



**W**ell it's that time of year again when temptation is at an all time high...

With Easter only a few days away and the shops filling fast with your favourite Easter treats, let me just give you a few things to think about before you jump into that "Chocolate Pit" of no RETURN...

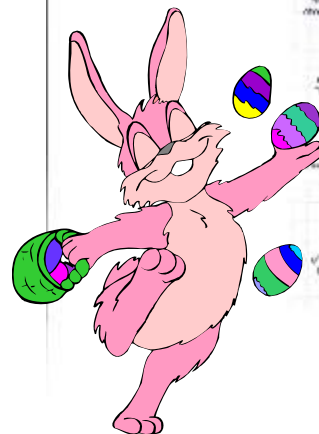
After reading an article in a health magazine it gave me a good idea of how we can still treat ourselves to those tempting Easter Eggs BUT without over indulging.

## CONVERTING CALORIES INTO EASTER EGGS

A healthy snack is approx 600kj which is equivalent to 2 pieces of Fruit.

To your right is a chart that gives you the amount of eggs you can indulge in that is equivalent to 600kj.

From top to bottom is... Maltesers mini eggs, Mars mini Eggs, Red tulip caramel eggs, Cadbury Strawberry eggs, Heritage milk chocolate Eggs, Cadbury Dark Chocolate and Peppermint Marshmallow Eggs, Lindt Lindor dark chocolate eggs, Hilliers Hot cross Chocolate truffles and Cadbury Crème Egg.



Please note the number next to the chocolate is how many you can consume 😊

## 5 fun ways to burn off an Easter Egg

- 📌 Give your partner a massage for 25 min.
- 📌 Chew gum for 9 hours.
- 📌 Go surfing for 29min
- 📌 Give your dog a bath
- 📌 Change a baby's nappy 52times



## HOW TO GET THROUGH THAT 3PM OFFICE MUNCHIES???

There's nothing worse when you've been good all day, you've hit the gym early had a great brekkie, healthy lunch and snacks have been nothing but almonds and a skinny latte's. However every day at approx 3pm that little gremlin comes out to play and the thoughts of Chocolate bars and cans of soft drink is all you can think about!!!



## WELL HERE'S YOUR WAY OUT.



## 3 PM POWER SMOOTHY

First get the boss to invest in a blender and follow this simple recipe.

### In a blender....

- Sml handful almonds and brazil nuts
- ½ Banana
- Frozen Strawberries and blueberries (sml amount)
- Cold water (sml amount) yum...

## FOOD FOR THOUGHT

Apparently Cherries is the number one food to reduce pain perception. So when your cursing your personal trainer



**Eat** CHERRIES

## FITNESS REMINDERS

### TYPES OF CONTRACTIONS

#### Concentric

The shortening of muscle fibres during the lifting part of the exercise (eg: lifting a dumbbell during a bicep curl)

#### Eccentric

The lengthening of muscle fibres during the lowering part of an exercise. (eg: lowering a dumbbell for an exercise)



## QUOTE OF THE MONTH

**"Nine out of ten people like chocolate. The tenth person always lies." ~ John Q. Tullius**

## SUPERSERT EXERCISE OF THE MONTH



### Pulsing lunges:

**S**tanding under bar, slowly lunge keeping from knee behind toes.

**P**ress up almost to start position and slowly sink again and pop up to the  $\frac{3}{4}$  position.

**P**ulse for 12 reps before switching.

**T**he pulsing burns more



### Incline Push Ups:

**H**ook bar on 3<sup>rd</sup> rung from the floor and place hands shoulder width apart.

**M**ove feet back into push up position.

**L**ower chest to bar and return to start position for 10 reps.

**D**rop bar to 2<sup>nd</sup> rung and do 10 more push-ups

**D**rop bar to 1<sup>st</sup> rung for the last 10.

**T**his works your arms, shoulders and chest from different angles.

### Ingredients

- $\frac{1}{2}$  kg green beans, trimmed
- 3 tablespoons extra-virgin olive oil
- $\frac{1}{2}$  tablespoons minced garlic
- 1 tablespoons minced fresh parsley
- $\frac{1}{2}$  tablespoon chopped fresh tarragon, or 1 teaspoons dried
- $\frac{1}{4}$  teaspoon salt
- Freshly ground pepper, to taste

### Preparation

1. Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove.
2. Add half the green beans to the boiling water and cook until tender-crisp, about 4 minutes. Transfer the beans with a slotted spoon to the ice water to cool. Repeat with the remaining beans. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.
3. Just before serving, heat oil in oven over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the green beans and stir. Add parsley, tarragon, salt and pepper and cook, stirring, until heated through, 1 to 3 minutes.

*Enjoy!!*

## EASTER RECIEPE OF THE MONTH



**Healthy Easter Sides Recipes :**  
**Garlicky Green Beans**

**BE WELL**

**RENEE** 😊

