



Fast Facts

It is recommended that adults get 25-30g fibre every day, however research tells us we are only eating about 2/3 of this amount.

How to get more fibre in your day?

- Choose wholegrain breads and cereals.
- Add extra vegetables to your meals.
- Snack on fruit, dried fruit, nuts and seeds.
- Eat more legumes, add beans or chickpeas to soups, salads.

Top 5 FREE health and fitness Apps... for iPhone or Android

My Fitness Pal

The app will help you reach your weight loss goals in your requested time frame. It lets you keep a food diary, tracks the amount of exercise you do, and after all your hard work it tells you how much room for manoeuvre you have left at the end of the day (for that glass of wine).

Couch to 5k

This app requires a commitment of 30 minute workouts three times a week for eight weeks and involves alternating between walking and running as you build strength and endurance. After the two month period you will be able to run 5km with ease.

Nike Training Club

Containing more than 100 full-body, 15, 30 and 45 minute workouts, complete with step-by-step audio and video demos from some of the world's most inspirational female athletes, trainers, and celebrities.

Noom Weight Loss Coach

This personalised coaching app helps you form healthy habits through daily tasks, meal logging and exercise tracking. It even includes an integrated pedometer to count your steps and provides daily health and wellness articles and recipes.

Fooducate

This app will help you shop and eat healthy by allowing you to quickly pull up nutritional information about food products from barcodes. The app uses a letter grade from A to D, along with a quick summary of nutrition information in plain language, as well as healthy alternative suggestions.



Whip Up this Delicious & Healthy Dip

Baba Ghanoush

- 2 large seedless eggplants
- 2 tablespoons tahini paste
- ½ – 1 lemon
- 1 clove garlic
- ½ teaspoon sea salt and pepper

Pierce the skins of your eggplant with a fork then place onto a lined baking tray.

Roast in a hot (200 C) oven until the skin blackens, eggplant has collapsed slightly and the flesh is lovely and soft.

Remove from the oven and place the eggplant into a colander to allow excess juices from the eggplant to run out and cool.

Remove the inside flesh from the eggplant – you should have about 500g of soft creamy flesh.

Combine into a high speed blender along with tahini, juice and zest from ½ lemon, 1 clove garlic, salt and pepper until smooth and creamy.

Taste and adjust to your liking, adding more lemon or tahini if needed.

Serve with a variety of vegetable crudité's such as:

- Capsicum
- Carrot
- Celery
- Cucumber
- Broccoli
- Cauliflower

EGGPLANTS ARE IN SEASON DURING SUMMER & AUTUMN.



Stand up, Sit less, Move more

Australian adults are now spending half of their waking hours sitting, including time at work, in transport, watching TV, using a computer or for other social and leisure activities (at a cinema, for meals).



Emerging evidence is indicating sedentary behaviour is linked to an increase in health problems, such as poor nutrition, obesity and insulin resistance, which can lead to diabetes.



The new *Australian Physical Activity Guidelines* include recommendations for reducing sedentary behaviour in adults, including minimising the amount of time spent in prolonged sitting and breaking up long periods of sitting as often as possible.

Here are some strategies to help you sit less and move more during your working day;

- Walk over and talk to colleagues instead of emailing them.
- Drink more water so you have to go to the water cooler (and bathroom) more often.

- Use the stairs instead of the lift.
- Use an active way of commuting to work (walk or ride a bike or stand up on the train or bus).
- Have lunch away from your desk.
- Walk around the neighbourhood at lunch. You can measure out a couple of timed routes to fit into your break and give you variety.
- Have standing or walking meetings.

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