

NAMBOUR/COOROY NEWSLETTER

August 2019



Winter Blues!!!!

It's one of the hardest parts of the year is the changing of seasons. You're swapping your sandals for boots and switching those heaters on instead of hitting the beach. A change in the weather can take it out of us, we get run down, sick and are in desperate need of a tropical holiday. But a switch in our mindset to get us through without burning out.

Exercise: Yes, it's cold and dark, so why should that stop us from a workout? In order to stay fresh and on top of our game we need to keep exercising regularly. Exercise not only has numerous physical and mental health benefits, but it also increases our energy levels. In most cases once you have finished a workout, you feel more energised. And we all know when we have more energy, we feel better about ourselves and on top of the world. 5.45am classes gets us ready for the day!!!!

Food: You know that old saying you are what you eat? It's true! We know that what you eat generally determines how you feel. So, try sticking to a healthy diet with lots of fruit and veggies. The Mediterranean diet is a great option as you are primarily eating plant-based foods. This is a great time to give new recipes a spin, so swap some of your regular weekly meals with a new recipe each week. We love: Mediterranean quesadilla, Baked spinach and eggs, Spinach and ricotta stuffed mushrooms, Cajun chicken with chips and Greek salad, Minted lamb wraps and beetroot burger.

Me Time: Make sure you are taking time for yourself. No matter what your day or week looks like, take at least five minutes to meditate, go for a walk, read or just sit and reflect. This alone time will do you wonders as we cannot not take care of others if we aren't taking care of ourselves first. Switching off for a few minutes a day will help your body and brain unwind.

The biggest challenge is for you to know when you need to take a break, eat a healthy meal, go to sleep early or take a mental health day to avoid burning out and becoming run down.

Top Tip, start writing a dot point journal to keep track of how you're feeling. Adding in a point of what you are grateful for each day, can help change your mindset. After all, when you are positive, you attract positivity.

ME TIME IS NEEDED EVERYDAY!!!

Welcome to August! Last month of cold weather!

8 Week Challenge: Do YOU want to be ready for those upcoming Summer months. Here is your chance?

Challenge 1- Sign up!

Challenge 2- Mark Your calendar for classes!

Challenge 3- Complete 36 classes for the months of August & September!



Coffee morning: You're invited to our end of the month coffee morning on Saturday 31st August – after class @ Small Change Coffee shop in Bury Street near the council.

Coming Soon- Nambour Cycle & Barre Studio

Cycle & Barre

**Customers of the Month
for Amanda Quirk!
&**

Jacinta Schliebs

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

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WHICH BREAD IS BEST?

Bread can play a delicious and satiating role in a well-balanced diet. But not all bread is created equal. Is your sandwich tiptop?

White: Steer clear of the white stuff! White bread offers little to no nutritional benefit. White bread is made from white flour that has been ground and refined by stripping off the outer layer, where the fibre is located. The more refined a food, the quicker our body is able to digest it meaning we're likely to experience a hunger surge again soon.

Wholemeal: Kids can be fussy eaters, so if you're looking for the next best alternative to white bread, opt for wholemeal. Unlike white bread, wholemeal is jam packed with fibre, nutrients, vitamins and minerals because it's made from the bran, the germ and the endosperm portions of the grain. However, when selecting wholemeal bread, don't simply rely on the colour; always check the ingredients to ensure that it contains wholemeal flour so you know you're getting the best quality for you and your family.

Wholegrain: With added grains for extra nutritional value, this is a great option for health-conscious individuals. With almost four times as much fibre as white bread and a lower GI, this bread will fill you up and keep you going for longer.

Dark Rye: High in fibre and protein with a low GI, this is the pick of the bunch for those who want to reduce their carb intake but still wanting to enjoy bread. The high protein quota makes it a known weight loss aid, as it helps to keep you feeling full for longer by slowly releasing energy to keep you going throughout the day.

FIND A WORKOUT BUDDY!

Hitting the DANCE FLOOR solo can be a heavenly escape from the demands of daily life. But becoming a team player can take your motivation, enjoyment and success to a whole new level.

Cultivate Commitment: Connecting with a network of likeminded people can take that journey from something you feel you should do to an activity you truly enjoy, and are therefore likely to persist with.

Adopt accountability: If challenging and realistic goals form the basis for growth, then a strong sense of accountability holds you to achieving them. Moreover, having teammates or training buddies can help you to honour that obligation.

Create confidence: When the going gets tough, it's tempting to throw in the towel, but with the support and reassurance from your training buddies, you can turn those negative thoughts into a boost of confidence.

Find the Fun: While you may too tired and thinking about that exercise session, it's important to have a little fun while you're at it. Research has stated the happier you are the less stressed you are!!!

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!"**

