

Vintage View

July 2022

STAY RUGGED UP!

I hope that you're all keeping warm during this cold weather - extra layers, jackets, gloves - anything to keep the cold out!

If you regularly participate in any of our Yoga or BODYBALANCE classes, it's a great idea to bring something warm to lay over yourself during the relaxation / meditation to keep you warm and avoid getting the chills. We've even spotted the occasional blanket or snuggie at the end of some classes, which are a great idea if you've got one!

In addition to keeping active through the winter months, it's just as important to make sure that you're giving your body all the fuel and nutrients it needs - especially if you're being active and exercising regularly. More on that below!

Have a fabulous fitness day.

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How much to put on your plate when you're over 65

Throughout life, men generally need more energy (calories or kilojoules) per day than women. This is because men tend to be larger and have a higher proportion of muscle.

The amount of energy you need each day depends on your age, height, and how active you are. But as you tend to lose muscle mass, and activity levels tend to drop with age, kilojoules also need to reduce. This doesn't mean you need fewer nutrients. In fact, your need for nutrients (carbohydrates, fat, protein, vitamins, minerals, fibre, water, etc.) will remain roughly the same, if not go up.

Calcium is a good example. Your need for calcium for strong bones and teeth will increase, so extra serves of low fat milk, yoghurt and cheese are important. Other good sources of calcium are tinned salmon, sardines, leafy greens like spinach, kale and bok choy, sesame seeds (and tahini) and almonds.



What to put on your plate in your 60s

Without good food and drink choices, you're at greater risk of chronic diseases, such as cardiovascular disease, type 2 diabetes, some cancers, and even mental health issues, such as anxiety and depression.

All Australians should be aiming to eat a wide variety of food from the five food groups - colourful vegetables, legumes / beans, fruit, whole and high-fibre grains, lean meats and poultry, fish, eggs, tofu, nuts, seeds, milk, yoghurt, cheese or their alternatives (preferably the reduced fat varieties).

It's also important to drink 6 to 8 cups of fluid per day - preferably water. If you're highly active, or find that you sweat a lot when you exercise, it's also important to ensure that you're consuming electrolytes / salt to replace what is lost through sweat to prevent dehydration.

Keep 'extras' or 'sometimes foods' to a minimum - foods high in sugar, fat and salt including commercial burgers, pizza, alcohol, lollies, cakes, biscuits, fried foods, fruit juices and cordials.

Would you like more info?

visit <https://betterhealth.vic.gov.au>
or speak to your GP.

Elvis Exhibition



Our Active Adults group enjoyed a trip to Bendigo to visit the *Elvis: Direct From Graceland* exhibition at the Bendigo Art Gallery.

Getting to see this exhibit up close and personal was such a thrill. Seeing items such as his actual clothes and performance outfits, as well as getting a look inside his house, his motorbike, his car, as well as many videos from his most iconic shows and performances. The biggest surprise was how many movies Elvis made!

Lunch was at the Rifle Brigade Hotel, and it was simply delicious and a welcomed rest from all the walking around the art gallery!



Grab your diary!

Here's some dates for you to pencil in:

- Wednesday 24 August - Lunch @ Hardimans Hotel
- Wednesday 7 September - High Tea @ Amazing Graze
- Wednesday 5 October - Captain Cook Cottage / Fitzroy Gardens & Lunch @ Imperial Hotel

Recipe of the Month

5-Ingredient Granola Bars

Healthy, no-bake granola bars with just 5 ingredients and a sweet, crunchy texture. Peanut butter and maple syrup complement each other perfectly in this ideal portable breakfast or snack.

PREP: 10 mins

TOTAL: 5 mins

SERVINGS: 10 bars

INGREDIENTS

- 1 heaped cup of packed dates (pitted)
- 1/4 cup maple syrup or agave nectar (or honey if not vegan)
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds (loosely chopped | see instructions for roasting nuts)
- 1 1/2 cups rolled oats (gluten-free for GF eaters)
- Chocolate chips, dried fruit, nuts, banana chips, vanilla etc (optional additions to suit your personal taste / preference)



INSTRUCTIONS

- (1) Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency. (Mine rolled into a ball.)
- (2) Optional step: Toast your oats (and almonds if raw) in a 176 C oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw – I prefer the toasted flavor.
- (3) Place oats, almonds and dates in a large mixing bowl – set aside.
- (4) Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- (5) Once thoroughly mixed, transfer to an 8×8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).
- (6) Press down firmly until uniformly flattened – I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
- (7) Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
- (8) Remove bars from pan and chop into 10 even bars (or 9 squares). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn’t necessary.

NOTES

- Although not ideal, if your dates don’t feel sticky and moist, you can soak them in water for 10 minutes then drain before processing. This will help them blend better and hold the bars together better. But ideally, you can find fresh, sticky, moist dates.
- Nutrition information is a rough estimate calculated with maple syrup and unsalted peanut butter.

NUTRITION

SERVING: 1 bar CALORIES: 231 CARBOHYDRATES: 33.9g PROTEIN: 5.8 g FAT: 9.7g SATURATED FAT: 1.2g POLYUNSATURATED FAT: 2.47g MONOUNSATURATED FAT: 5.45g TRANS FAT: 0g CHOLESTEROL: 0mg SODIUM: 30mg POTASSIUM: 332mg FIBER: 4.4g SUGAR: 20.7g VITAMIN A: 33IU VITAMIN C: 0mg CALCIUM: 61.72mg IRON: 1.25mg

Recipe & image sourced from www.wellplated.com. For detailed visual instructions visit <https://minimalistbaker.com/healthy-5-ingredient-granola-bars/>

**NEXT
MONTH**

ACTIVE ADULTS LUNCH

**Wednesday
24th August**

**12:00pm
Hardimans Hotel
521 Macaulay Rd,
Kensington**

Pay on the day

**RSVP by 17/8
at Reception**

MOVE

 **City of
Moonee Valley**