



The importance of muscle

Maintaining muscle mass is vital to long-term, healthy, and sustained weight loss. Lean muscle boosts your metabolism, increases strength, helps your body burn calories more efficiently, reduces the risk of injury, and can improve your overall quality of life.

As we age, studies show our muscle mass decreases and our metabolism naturally slows about 2-5% each decade. By stopping or reversing muscle loss, we can also aid weight loss and prevent the 'middle-age spread'.

The most constructive way to maintain muscle mass and strength is simply through exercise and a healthy diet. The Australian Physical Activity and Sedentary Behaviour Guidelines indicates adults should be accumulating 150-300 minutes of moderate intensity exercise each week, and muscle strengthening activities on at least two days each week. Resistance exercises improve strength which is imperative to muscle mass, while aerobic exercises improve lung capacity, fitness, as well as overall health and quality of life.



What is a simple exercise you can do anywhere, anytime, and with no equipment that targets the biggest muscle group in your body and provides the greatest benefit in the shortest time?

The Squat

To perform a squat, simply:

1. Stand next to a table and rest your hands on it for balance
2. Squat down as low as you can go, and then stand up, squeezing your buttocks
3. Keep your weight in your heels, stomach tight, with your chest and head facing forward.
4. Repeat, until you struggle to stand back up.



The next day, your thighs and buttocks should be sore. Wait a day or two, until you are no longer sore, and then repeat the exercise. Not only will this build shapely muscle on your thighs and buttocks, it will also assist with increasing or maintaining your metabolic rate.

Be breast aware

1 in 8 women in Australia will be diagnosed with breast cancer in their lifetime.

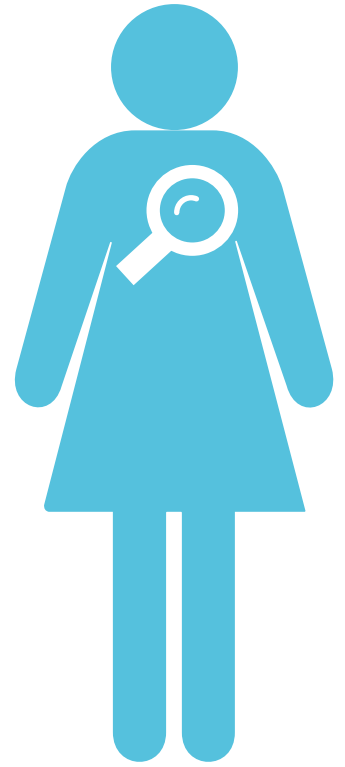
It is important to know and understand the symptoms of breast cancer, and how to detect them as early as possible. Finding breast cancer early means more treatment options are available – giving you the greatest chance of survival.

You do not need to be an expert or use a special technique to check your breasts. It is best to perform a breast self-exam once a month, 7-10 days after your menstrual period starts, which is when breasts are the least tender and lumpy. If you are no longer menstruating, you can still select the same day of the month and mark it on the calendar to remind yourself when to perform this self-exam.

Changes to look for include:

- ▶ New lumps or lumpiness, especially if only in one breast
- ▶ Change in the size or shape of your breast
- ▶ Change to the nipple, such as crusting, ulcer, redness or inversion
- ▶ A nipple discharge that occurs without squeezing
- ▶ Change in the skin of your breast, such as redness or dimpling
- ▶ Unusual pain that does not go away

Many changes are fortunately not due to breast cancer, but it is important to see your doctor without delay if you notice any of these changes.



It is important to know and understand the symptoms of breast cancer, and how to detect them as early as possible. It is important to see your doctor without delay if you notice any changes.

Zucchini and corn fritters

Serves 4

- ▶ 4 cups shredded zucchini
- ▶ 1 and 1/2 cups corn kernels
- ▶ 3/4 cup finely chopped spring onion
- ▶ 3 garlic cloves, minced
- ▶ 1 and 1/4 cup all-purpose flour
- ▶ 2 teaspoons cumin
- ▶ 1 teaspoon oregano
- ▶ 1 teaspoon thyme
- ▶ 1 teaspoon salt and pepper
- ▶ Salsa, sour cream and/or avocado for serving

Method:

In a large bowl, combine shredded zucchini, corn, spring onions, flour, cumin, oregano, thyme, salt and pepper. Stir together until well combined. Allow to sit for at least 5 minutes. This step is important because the flour will absorb the moisture from the zucchini and create a batter.

Warm a large non-stick pan over medium heat. Grease with preferred cooking oil then scoop out 1/4 cup of the zucchini mixture at a time into the pan. Cook for about 3-5 minutes on each side, until light golden brown. Serve warm with salsa, sour cream and/or avocado. Enjoy.



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