

Vintage View

February 2023

Hi everyone!

Welcome to the New Year! It is great to be back, enjoying our beautiful Summer Weather. Take advantage of day light savings and good weather.

Start the year with good habits, such as walking in the mornings to kick start your day, or in the evening. Encourage a friend to walk and talk, have a coffee and motivate each other.

Rebecca Beard - Active Adults Coordinator
rbeard@belgravialeisurecentre.com.au

TRICKS TO MAKE NEW HABITS STICK

by Scott H Young

Wouldn't it be nice to have everything run on autopilot? Chores, exercise, eating healthy and getting your work done just happening automatically. Unless they manage to invent robot servants, all your work isn't going to disappear overnight. But if you program behaviors as new habits you can take out the struggle.

With a small amount of initial discipline, you can create a new habit that requires little effort to maintain. Here are some tips for creating new habits and making them stick:

1. Commit to Thirty Days

Three to four weeks is all the time you need to make a habit automatic. If you can make it through the initial conditioning phase, it becomes much easier to sustain. A month is a good block of time to commit to a change since it easily fits in your calendar.

2. Make it Daily

Consistency is critical if you want to make a habit stick. If you want to start exercising, go to the gym every day for your first thirty days. Going a couple times a week will make it harder to form the habit. Activities you do once every few days are trickier to lock in as habits.

3. Start Simple

Don't try to completely change your life in one day. It is easy to get over-motivated and take on too much. If you wanted to study two hours a day, first make the habit to go for thirty minutes and build on that.

4. Remind Yourself

Around two weeks into your commitment it can be easy to forget. Place reminders to execute your habit each day or you might miss a few days. If you miss time, it defeats the purpose of setting a habit to begin with.

5. Stay Consistent

The more consistent your habit the easier it will be to stick. If you want to start exercising, try going at the same time, to the same place for your thirty days. When cues like time of day, place and circumstances are the same in each case it is easier to stick.

6. Get a Buddy

Find someone who will go along with you and keep you motivated if you feel like quitting.

7. Form a Trigger

A trigger is a ritual you use right before executing your habit. If you wanted to wake up earlier, this could mean waking up in exactly the same way each morning. If you wanted to quit smoking, you could practice snapping your fingers each time you felt the urge to pick up a cigarette.

8. Replace Lost Needs

If you are giving up something in your habit, make sure you are adequately replacing any needs you've lost. If watching television gave you a way to relax, you could take up meditation or reading as a way to replace that same need.

9. Be Imperfect

Don't expect all your attempts to change habits to be successful immediately. It took me four independent tries before I started exercising regularly. Now I love it. Try your best, expect a few bumps along the way.

10. Remove Temptation

Restructure your environment so it won't tempt you in the first thirty days. Remove junk food from your house, cancel your cable subscription, throw out the cigarettes so you won't need to struggle with willpower later.

11. Associate With Role Models

Spend more time with people who model the habits you want to mirror. A recent study found that having an obese friend indicated you were more likely to become fat. You become what you spend time around.

12. Run it as an Experiment

Withhold judgment until after a month has past and use it as an experiment in behavior. Experiments can't fail, they just have different results so it will give you a different perspective on changing your habit.

Activity Review

Recipe of the Month

January Lunch

What a great day we enjoyed at the Union Hotel Ascot Vale in the alfresco area on a warm day.

It was a lovely catch up after Christmas.

Also, what a great turn up today at our weekly morning tea today at Ascot Vale Leisure Centre every on Wednesday from 8.30 am onwards



Pesto pasta with tuna and tomatoes

Total Time: 25 min

Prep: 10 min

Cook: 15 min

Serves: 4

Difficulty: Easy

Ingredients

200g Dry wholemeal pasta
Asparagus 1 bunch(es), cut into thirds
200g Green beans halved diagonally
1 Cup (200g) Frozen green peas
80g Basil pesto
250g Cherry tomatoes quartered
175g tin Tuna in springwater (drained and flaked)

Instructions

Cook pasta in a large saucepan of boiling salted water, following packet instructions, or until just tender.

Add asparagus, beans and peas for last 2 minutes of cooking.

Drain, reserving $\frac{1}{4}$ cup (60ml) cooking liquid. Return pasta and vegetables to pan.

Add pesto, tomatoes, tuna and cooking liquid to pasta mixture and toss to combine. Serv with rocket leaves (optional).

TIPS: You can use sliced zucchini, sliced Brussels sprouts or shaved fennel instead of asparagus. Store any leftovers in an airtight container in the fridge for up to 2 days. Reheat in the microwave.



COMING UP

ACTIVE ADULTS FEBRUARY EVENT

Wednesday
22nd Feb

10am

Shrine of
Remembrance
Birdwood Avenue,
Melbourne

\$25ea
incl. entry + lunch

RSVP by 09/02
at Reception



MOVE

 City of
Moonee Valley

NEXT MONTH

ACTIVE ADULTS MARCH EVENT

Wednesday
22nd March

12pm

Cross Keys Hotel
350 Pascoe Vale
Road, Essendon

RSVP by 17/03
at Reception



MOVE

 City of
Moonee Valley