



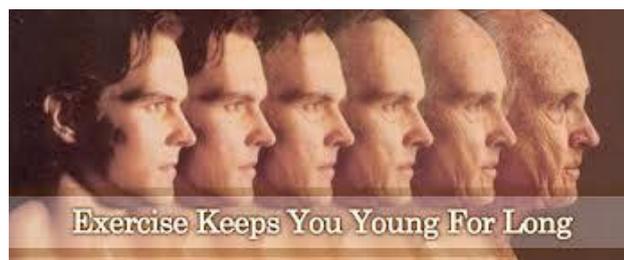
Active Nutrition

Newsletter August 2014



Delay Aging Naturally – Get Moving!

Very occasionally I come across people who never exercise – their attitude being “why should I bother”!! When challenged over exercise I come out with the usual reasons: – to feel good; to keep the weight down; to look good; to challenge personal boundaries and then the big one - the exercise we do now will keep us younger for longer. This usually sparks interest, often resulting in the question of how exercise possibly could delay aging.



I put together some research items for one such client recently and thought that you would also be interested in how exercise is such a great aid to staying young.

 **Muscle Tone:** cardio and aerobic exercise keeps muscles toned – especially your most important muscle – your heart. This type of exercise helps prevent diseases such as heart disease; diabetes type II; hypertension (high blood pressure); high cholesterol; etc. Poor health immediately ages us both inside and out.

 **Strengthens Bones:** resistance and high-impact exercise both in the gym and outdoors helping to keep our bone mass high, thus delaying the onset of osteoporosis and bone fractures.

 **Flexibility:** exercises that include stretching such as yoga, Pilates and general sports stretching help with maintaining joint range of movement, allowing us to be more active as well as avoiding injuries that speed the aging process.

 **Optimal Nutrition Distribution:** exercise raised the heart rate speeding up delivery of nutrients around the body especially to the eyes (improving vision); to muscles and to the skin – keeping it healthy and youthful looking.

 **Protects DNA:** exercise slows the aging of cells. Research has found that as we age the length of our telomeres reduce. Telomeres protect our DNA (like a sheath) so the longer the telomere the healthier the cell division. When the telomere becomes too short the cell can no longer



divide and so will die. This leaves us more vulnerable to diseases such as cancer, heart disease and diabetes, to say nothing about the outer appearance of our skin!

 Improved Brain Function: exercise helps with brain function – we know this from a young age, but it also helps keeping mental impairment at bay as we age. Exercise increases neuronal survival, enhances learning, and protects against cognitive decline – in otherwise keeps the brain younger longer.

 Reduces Depression: exercise increases our “feel good” hormones – called endorphins. Happy people are generally healthier and healthier than those suffering depression.

 Message: Keep exercising as long as you can!

Woman's Outdoor Fitness Classes

Tuesday & Friday

At 9:00am

Meeting at cenotaph opposite Mt Drury; Marine Parade

Bring yoga mat or large towel; bottle of water; sense of humour

Aimed at women over 35 years

Come and join us



Would you like further information?

Make an appointment for a full nutrition consultation.

Either:

Phone: 0210476155

Email me: info@activenutrition.co.nz; or

Book an appointment through my web site www.activenutrition.co.nz

A handwritten signature in blue ink that reads "Diana".



Recipe of the Month



Vegetable Pasta Bake (serves 4)

360 calories per serve

High protein; High vitamin A, B1, B2, B3, B5, B12, High zinc, magnesium, calcium,; High fibre

200g wholemeal pasta	1 small onion, chopped
2 cloves garlic, chopped	600g courgettes, chopped
3 eggs	½ cup low fat milk
65g low fat ricotta cheese	25g Edam cheese, grated
25g parmesan cheese, grated	1 punnet cherry tomatoes, halved
1 tbsp. pine nuts	ricebran oil spray
4 cups mescan salad	

Cook pasta according to directions on packet till al dente, and then drain well

In the meantime pre-heat oven to 180° C

On a medium heat cook the onion in a non-stick frying pan lightly sprayed with ricebran oil – about 1-2 minutes, add garlic and courgettes and cook a further 4-5 minutes until soft

Combine eggs, milk, ricotta, pasta and half the Edam and parmesan cheese and stir through the courgette mixture

Spoon into an oven-proof dish, scatter tomatoes (cut side up), topping with remaining cheese and pine nuts

Bake for 30-35 minutes until firm and golden brown

Serve with a green salad