Slide One introduction

Draw up paper with three sections – diet exercise and soul health

Put some different coloured lenses on these aspects of what you do – not the only lenses, but some to consider. Add comments, celebrations and potential goals

Slide – the lenses I have chosen come from my own experience

SLIDE – start with diet – no longer a pyramid but a circle.

SLIDE what we should be eating

Information from The Australian Guide to Healthy Eating

Serve quantities

bread cereals rice pasta – 2 slices bread, I med roll, I cup cooked rice pasta noodles

1 cup porridge ½ musesli

veggies – ½ cup cooked, ½ cup dried peas beans lentils, 1 cup salad veggies, 1 potato

fruit – 1 med piece (eg apple banana orange pear) 2 smaller (plum, kiwi fruit) one cup diced pieces, ½ cup juice, small dried fruit (eg 4 apricots, 1.5 tablespoons sultanas)

milk – one cup milk, 40 g two slices cheese, 200g yougurt, one cup custard

meat fish poultry eggs nuts legumes – 65- 100 grm meat chicken ½ cup lean mince, 2 small chops

½ cup cooked dried beans, lentils, chick peas etc, 80 – 120 grm fish, 2 eggs, 1/3 cup peanuts almonds, ¼ sunflower seeds or seasame seeds.

EXTRA

1 doughnut, 4 sweet biscuits, slice cake, ½ chocolate bar, 2 tab cream mayo, 1 tble butter, marg oil, 2 standard drinks of win or spirits, 1.5 of beer, 1 can of soft drink, 1/3 meat pie, 12 hot chips, 1.5 scoops icecream

Check what you ate in the last 24 hours. – how did you go?

SLIDE local food

1.We managed to get most of our veggies from the garden (about 95% of veges) or local producers

2. Local eating - better for you, environment and economy

3.Food miles -

typical food basket in Victoria.

**road transportation** in the food basket was 21,073 kilometres (km), almost the same distance to travel around **Australia’s coastline** (25,760 km).

**all transportation** of the food basket is 70,803 km, equivalent to travelling nearly **twice around the circumference of the Earth** (40,072 km), or travelling around **Australia's coastline three times**.

greenhouse gas emissions 16, 989 tonnes (t) CO2–e.

**If all the food trucks were transporting all food items on the same day, the emissions from this one day of transportation is equivalent to 4,247 cars driving for one year.**

4.Cooking by internet search – google ingredients I had

Slide Raw foods

– smoothie demonstration

Live food with enzymes that are often destroyed in cooking still intact

-like most things can be taken to extremes but there are some amazing ways you can eat without actually having to cook food. I started with a 14 day smoothie challenge, but last month I tried a raw pumpking soup to die for.

Make during the break for taste tests

Slide – eat less meat, save the earth

less meat – environmental concern, health benefits too

The green house gases emerged while making 1/2 kg meat is same as, when driving a sports  car for 64 km continuously

From 1970 to 2002, annual per person meat consumption has increased from 11 kg to 20 kg in developing countries and 65 kg to 80 kg in developed countries

Methane, an animal feed by product has contributed 18% of total emersion while vehicles contribute 13%

If everyone reduced their meat consumption by one day per week, it would be the equivalent of of seven billion plane trips between Brisbane and Perth.

Slide Additives

My two big vices – starburst lollies and potato chips – do a google search

plastic free become more aware of additives Eating more whole foods

Slide EXERCISE

Not natural for me

Have always found this hard

Slide Types of exercise

Heart lung – reduces weight, diabetes, improves energy and capacity for other activity, healthy heart, clears lungs, balances everything out

Strength – maintains muscle bulk after 40 (maintains base metabolic rate), protects joints, combats low bone density

Flexibility – improves mobility, prevents injuries, makes everything in your life easier, if do yoga or tai chi type activity it leads to mind rest.

Rest – body and mind, recover and repair

Being part of having doing being

Recommendation from Dingle’s DEAL book is

* *active aerobic exercise 150 mins per week*
* *weight-bearing exercise 10 mins every second day and*
* *time to unwind every day or second day.*

Activity vs exercise

Started with peak oil – journey to and from work.

Gardening, cleaning

Got too fit – started to walk instead of ride – great stress reduction

Slide Mental Health – Health for your soul

Slide mirroring

Chatting each week and mirroring is our number one “fight” strategy

Slide – mindfulness – 5 4 3 2 1

5 things you can see that you did not notice before, 4 things you can hear that you did not notice before, three things you can feel that you did not notice before, two things you can smell . . . .and one thing you can taste. OR dates

Slide Gratitude routine in the morning