

# NAMBOUR/COOROY NEWSLETTER July 2019!



## 5 WAYS EXERCISE BOOSTS SELF-CONFIDENCE

What if all those burned calories weren't for a lower number on the scale, but increased self-confidence? Studies show that regular exercise gives you more than health benefits, it's a huge confidence booster! Not to mention, when you have higher self-esteem, you're better equipped to meet your goals and be successful. Those without a strong sense of confidence may take a passive approach to life and be more apathetic about their future. A fitness routine can help you stay more focused and encourage you to take on life's challenges.

### *So how can exercise improve your self-confidence?*

- 1. You Feel Better:** Exercise is good for your body and mind. It can help you break out of bad habits like poor diet choices, overeating and being sedentary. When you feel better physically, you feel better mentally. So, you're more interested in meeting new people, exploring new places *and* you have more energy to take on challenges and overcome obstacles.
- 2. You Feel Stronger:** Regular exercise makes your body stronger and lowers your risk for high blood pressure and chronic disease. It also helps to control weight and reduce stress, depression and anxiety. When you have physical strength, you often gain mental strength.
- 3. You Gain a Sense of Accomplishment:** Exercise is about setting and achieving goals. The success of creating an exercise routine and sticking to it brings you a sense of achievement. When you achieve your exercise goals, you have more emotional stamina to take on your personal goals until you feel like there's *nothing* you can't do!
- 4. You Have Improved Self-Image:** Sometimes self-esteem issues are tied to body perception. Regular exercise helps build confidence by improving our body image. While exercising you're likely to strengthen and tone your body, and seeing these results can greatly improve your self-esteem and help you feel better about the way you look.
- 5. You Have Increased Brain Power:** Exercise makes you smarter. When you do aerobic exercise, you feed your brain with valuable nutrients and oxygen, improving cognitive function. After exercise, you tend to feel more focused, alert and able to complete the tasks of the day more efficiently, thus improving your self-esteem.

Welcome to the new financial year and what a busy 6 months Jazzercise Nambour have had.

Firstly, lets welcome our new Instructors, Kathy, Alana, Casey, Belinda and Chloe, they will be on the stage very soon!

I'm excited for the next six months WHY!!! We have more challenges, goal setting, competition, new music/moves, programs and our Cancer Fundraiser. So, challenge yourself to come weekly as you won't want to miss out!

Jazzercise Celebrations in the USA was magnificent. We are so lucky to have this program in Nambour with a 5-decade history. No other fitness program has lasted this long and let tell you more of Jazz to come.

Enjoy the month and stay fit, healthy and happy!

*Leanne and the Jazzy Team!!!*



**Customers of the Month  
for Tams Olsen!!!  
&  
Lisa Ardrey!!!**

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

**Jazzercise Sunshine Coast Fitness**

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## Protein Pancakes!!!!

We all love Pancakes but these are the best protein pancakes out there (not to mention they take only minutes to make!). They require just FOUR ingredients, but they'll turn out light and fluffy and are perfect for breakfast in bed. Besides making this healthy recipe, you'll make happy memories for years to come and totally impress mom with your cooking skills.

### Four-Ingredient Protein-Packed Pancakes

#### Ingredients:

- 4 tbsp almond milk
- 4 eggs
- 2 scoops vanilla protein powder
- 2/3 cup dried oats

Servings: 8 small pancakes or 4 large pancakes

#### Directions:

- Whisk eggs and almond milk together in a bowl
- Add in oats and protein powder and continue to stir
- Pour on heated skillet in ¼ cup increments (be sure to use non-stick spray first!)



## Ways To Avoid the Winter Blues

During the colder months, getting sick sometimes seems unavoidable. But from olive leaf extract to good, old vitamin C, there's a plethora of treatments that you can take to combat the dreaded cold and flu. We take you through a few.

Remember, the best way to avoid catching a cold is to wash your hands regularly. It's also important to note that some herbal medicines and supplements aren't recommended if you're pregnant, lactating, taking other medication or have underlying health conditions, so always consult a health professional first.

### Garlic

A tried and tested favourite, garlic is prized for its medicinal properties due to the compound allicin, which can pack a powerful punch in fighting off bacteria. Research is limited, but there's evidence to suggest that garlic may indeed help fend off colds.

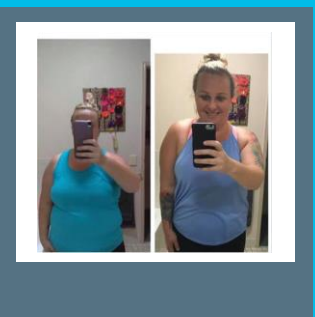
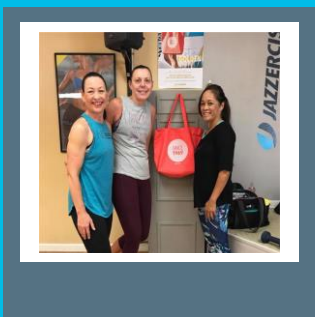
### Vitamin C

An important antioxidant, vitamin C is essential for a number of functions, including maintaining our immune systems. Because it's water soluble, vitamin C can't be stored in the body, so it's recommended that all adults consume at least 45mg every day. It's found in fruit and veggies – citrus, blackcurrants, guava, kiwifruit, broccoli and Brussels sprouts are all especially good sources.

### Echinacea

Also known as "coneflowers", the echinacea plant comes in 10 species and preparations can be made using the roots, stems, flowers or the whole plant. You can buy echinacea in capsules, as a tea or in a liquid that can be added to drinks.

## 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!"**

