

NAMBOUR/COOROY NEWSLETTER

November 2019



Health Benefits of Exercise for Children!

Exercise can be anything that makes children's breathing faster and their heart beat quicker. Sitting less and exercising for an hour a day (not necessarily all in one go) has many health benefits for children:

- they will develop healthy bones, muscles and joints
- they will develop healthy heart and lungs
- their coordination, strength and muscle control will improve
- they will maintain a healthy body weight
- their body will become more flexible
- their balance and posture will improve
- their brain will develop vital connections, leading to improved concentration and thinking skills
- they are less likely to develop chronic diseases, such as heart disease and type 2 diabetes.

How Much Physical Activity do Children Need?

1 to 5 years: at least 3 hours of being physically active, spread throughout the day.

5 to 12 years: at least 60 minutes of moderate to vigorous physical activity every day. This should include a variety of aerobic activities as well as activities that strengthen muscle and bone.

Children should also limit the amount of time they spend sitting, and those aged over 5 should spend no more than 2 hours a day in front of a screen. This recommended maximum screen time drops to 1 hour for children aged 2 to 5, with no screen time at all recommended for children under 2.

About 4 out of 5 children in Australia don't get the daily 1 hour of physical activity they need for good health.

Blackberry Smoothie Bowl

Ingredients

90g blackberries
1 banana
¼ cup baby spinach
110g plain natural yoghurt
12g chia seeds
12g mixed seeds
8g coconut

Method

Place the banana, blackberries (set some aside to garnish the smoothie bowl), yoghurt and spinach into a blender and blend until smooth and creamy. Spoon the smoothie mixture into a bowl. Top with the remaining blackberries, chia seeds, mixed seeds and coconut. Serve and enjoy!

Serves: 1



**Customers of the Month
for October
Cheryl McMahon
&
Robyn Towne
A Big Congratulations to these
Wonderful Achievers!!!**

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An Apple a Day!

Apples are such an incredible food. I'd almost go as far as calling them a superfood because damn, they have so many fabulous traits. But before I get into why they're so good for you, I want to take a moment to appreciate how versatile apples are. Beyond nutrition, my favourite thing about them is the fact that I can throw one in my handbag and enjoy a healthy and filling snack at any time of day. They're hard enough that they don't get squashed and they make the most amazing travel companion. There's no peeling, messy hands or chopping required – they're one of those angel fruits that are perfect for the busy woman.

Now, let's talk health benefits. Here's why apples should be a staple on your shopping list.

Low GI: Just one of the incredible characteristics of apples is that they contain a low glycaemic index (GI). GI is the rating scale of how quickly the sugars from a food are absorbed into the bloodstream. Foods that are unprocessed tend to have a lower GI, due to the fact that they haven't been tampered with and rely on the body to do what it was made to do and digest and absorb the food. When tested, apples have been found to have a GI of 38 (a low GI is 55 or less), which means by snacking on them, you'll feel fuller for longer.

Fibre, vitamin C and potassium: Apples are rich in soluble fibre, which plays an important role in reducing bad (LDL) cholesterol. Vitamin C supports immunity, helps with iron absorption and keeps skin healthy, while potassium is important for electrolyte balance and muscle health.

Good carbs: Let's settle the debate once and for all. Fresh fruit is rich in good carbs, which provide sustained energy. The natural sugars in fresh fruit operate very differently to highly processed sugars like those found in cakes, biscuits and lollies, so you don't ever need to worry about eating a piece of fruit and thinking you're having too much sugar. In fact, a research study of 38,000 women published in the Journal of the American College of Nutrition found that by eating an apple every day, women reduced their risk of type 2 diabetes by 28 per cent. So it would seem the opposite is true.

Hydration: Apples are 85% water, which means that in addition to providing essential nutrients and an energy boost, they're also helping you meet your hydration needs at the same time.

Did you know? Apples are also good for your digestive system.

Research suggests this may help protect against obesity and heart disease.

Thank You

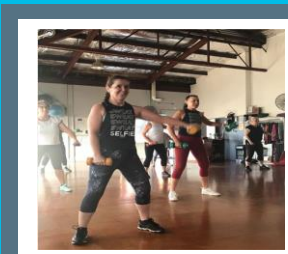
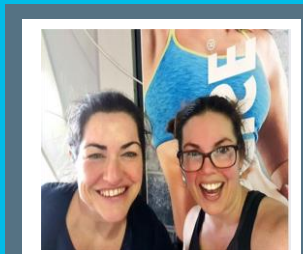
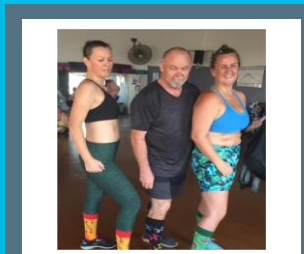
Dance For Cancer-\$1185.00



MS Fundraiser- \$605.60



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!"***



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