

ozFit Newsletter

June 26, 2023

| Issue 12 WINTER EDITION

MANTRA

“Wellness is the natural state of my body. I am in perfect health.”

TOPICS

Watching our Weight in Winter

Moving with Pain

Cacao Vs Chocolate

Recipe

WINTER a time to hibernate Zzzzzz

Winter is a great time to rest and strengthen your immune system. Some of the things I do is to increase my **Vitamin C** intake, take **manuka honey**, drink bone broth, make hearty vegetable soups adding lots of **garlic, fresh ginger, turmeric,** and **fresh herbs** in the pot for their numerous health benefits. I find that I like to sleep more in Winter. I love to rug up and take afternoon Nanna naps. I also love taking long walks and enjoying the Winter sun on my face.

WATCHING our WEIGHT in WINTER and making better choices when the cold weather makes us hungry can be challenging at times. I have discovered that **bone broth** is a great drink to warm you up and nourish the body, its low on calories and high in nutrients. I also find that I tend to crave dark chocolate in winter. My new favourite hot chocolate drink is **Avalanche Sugar Free Drinking Chocolate** (the one in the tin). It has all natural ingredients and is sweetened with stevia, no artificial ingredients and it's a great way to get that chocolate fix.

MOVING with PAIN

Exercise is medicine. Research shows us that movement, activity and exercise can be very helpful to reduce pain and improve function for people with musculoskeletal pain. Even if you have a medical condition like osteoporosis or have had surgery for back pain, movement, activity and exercise form a key component of recovery.

Increased muscle strength leads to better support for the spine and improved flexibility helps people function more easily. Exercise also increases blood flow to the back's soft tissues, promoting healing and reducing stiffness.



NOTICE BOARD

**Social Lunch Friday 7th July.
Sydney Rowing Club 12:00**

**Christmas Party Friday 1st
December**

**CLOSED for Winter BREAK
from 25th July and reopen on
12th September.**

Weigh In Wednesday

Winter can be a time when we reach for comfort foods and we can tend to gain a few unwanted kgs.

I challenge you if you are already not doing so, to weigh yourself once a week, mid-week to keep a check on your weight.

If you notice that your weight is going up, start to keep a diary of what you are eating and drinking daily.

By doing this you can take more notice of any extra treats you are having so you can make the necessary changes to reduce the weight and get back on track.

**“Take care of your
body and it will reward
you with good health.”**

Caroline  

Recent evidence on lower limb osteoarthritis shows that compared with no exercise, doing exercise (such as strengthening exercise) significantly helps reduce pain. The size of the benefit (known as the ‘effect size’) is much larger than the largest benefit shown for paracetamol in hip or knee osteoarthritis. In this context, exercise can be considered ‘medicine’. (Reference - WA Department of Health)

Let’s talk about CACAO as opposed to Chocolate

Cacao is rich in micronutrients polyphenols and powerful antioxidants flavanols, which help reduce inflammation, lower blood pressure, improve cholesterol and blood sugars. However, processing cacao into chocolate or other products can greatly decrease its health benefits. Raw organic cacao contains high levels of magnesium which is beneficial for a healthy heart.

Chocolate, which is processed, contains sugar and milk solids.

The accumulated evidence from research studies suggests that **cacao** is beneficial for sustaining cognitive performance, improving measures of general cognitive abilities such as attention, memory and processing speed. Cacao is good for our brains 🧠

Cacao is said to have a mood-enhancing effect. One of the main constituents in cacao is tryptophan. The body uses it to produce the mood-elevating substance of serotonin – also known as the happiness hormone. Eating Cacao makes us HAPPY! 😊

My healthy chocolate fix suggestion is Lindt 95% Cacao one square a few times a week is great. I also enjoy adding raw organic cacao powder to my smoothies and believe it or not, it’s great mixed into cottage cheese and processed together to make a high protein chocolate cheesecake type treat.

So, here is my new recipe [Chocolate Brownies](#) (if the link is broken please see attachment in email).

Healthy Chocolate Brownies made with healthy carbs and a great fix to a chocolate craving!



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