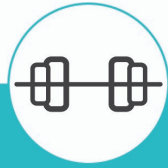


Find Balance

eat healthy • move daily • breathe deeply



REGISTERED
PROFESSIONAL
LEVEL 3



Newsletter
3rd February 2023

UP YOUR VEG INTAKE

"Plant foods should make up around 70% of what we eat as they contain a wide variety of nutrients like vitamins, minerals, phytochemicals and antioxidants. Aim for 5 serves of veg per day" Nutrition Australia

We need 5 serves of vegetables a day but...

What does a serve of vegetables look like?

1 serve of vegetables could look like 75g or

1 Cup of leafy salad or raw vegetables

1 serve of vegetables could look like

1/2 Cup of legumes 1/2 Cup of cooked vegetables

1 serve of vegetables could look like

1/2 Cup of sweet corn 1/2 Cup of frozen vegetables

1 serve of vegetables could look like

1 medium tomato

1/2 medium potato

or a fist size portion

Confused by all the types of bread on the market? Check out the attached factsheet from the dieticians @ "Healthy Food Guide"

QUOTE of the WEEK

"EACH STEP you take informs the next one. Don't be afraid it you can't see far down the path in front of you ... the happiest surprises are often around the next bend"

WELCOME

Welcome **Melissa, Laurie and Lorraine**, so pleased you have joined us at the studio.
Welcome back **Peter, Lesley, Simmy, Julie W and Zoe**, we've missed you



HAPPY BIRTHDAY



Happy birthday to **Elodie** (Sat 4th Feb), **Chris T** (Tue 7th), **Lily** (Fri 10th), **Natasha** (Sun 12th) and **Irene** (Mon 13th). Have a great day.

THIS FORTNIGHT'S RECIPE

CARAMELISED ONION and KALE RICE

INGREDIENTS

- 1 cup brown rice, rinsed and drained
- 1 1/2 cups water
- 2 red onions, thinly sliced
- 1 x 400g tin cannellini beans, drained (or black beans)
- 4 large kale leaves, stems removed (spinach or silverbeet)
- juice and zest from 1/2 lemon, plus lemon wedges to serve
- 4 fried eggs (optional)
- 2 tbsp olive oil
- 1/2 tsp each ground cumin and ground coriander
- salt & pepper
- Fresh parsley or coriander chopped to garnish (optional)

INSTRUCTIONS

1. Drizzle 1 tsp oil into a medium saucepan over high heat. Add rice and stir to coat with the oil. Add water and bring to a boil. Immediately cover, reduce heat to low, and simmer 30 minutes. Remove pan from heat, keep covered, and set-aside for an additional 10 minutes.
2. While the rice cooks, prepare onions. Place a large skillet over medium-low heat, add remaining olive oil, sliced onions, and a good pinch of salt plus cumin and coriander. Stir well, then cover and cook 10 minutes, stirring occasionally, until onions have started to soften.
3. Remove lid from onion pan, and cook a further 20 - 25 mins, stirring regularly, until onions are golden and caramelised. If the mixture looks a bit dry, add a small splash of water halfway through cooking.
4. Thinly slice kale leaves. Stir kale through caramelised onions, cooking just long enough to wilt. Add cooked rice and drained beans to pan with the onions, stir to combine. Season to taste with lemon juice, zest, salt and pepper.
5. Divide rice into 4 serving bowls. Serve topped with a fried egg, if using. Sprinkle with fresh chopped coriander or parsley with a lemon wedge on the side.

NEXT FORTNIGHT'S WORKOUT

COMBO XPRESS

Mon: 6.00am and 7.00am
Fri: 6.00am/7.00am/9.00am

GYM MACHINES

Mon: 9.00am
Wed: 7am-8am OPEN GYM

MEN'S CLASS

Tue: 6.00am

LOW IMPACT

Tue & Thu: 8.00am

YOGA

Wed: 5.45am/4.30pm/5.45pm
Thu: 9.00am

COMBO XPRESS



6th - 10th Feb
Combo Circuit



13th - 17th Feb
Fitball & Dumbbells

Lyn Reid
Certified Nutrition Coach, Personal Trainer and Yoga Teacher
Mobile 0403 155 150