

# HEALTHY BITES

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## Creative ways to get moving

We all know that moving more is good for us, but if you dread the thought of slipping into lycra and sweating it out on the treadmill, we've got tonnes of other ideas to get moving that don't involve the gym.

### 1. Stay young

The easiest way to find the motivation to get moving is to do something fun that doesn't actually feel like exercise. Focus on the joy of movement and feel the time fly by!

- ▲ Jump on the trampoline with your kids
- ▲ Lounge room dance party
- ▲ Splash around in the pool
- ▲ Hula hooping in the park
- ▲ Backyard game of soccer

### 2. Make it social

If you find it hard to get up and going on your own, why not get a few mates together, or join an existing exercise team or class? Social sports are a great way to meet people, learn something new and find motivation to continue moving over the long term.

- ▲ Join a community sports team
- ▲ Instead of catching up with friends for a coffee, go bike riding or for a walk instead
- ▲ Sign up for a class like pilates, aquarobics or martial arts – whatever you enjoy!

### 3. Small changes to your everyday

We all know life gets busy, so it's no surprise that lack of time is one of the most common reasons people give for not exercising more. The good news is, there are ways to incorporate more movement into your daily life that don't require scheduling:

- ▲ Take the stairs instead of the lift or escalator
- ▲ Walk, ride or take public transport to work
- ▲ If you have to drive, park further away from your destination and walk part of the way.
- ▲ Use the bathrooms on a different level at work, and take the stairs to get there.
- ▲ Walk to a nearby park or green space during your break to eat your lunch.

### 4. Mind and body

People who are more physically active enjoy better mental health and mood, and sleep better. If you're struggling to get motivated, start small and choose an activity that feels achievable. Here are some ideas:

- ▲ Get into nature for a walk and some fresh air
- ▲ Join a yoga class
- ▲ The Chinese practice of tai chi is described as 'meditation in motion'. This slow motion exercise strengthens muscles and increase flexibility while calming the mind.

The key message with exercise is simple – find something you enjoy, and do that!

# HUMMUS FOUR WAYS

**Prep:** 15 min

**Serves:** 8

## Ingredients

- ▲ ½ clove garlic, peeled
- ▲ 1 x 400g can no-added-salt chickpeas
- ▲ 1 tbs hulled tahini paste
- ▲ 2 tbs olive oil
- ▲ 2 tbs lemon juice
- ▲ 1 ½ tsp ground cumin, optional
- ▲ to taste pepper and salt



## Method

### CLASSIC HUMMUS:

1. Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.
2. Drain and rinse the chickpeas and add to the food processor with the other ingredients.
3. Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like.
4. Taste, and season with pepper and salt if required.

### ROAST PUMPKIN:

- ▲ Add 1 cup (175 g) roasted pumpkin and 2 cloves roasted garlic.

### BETROOT AND MINT:

- ▲ Add 225 g tin of beetroot, drained (or roasted beetroot) and fresh mint.

### MEDITERRANEAN:

- ▲ Add 2 tablespoons olives and 2 tablespoons sundried tomatoes.



Packing your own lunch for work is a great way to save money, and helps you avoid the temptation of ordering greasy takeaway. It doesn't get easier than a sandwich, a piece of fruit and a handful of nuts if you're looking for a healthy, no-nonsense work lunch.