

Hi everyone!

Welcome to the first month of Winter!

We have experienced an early cold snap already, so it's time to stay motivated and focused. Remember, it's not bad weather, it's bad clothing, so layer up and enjoy your fashion.

Have a fabulous fitness day.

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How does your body change in Winter?

Winter time isn't all fun and games: It's also the season marked by drier skin, increased depression levels, and more headaches than usual. To help prepare you for what's to come, we've outlined how exactly your body changes in the winter. It's time to take back your health as the temperatures drop! Your blood pressure rises.

What happens to your body when you enter a cold environment?

When you enter a cold environment, your body redistributes blood to the torso, protecting and maintaining the warmth of the vital organs there. At the same time, your body constricts blood flow to the skin. Narrowing the roads to the skin means less heat can make the journey, and so less is lost to the environment.

How does cold weather affect your metabolism?

At colder temperatures, the body has to spend more energy in saving heat. So, it has to slow down metabolism to avoid unnecessary energy expenditure. But at this point, if you consume heat-generating foods and drink hot liquids, it helps your body regulate internal temperature.

Your blood pressure rises.

In the winter, your blood vessels constrict in order to maintain core body temperature. However, while this is a natural (and necessary) response to the cold, it can have a negative effect on your health by increasing your blood pressure. This rise in blood pressure "can cause more stress on the heart.

There is less blood flow to your brain.

Have you ever noticed that you tend to get more headaches in the winter than you do in the summer? Well, there's a scientific explanation for that.

When you go outside and the bitter air hits something called the trigeminal nerve, blood vessels in the brain constrict, leading to the headache, so if you know that you get headaches on the regular, make sure to wear a hat and some earmuffs!

Your serotonin levels drop.

Depression is a common concern in the winter months. In fact, this season-specific mental health issue is so prevalent that it even has its own name: seasonal affective disorder, or SAD.

Your skin dries out.

In the winter, humidity levels dip. And this can do some serious damage to your skin.

When the air outside is cold and dry, the water in your skin evaporates more quickly; this makes your skin feel dry and tight, and makes it look flaky.

Your cholesterol levels rise.

Shorter winter days mean less sun exposure, and since sunlight is needed in order to convert cholesterol into vitamin D, the winter months mean both less vitamin D and more cholesterol in the bloodstream.

You hold on to more "baby fat."

Brown fat—otherwise known as "baby fat"—is a type of fat that converts energy into heat. The body tends to hold on to this fat more in the winter in order to stay warm—and as a result, you might just find yourself packing on a few extra kgs once the temperature drops.

<https://bestlifeonline.com/>

Activity Review

Gallery Visit

Incinerator Gallery Aberfeldie Tour and Lunch at The Boathouse Moonee Ponds, What a great day we had. Eighteen people were booked in for this event, we thoroughly enjoyed a free exhibition of sculptures paintings and visual photography and also the history of The Incinerator Gallery, then walked around the corner to the Boathouse for Lunch and a chat.



Recipe of the Month

Basil, Bean & Feta Dip

Total Time - 15 min

Prep - 10 min

Cook- 5 min

Serves 6

Use white beans, not cream, to whip up a hip and healthy dip! Perfect for a satisfying afternoon snack, or for when catching up with friends.

Ingredients

- Oil spray
- 1 x Wholemeal pita bread - halved, split
- 1x 400g can cannellini beans, rinsed, drained
- 1 cup fresh basil leaves
- 60g reduced fat feta cheese
- 2tbs lemon juice
- 2 tsp grated lemon rind
- 1 large garlic clove

Instructions

- Preheat a chargrill or barbecue over medium-high heat. Lightly spray both sides of pita with oil.
- Cook pita for 2 minutes each side or until brown and crisp. Cool on a wire rack.
- Process beans, basil, feta, juice, rind and garlic in a food processor until almost smooth. Season dip with salt and pepper.
- Break pita into bite-sized pieces and serve with dip.

Serving suggestion

Vegetable sticks, such as carrot, celery and capsicum.

TIP: Store cooled pita chips in an airtight container for up to 2 days. Store dip in an airtight container in the fridge for up to 2 days. Remove dip from fridge 15 minutes before serving so it isn't too cold.

Source: <https://www.weightwatchers.com/au/>



COMING UP

ACTIVE ADULTS JUNE EVENT

Wednesday
21 June

12pm

Keilor East RSL
12-22 Hoffman Road,
Essendon

Self-pay lunch

RSVP by 14/06
at Reception



MOVE

 City of
Moonee Valley