

NAMBOUR/COOROY NEWSLETTER

May 2019



The Best And Worst Takeaway

Did you know that Australians eat takeaway or restaurant food an average of four times a week? With many fast food outlets now advertising healthy alternatives on their standard menu, dietitian Debbie Iles goes on a mission to find out just how easy it is to find 'healthy' fast food.

Best of the best takeaway

- **Salad bar sandwich or wrap:** Create your own culinary masterpiece with loads of salads, lean meat and avocado spread, instead of butter, on wholegrain bread.
- **Japanese sushi rolls:** Choose rolls that contain salmon, fresh tuna, vegies, tofu and avocado. Skip the fried chicken, beef and tempura prawn varieties.
- **Fresh rice paper rolls:** It's pretty hard to go wrong with this choice. Fresh vermicelli noodles, salads, fresh herbs and prawns are the mainstay ingredients. They're so good, you won't need any dips!
- **Subway salads or low-fat 6-inch subs:** Ask for extra salads, lean meats and take the multigrain or honey oat bread option. Avoid the creamy dressings.
- **McDonalds Tick-approved seared chicken wraps:** As above, ask to double up on the salad in your wrap.

Conclusion

Despite the positive changes being made to many fast food outlets' menus, most takeaway is, sadly, still not as healthy as it could be. In an ideal world, eating out would be reserved for special occasions – but a more realistic view would be to look at limiting takeaway food to about four times per week (including buying your lunch). Stick to salad, sandwich and sushi options where you can, and keep restaurant meals to a minimum as much as possible. Try to follow the 80/20 rule: 80% home-cooked dinners and 20% takeaway dinners. This way, you can enjoy the best of both worlds.

<https://www.healthyfoodguide.com.au/articles/2010/december/best-and-worst-takeaway>

Welcome to the Month of May!

Firstly, a big thankyou to everyone for the wonderful birthday wishes and the few surprises. You guys are awesome and I'm so blessed to have so many wonderful people that care in my life.

May challenge is here, all you need to do is 20 classes in the month of May to receive a beautiful Jazzy towel.

Winter Timetable starts in May, I hope the times are better suited for the Winter months and please any feedback is welcomed.

Women's Expo!!!

Mark your calendar Sunday 9th June 8.00am-1.00pm

Have a great month!!!!

Customers of the Month for April!!!

Grace Forward

&

Clare Cundall

**A Big Congratulations to these
Wonderful Achievers!!!**

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Aim for 30 Minutes a Day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of **30 minutes of moderate-intensity physical activity on most, preferably all, days.**

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Physical activity guidelines: Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

Be active on most, preferably all, days every week. Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.

Do muscle strengthening activities on at least two days each week.

Customer Profile!

I would like to introduce the wonderful customer: Sue Cooney

How long have you been Jazzin for? I started Jazzercise in the Church Hall about 6 years ago. Attended Leanne's classes about 20 year ago.

What have you achieved coming to Jazz? I have achieved excellent fitness through Jazzercise. It keeps my heart strong – I am especially focused on this suffering from a heart condition in 2013.

What is the best thing about Jazzercise Nambour? The best thing about Jazzercise is the Instructors, the comradery and the music. Can't survive without it. Life would be very dull without you Jazzercise and without you Leanne.

OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOUR) IN YOUR JAZZY SELFIES-WE LOVE SEEING YOUR SMILES IN CLASS!

**"SORE TODAY,
STRONG TOMORROW!"**

