

NAMBOUR/COOROY NEWSLETTER

June 2019



5 Wonderful Winter Tips

The Winter months are here! but that's doesn't mean we can't enjoy the cooler months and continue our exercise program! Here are 5 tips to help you through the Winter months.

1. Eating a healthy diet: Winter months are the best time for eating soups, stews and beautiful hot curries. Many of these meals are delicious during these cooler months and healthier options if you had lots of vegetables such as carrots, beans, and turnips. Carrots to your meals for a boost for Vitamin A.

2, Getting out side; Don't sit on the couch during these months, keep warm but remember to get some fresh air, this will help keep your skin hydrate. Moving around keeps you happy. Being outside gives you your daily does of Vitamin D. Don't forget to cover with SPF

3. Drink more water: There are so many benefits to drinking water and this is why we encourage you to get the recommended daily intake (eight glasses) regardless of the weather. Upping your water intake in winter is very important to fight skin dryness, as cold weather and dry winds extract moisture from your body and make skin dry. Drinking plenty of water will help keep you hydrated and make your skin vibrant all year round.

4. Knowing when to rest: It's normal to feel run down and sluggish in winter. The days are shorter and nights are getting longer so naturally our bodies want to sleep. If you don't feel up to it, don't force yourself to do a workout. Listen to your body and give it what it needs - a nap, a warm bath, a good night's sleep or some alone time. Taking care of your body is paramount.

5. Stay accountable: Don't let the cold weather keep you away from your favourite Jazzercise class. There are plenty of great classes and instructors to keep you motivated during winter. You should still be getting at least 30 minutes of exercise in a day regardless of the weather forecast.

Welcome to June and Winter!

More often than not, we tend to attribute health to our physical well-being. Whether it's making it to Jazzercise classes 3-4 times a week, opting for veggies over your favourite carb-heavy indulgence, let's not forget the importance of our mental and emotional well-being.

Healthy relationships offer lasting benefits. Whether it's with friends, your partner, your tribe or your fit fam – healthy relationships attribute to your overall health in more ways than you'd think.

Having a balanced lifestyle can keep your stress levels down or under control. Plus keep you feeling healthy and happy.

Enjoy the Winter Months!!! AND don't give UP!!

Leanne and the Jazzy Team.

**Customers of the Month
for May
Kelly Kennedy
&
Jodie Chatillon
A Big Congratulations to these
Wonderful Achievers!!!**

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Baked Spinach and Eggs

Ingredients

- 2 eggs
- 1 tomato
- 20g reduced fat feta
- ½ tbsp extra virgin olive oil
- 150g frozen spinach
- 25g red onion

Method

1. Preheat oven to 160°C.
2. Wilt spinach in saucepan and place into a medium ovenproof ramekin.
3. Gently, break the eggs in the ramekin on top of the spinach.
4. Bake in the preheated oven for approximately 30 minutes or until eggs are cooked to your liking.
5. Slice the remaining vegetables, crumble the cheese and top the slightly cooled spinach and eggs.
6. Drizzle dish with the oil, add salt and pepper, serve and enjoy!

SERVES 1



How Can I Increase Bone Density!

It's never too early or too late to protect your bones from osteoporosis. Here are our top six tips:

Get the calcium you need: If you're not getting enough calcium, your body will take it from your bones. A healthy, balanced diet should include a variety of foods with an adequate intake of calcium; primarily dairy foods but also green leafy vegetables and tofu. Recommendation for adults: 2.5 serves of milk, yoghurt and cheese a day and four serves for women over 50.

Be exercise smart: While any type of exercise is great for general health, there are some specific things you can do for bone strength. Weight bearing exercises such as brisk walking, jogging, skipping, team sports like basketball and netball, tennis, dancing, aerobics and stair walking all tick the bone-strengthening boxes. Regular exercise at least three times a week is best.

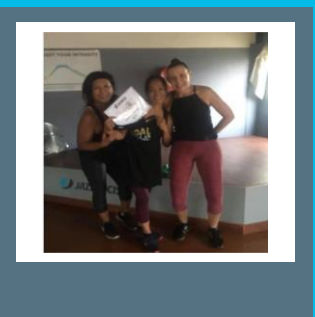
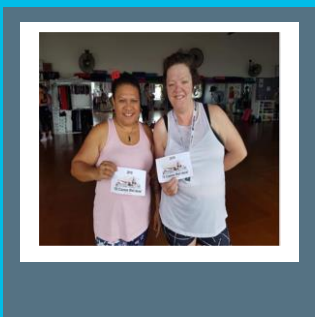
Ramp up the resistance: Progressive resistance training is when you build up resistance over time. Try lifting hand or ankle weights or using gym equipment and continue to increase the challenge.

Boost your vitamin D: This can help you absorb calcium, so it's important for healthy bones. In Australia we get most of our Vitamin D from the sun and a little bit from our diet. Although make sure you don't overdo it and remember to be sun smart in Australia's harsh climate. Your doctor may advise on vitamin D supplements if you are concerned, you're not getting enough through your diet.

Ditch the smokes: If you need another reason to quit smoking, here it is: smokers have lower bone density which may increase the risk of developing osteoporosis.

Go low on salt, caffeine and alcohol: Limit your intake of these and instead opt for a healthy, balanced diet with a variety of fruits, vegetables and whole-grains.

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!"**

