



YOUR HEALTH

HEALTH • FITNESS • WELLBEING • DIET

TOP FIVE BRAIN BOOSTING FOODS

Dietitian Susie Burrell reveals five of the best superfoods to get your grey matter firing

- 1 **RED MEAT** is packed with many nutrients needed for brain function, including iron. Low levels of iron can make you feel fatigued and slow in both mind and body.
- 2 **ATLANTIC SALMON** is one of the richest food sources of omega-3 fats, which are crucial brain-building blocks.
- 3 **EGGS** provide essential amino acids and vitamin B12, which help our brain cells communicate with each other.
- 4 **OYSTERS** are one of the richest sources of zinc, which is the second most concentrated mineral in your brain after iron, and important for growth and development.
- 5 **BRIGHTLY COLOURED VEGETABLES** - think carrots, broccoli, eggplant and squash - are great brain food. The brighter the colour of the vegie, the higher the vitamin and antioxidant content that helps protect brain cells from day-to-day damage.



AFTER-SUMMER WORKOUT



How to keep fit as it gets colder

Fighting the urge to pull the covers back up over your head is tough on cold mornings. But the change in season is a chance to shake up your routine and prevent workout boredom. Fitness experts, sisters Adele and Lisa Rancan, have these suggestions:

- **Do something different** - 'Try something new, outside of your comfort zone, like indoor rock climbing, joining an indoor sports team or doing a few laps at an indoor swimming pool,' the sisters say.
- **Burn fat** - We're tempted by comfort food in cold weather. The Rancans suggest: 'To burn off the extra kilojoules, add one to two extra cardio sessions through the week, such as walking or running. And during the session, mix up the intensity every few minutes - start moderate, go faster, then slow back to a moderate pace. This will really maximise your kilojoule burn. Winter is also fun-run season, so challenge yourself to take part.'
- **Build muscle** - 'Add at least three muscle-conditioning routines each week, such as lifting weights,' the sisters advise.

www.rancansistersfitness.com.au

If you only do one thing this week
DRINK A NICE COLD BEER!

That's right, drinking moderate amounts of beer may help build bones and reduce the risk of osteoporosis due to its high silicon content, a study from the University of California has found.



HOW TO TONE YOUR TUMMY

Strengthen and trim your tum with these waist-whittling moves

- 1 Kneel on all fours, tightening your abs. Slide your right leg out behind you and lift to hip height, then lift your left arm to shoulder height. Lower and repeat with left leg and right arm. Repeat five times.
- 2 Lie on your back, with your hands behind your head. Breathe out and move your right shoulder towards your left knee. Lower back down and repeat on the opposite side. Repeat five times.
- 3 Lie on the floor with your legs out straight. Draw your belly in towards your spine and lift your legs straight up, then lower slowly without letting them touch the floor. Repeat at least five times.

The Meditation Handbook

David Fontana
 (Simon & Schuster Australia, \$24.99)

If you haven't been feeling very Zen lately, dipping into David Fontana's *The Meditation Handbook* could be just the key you need to unlock a more relaxed state of mind. David's book explains the basics of meditation, which is the process of sitting quietly, looking inwards and concentrating on one particular thing, such as your breath. There's also a comprehensive overview of all the major meditation techniques for the more experienced practitioners of the art of om.

