

Vintage View

November 2023

Hi everyone!

Welcome to November, looking forward Spring Racing Carnival and preparing for Christmas. Keep up your great work with your exercise program, and just remember, don't get overwhelmed with everything that is going on. Take on one day at a time. And have a fabulous fitness day.

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Age-Defying Energy Levels

Getting older doesn't automatically mean less vibrancy and vigor, or lower energy levels - no matter what our youth-obsessed culture would have you believe.

That said, there are a few key principles that can give you a boost as you age. Here's how to get more energy.

Eat (mostly) whole foods.

Fresh, whole, unprocessed foods renew energy levels with vitamins, minerals and antioxidants.

"Packaged, processed foods tend to make you feel sluggish and heavy," says Johns Hopkins geriatrician Alicia Arbaje, M.D., M.P.H.

Eat animal products (especially red meat) in moderation—they take longer to digest, which saps energy.

Check your vitamin D.

Vital for energy levels and mood, vitamin D is best taken in through a little sunshine; when UV rays hit the skin, they get transformed into D.

The bad news: As you age, your skin gets less efficient at converting sunlight to D.

"I don't usually recommend supplements, but a vitamin D supplement is often a smart idea," says Arbaje. "You can ask your doctor for a test to find out if you're deficient."

Revitalise with vitamin B12.

Another vitamin that's key for energy levels is B12. It's found naturally in animal products

(remember: moderation). Many nondairy milks (such as soy and almond) are fortified with B12 too.

Sign Up to your local gym

Move more.

Even a few minutes of movement a few times a day can prevent dips in energy levels. If you can, take a walk in the morning sunshine.

You'll get energized for the day, and the dose of early sun helps regulate your circadian rhythm, which helps you sleep better at night.

Review your medications.

Many drugs—including high blood pressure medications, antidepressants and antihistamines—have side effects that can sap energy levels.

"Every three to six months, review all of your meds with your primary care doctor and ask: 'Do I still need this? Can I lower the dose? Are there alternatives?'" says Arbaje.



Activity Review

What a great day we had at the Yarraville Club in Yarraville. It was nice to step out of our area and experience a place we have not been before. One of our members suggested it. Perfect Weather and great company. It was nice to see everyone dressed up and in the mood for socialising.



Recipe of the Month

No-Bake Energy Bites

These energy bites are a healthy take on traditional no-bake cookies. So good, and good for you! I'm asked for this recipe every time I make them. They're a hit with kids and adults and always go quick! I store them in the freezer because I think they taste best frozen, but it's not necessary.

Prep Time: 15 mins
Additional Time: 1 hr
Servings: 24

Ingredients:

- Oats: These easy energy bites start with protein-packed rolled oats.
- Chocolate: Use semisweet, dark, or milk chocolate chips or chunks.
- Flax seed: Ground flax seeds, full of fiber and protein, pack a nutritious punch.
- Peanut butter: This recipe calls for crunch peanut butter, but you can use smooth if you prefer.
- Honey: These wholesome energy bites get their sweetness from honey instead of sugar.
- Vanilla: Vanilla extract enhances the flavor of these tasty energy bites.

Method:

Just stir the ingredients together, roll the mixture into balls, and freeze until firm. That's all there is to it! You'll find the full, step-by-step recipe with detailed instructions below.

How to Store Energy Bites

Transfer the no-bake energy bites to a zip-top bag or airtight container or store in the fridge for up to one week.

COMING UP

**ACTIVE ADULTS
NOV EVENT**

**Wednesday
15 November**

**12pm Self-
pay lunch**

**Moonee Ponds
Club, 622 Mt
Alexander Rd,
Moonee Ponds**

**RSVP by 8/11
at Reception**



MOVE

 **City of
Moonee Valley**