

# Vintage View

## August 2023

Hi everyone!

Welcome to August, the last month of Winter.

Stay focused, and keep up the good work. Have you thought about the benefits about saunas and steam rooms? The sauna and steam room improve circulation, lower blood pressure, reduce stress, clear congestion, promote skin health, aid in workout recovery, loosen stiff joints, burn calories, boost your immune system and improve your sleep. So, come along and check out our sauna and steam rooms.

**Rebecca Beard - Active Adults Coordinator**  
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### Benefits of being active

As you get older, it's important to do some form of physical activity every day. What you do depends on your health and lifestyle. But there are easy ways to add activity to your day.

If you have health problems, it's a matter of finding what works for you. Talk to your doctor about what activity suits you.

For example, if you have:

- heart problems, diabetes or asthma – you can start moderate walking or swimming
- arthritis – you can try hydrotherapy or swimming in a warm pool
- osteoporosis – you can try weight bearing and strength activities.

Just a slight increase in activity each day can improve your health and wellbeing. It can help:

- reduce the risk of health issues, like high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, heart disease and some cancers
- maintain a healthy weight
- reduce the risk of falls and injury
- give you more energy
- improve your sleep
- reduce stress and anxiety
- improve concentration
- improve your mental health

### How much physical activity you should do

For people aged 65 years and over, we recommend at least 30 minutes of moderate

intensity physical activity on most, preferably all, days.

If you find 30 minutes difficult right now, start with just 10 minutes once or twice a day. After 2 weeks, increase to 15 minutes twice a day.

If you can do more than 30 minutes, you will get extra benefits.

Over the course of the week, try to incorporate different types of activities.

Try to reduce the time you spend sitting down – break that time up as often as you can.

### Moderate fitness activities

Fitness activities are good for your heart, lungs and blood vessels, and can include:

- brisk walking
- swimming
- golf with no cart
- aerobics or water aerobics
- cycling
- yard and garden work
- tennis
- mopping and vacuuming

Source: Department of Health and Aged Care  
<https://www.health.gov.au/.../for-older-australians-65-years-and-over>

# Activity Review

## Elvis

What a great day, we enjoyed at Moonee Valley Racecourse, dancing around the clock with Elvis, we also welcomed our Moonee Valley Carers Walking Group. Keep up your great socializing and dancing. It is so nice to see everyone dressed up and out of their active gear.



# Recipe of the Month

## Salmon with Potatoes & Tomatoes

Prep: 20 mins  
Cook: 50 mins  
Serves 2

For an easy side dish to complement a spring roast, just cook this recipe without the salmon.

### Ingredients

- 400g new potato, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves

### Method

- Heat oven to 220C/fan 200C.
- Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown.
- Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
- Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables.
- Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



# COMING UP

## ACTIVE ADULTS AUGUST EVENT

**Friday  
11 August**

**12:00pm**

**Lunch**

**Pacino's Italian  
Family Restaurant,  
300 Epsom Rd,  
Flemington**

**RSVP by 31/07  
at Reception**



**MOVE**

 **City of  
Moonee Valley**