

INFO 1st September 2014

HOODIES ARE COMING !! All ordered hoodies are being printed and should be available for collection by next week. ☺

CHALLENGE YOUR FOOD BELIEFS

I have to eat something sweet after dinner, I cannot leave food on my plate, I always need 2 sugars in my cup of tea, I always have 2 slices of toast not 1, I cannot go without dinner, I have to have a glass of wine after work, I always eat a pie at the football, We always eat an entire block of chocolate or packet of biscuits if we open them- just a few of the common food beliefs that many of us have held since childhood. You can imagine how challenging it can be after holding these beliefs for 20 or 30 years to change them. In saying that, in most of these cases the beliefs hold no truth, and when it comes to altering weight or improving eating habits, they do in fact need to be questioned and ultimately altered.

A simple strategy to try to challenge some of your own food beliefs is to instead ask the question, Do I really need and/or feel like this?. You will be surprised how rarely you actually do feel like the food, or are hungry enough to eat it. Once you start to become aware of how your own food beliefs are impacting your own eating behaviour, you will be in a much better position to challenge them and ultimately change them.

THE WORST FOODS YOU CAN BUY

Here are the worst food offenders for young families and foods that you are much better to leave on the shelves-

1. Shapes – high in palm oil and offer nothing nutritionally
2. Jatz – high in palm oil
3. Rice Crackers – high GI and offer nothing nutritionally
4. Le Snak – buy real cheese and crackers
5. Nutra Grain / Fruit Loops / Coco Pops – you know chocolate is not good for breakfast
6. Nutella – chocolate in a jar
7. Cordial – sugar in water
8. 2 minute noodles – 1 packet = 3 breads + 1000mg of sodium
9. LCM Bars – high GI rice and sugar
10. White bread – one of the worst food habits we can have long term

RECIPE SALMON AND RICOTTA TART

Ingredients

Cooking oil spray
4 sheets filo pastry
200g smoked salmon, roughly chopped
150g low fat ricotta cheese
3 tbs dill, finely chopped
2 eggs, lightly beaten
½ cup Pura Tone milk

Method

1. Preheat the oven to 180°C. Coat a 20cm loose-based tart tin with cooking oil spray. Line the base with a sheet of pastry and lightly coat it with cooking oil spray before placing the next sheet of pastry on top. Continue this with the remaining pastry sheets. Place on a baking sheet and bake for 8 minutes, until lightly golden.
2. Place the remaining ingredients in a bowl and mix to combine, seasoning well with salt and pepper. Gently pour the salmon mixture into the cooked pastry case.
3. Reduce the oven temperature to 160°C and bake for 35 minutes or until the salmon filling is set. Perfect as a light lunch or dinner when served with a massive salad

Research suggests that 30-second to five-minute bursts of intense exercise interspersed with rest periods will yield unique physiological changes – from faster fat loss and better blood sugar control to improved blood vessel function – that slow runs cannot deliver as efficiently. “When it comes to these benefits, interval training is at least equal to and often superior to your traditional steady run,” says exercise scientist Jonathan Little, Ph.D. “And it doesn’t have to be an elite-athlete-type workout to be effective.”

ASL AND MND ICE CHALLENGE

Last Wednesday night after Bootcamp training the ice, water and buckets were out in full force. For those who had been nominated to do the challenge had the opportunity to rise to the challenge after training. The Saaarge decided to put names of participants training at Bootcamp that night into a hat. Lauren and Vanessa were called up. Paul Mullan was also nominated due to ...well,... should we say ,kinda kids would be better controlled haha .. To everyone’s surprise the nominations grew as each person enduring the challenge on the cold night chose their training partners of the night. It was a lot of fun but not forgetting the reasons why we chose to splash around. I encourage all of you to donate . You can donate to mndaust.asn.au .

THE 8 WEEK WEIGHT LOSS CHALLENGE IS COMING

The 8 week weight loss challenge starts on Monday the 6th October. Put it in your diary.. Tell your friends.

This program works !!!

You receive a manual, weigh in weekly, unlimited classes, food plans , advice and support. You also have a chance to win \$\$\$. This year the prize money will be shared between 1st and 2nd place. Details soon. Watch this space !