you stay warm and remove them as your body heat increases.
- When exercising outdoors keep your eyes open for frosty grass, slick pavement and muddy ground, the last thing you want to do when exercising is injure yourself.
- If you are asthmatic make sure you check with your doctor, exercising in the cold could aggravate this condition.

Types of exercises:

- Group training sessions that are held indoors are an affordable way to work up a sweat and because they're out of the rain and cold there's no excuse not to participate! You can also learn a lot of exercises that you can perform in your own home to get that extra workout in between classes.
- Walking and jogging outdoors is a great way to stay active, take the dog or walk with your family or friends to make it more enjoyable.
- Indoor team sports are a fun and cheap way to exercise with friends and a number of sports such as beach volleyball, netball, soccer and football are on offer for all skill levels so why not get your friends together and join!
- Exercise DVDs are also a great, convenient way to exercise at home whenever you have the spare time. A lot of these DVDs are made up of 3 or 4 fifteen minute workouts so you can do them whenever you have the time.

FOOD FACTS

BEAT the winter weight gain!

I think it is an accepted fact that some people tend to gain a little weight over the colder months of the year. Why? A few reasons, the most noted being a decrease in exercise due to the cold and the craving of warmer, more substantial foods to keep us warm.

Fat on the human body acts as an insulator, so it makes sense that when the temperature drops – we are in search for foods to add insulation. Add to this to appeal and desire to consume warming, comfort foods and you have one outcome – excess kilojoules (kJ).

Winter does not have to equal weight gain however; here are a few basic food tips to help give your body its cravings while still being sensible:

- Be prepared and organised – plan your meals and shop to the plan. This will help avoid impulse purchases and meals during the week;
- Stock up on vegetables – find recipes that are predominantly vegetable based. Not only will this help keep the kJ down but also feed your body of much needed vitamins and minerals to help keep colds and flu's at bay;
- Steer clear of creamy sauces – instead stick to tomato based sauces. This goes for pasta, soup, curry and casserole dishes;
- Try new recipes and cooking processes – try warm fruit dishes for desert, or invest in a slow cooker to vary your diet; and
- Water consumption can drop off also – try herbal teas to keep fluid intake up.

As always, keeping a sensible approach to your diet will ensure that you won't go overboard. Maintain a varied diet, consuming a lot of vegetables and fruit, lean protein and complex carbohydrates.

By April Connell BAppSci (Human Biology)



Peppermint and Green teas are amongst the most popular herbal teas. However there are many other varieties with great health benefits. Try:

- White tea
- Oolong tea
- Chamomile tea

REMEMBER:

While the foods mentioned above have many healthy benefits it is important to make sure they are only a supplement to your diet. Eating a variety of nutritious food will provide your body with the nutrients it needs and the energy required to get you through the day!

Check the ingredients

When choosing products at your local supermarket, make sure you read the ingredients list. Although it may say low fat, it could be high in sugar, salt and preservatives. Everything counts!

RECIPE courtesy of Nutrition Complete www.nutrition-complete.com

Mediterranean Beef & Lentil Soup

INGREDIENTS: makes 1 serve

- 1 celery stalks (approx 30 grams each)
- 1 tsp garlic, minced
- 1/2 carrots, small (approx 100g each)
- 85 grams tinned tomatoes, chopped
- 1 brown onion, small (approx 60g each)
- 1 pinch sea salt, 1 pink of black pepper
- 100 grams beef, steak, rump, lean
- 1 pump cooking oil spray
- 20 grams tomato paste
- 1 zucchini (courgettes), medium (approx 196g each)
- 100 grams brown lentils, canned and drained



PREPARATION:

1. Place Lentils in a pot for cooking on the stove. Fill pot with water until water level is about 1 inch above the lentils. Bring to the boil & cook for about 5 minutes.
2. Add tomato paste and diced tomatoes and cook for approximately 2 minutes.
3. Meanwhile, dice onions and add to a separate pot sprayed with cooking oil spray, sauté onion & garlic on medium heat until caramelised.
4. Dice beef and add to the garlic and onion mixture and sauté until beef is slightly brown.
5. Dice celery, carrot and zucchini and add to the lentils along with the diced beef mixture. Cook for a further 15-20 minutes or until mixture has a semi-thick consistency.

REACHING OUT



Buy a daffodil for Daffodil Day, **Friday 26 August** and give hope to the 1 in 2 Australians diagnosed with cancer by age 85. All funds raised through Daffodil Day support cancer research, prevention programs and

support services for cancer patients and their families. With your support, we can help reduce the impact of cancer in Australia, and give hope to the estimated 115,000 Australians who will be diagnosed this year alone.

To support Daffodil Day, visit www.daffodilday.com.au or phone 1300 65 65 85.

We make a living by
what we get, we
make a life by what
we give.
~ Sir Winston
Churchill

KIDS CORNER - Indoor activities on a cold winters day!

TOODLERS

Hand print wrapping paper for Father's Day

Supplies

Tissue paper or Plain Paper, paint, little hands!

Method

Have a stack of a few sheets of tissue paper ready to be 'stamped' with painted hand prints.

Choose the colour you want then paint the child's hand and let them go crazy designing their own wrapping paper.

Let dry completely and use as wrapping paper or cut up and attach to blank cards to use as greeting cards.



PRESCHOOL

Homemade Hand printed Tree Card

Supplies

Coloured or patterned paper

A piece of brown construction paper or felt (for the tree trunk)

Pencil, scissors & glue

Optional: Glitter, glitter glue, or paper ornaments to glue on the tree

Method

Trace the child's hand on a piece of paper.

Cut out the hand print.

Make a lot of paper a large piece of paper.

Cut out a small rectangle of dark brown paper (this will be the tree trunk).

Glue the rectangle below the tree.

Glue the hand prints together in a tree shape. Start at the bottom of the tree. Starting with the second row, make the fingers overlap the next hand a little bit.

Optional: Decorate your tree with glitter, glitter glue, or paper shapes.



12 WEEK CHALLENGE!

Do you have what it takes to KICK START THE NEW YOU?

Get into shape and feel great, join us in a 12 week challenge that is designed to help you lose weight and be inspired to live a healthier lifestyle!

- Weigh-ins at week one, six and twelve
- Three exercise sessions per week
- Nutrition guidance
- Prizes!

CONGRATULATIONS TO LAST TERM'S WINNER: Mercedes!

She lost 10kg and 30cm in girth measurements.



Get results just like Mercedes in the next 12 week challenge!

Term 3 classes start:

South Morang 22 August
Richmond 12 September

Sign up a friend and go into the draw to win a brand new pair of SPORT SHOES.

FIRST SESSION FREE!

Ora Health & Fitness is passionate about life, exercise and inspiring people to live healthier lifestyles. Our purpose is to enhance people's lives by increasing their quality of life through exercise and nutrition. We offer a variety of fitness programs that include Personal & Outdoor Training, Corporate Fitness, Mums & Bubs, Classics 50plus and Children's Fitness. Ora is currently located in South Morang and Richmond however looking to expand in surrounding suburbs of Melbourne.

SOUTH MORANG

Contact Pauline 0438 604 840
pauline@orafitness.com.au

Personal Training

3 Songbird Crescent, South Morang

Outdoor Fitness

South Morang Park, corner of Vincent & Grange Drive

Group Fitness

Riverside hall - 8 Doreen Rogen Way, South Morang
Mernda hall - 70 Mernda Village Drive, Mernda
Epping hall - 378 Findon Road, Epping

RICHMOND

Contact Madeline 0400 353 958
madeline@orafitness.com.au

Personal Training

The Stables, 19 Duke Street, Richmond

Outdoor Fitness

Burnley Oval, Park Grove, Richmond

Group Fitness

Clifton Creative Arts Centre
314 Church Street Richmond

For more information or to send us your feedback on our newsletter please email pauline@orafitness.com.au