



# HEALTH WORKS

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## Healthy tips that are not weight focused

We live in a world with endless quick fix diets. These diets can leave us feeling miserable and deprived of our favourite foods, leading us to binge further down the track and lead us back to square one. It's time to ditch the diets and release ourselves from this dieting mentality.

Let's start with some small, achievable goals. Here are our top tips for developing healthy habits that are not weight focused and will last a lifetime.

### Practice being mindful

Making time for mindful breathing can help you relax. Sit or lay down in a comfortable position, close your eyes and focus your attention on your breathing, the inhale and exhale. Try to set aside at least 5 minutes per day to practice this.

It may also be useful to take a moment to focus on your breath when you are in a stressful or overwhelming situation. Many people turn towards comfort food to help them manage during times of stress. Mindful breathing will help you to regulate your emotions, and stay in the present.

### Move your body in a way you enjoy

There are plenty of ways to move your body, why not find something you'll actually enjoy? Not everyone enjoys a diehard training regime, so find a way to move your body that works for you. Whether it be going for a walk, taking a fitness class, joining a social sporting team, dancing, kayaking, horse riding, anything to release those endorphins!

### Eat the rainbow

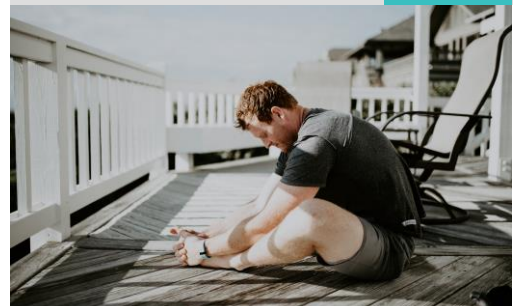
Eating a range of colourful fruits and vegetables provides our bodies with the vitamins, minerals and antioxidants that we need to be healthy. Stock up your kitchen with a variety of fresh produce, experiment with plant based recipes and fall in love again with preparing vibrant, colourful meals at home.

### Improve sleep quality

Getting enough sleep helps our brain to work properly and can improve energy levels for the day ahead. Sleep is just as essential as eating well and exercising regularly. Somewhere between seven and nine hours is the sweet spot that most of us need to feel and perform at our best.

### Tip to eat more vegetables

Bulk out your dishes with canned lentils and beans. Add them to pasta dishes, soups, stews and burritos



### Did you know?

Restricted or poor quality sleep has been shown to be associated with an increased risk of obesity



# Healthy potato and pea curry

A dish full of vege!



Prep Time: 5 min

Cook time: 35 min | Serves: 6

## Ingredients

- » olive or canola oil spray
- » 2 brown onions, thinly sliced
- » 1/2 tbs curry powder
- » 4 potatoes, cut into chunks
- » 400 g can no-added-salt diced tomatoes
- » 1/2 cup reduced-salt vegetable stock
- » 270 mL reduced-fat coconut milk
- » 500 g frozen cauliflower
- » 2 cups frozen peas
- » 3 cups cooked brown rice (from 1 cup uncooked rice), to serve

## Method

1. Spray a large saucepan with oil and place on medium-low heat.
2. Add onions and cook, uncovered, stirring occasionally, for 5 minutes, or until onions are soft golden brown.
3. Add curry powder and cook, stirring for 1 minute.
4. Add potatoes to the pan. Stir to coat in spice mix.
5. Add tomatoes and stock.
6. Cover and cook for 20 minutes.
7. Add coconut milk and frozen cauliflower and simmer, uncovered, over medium heat for 10 minutes.
8. Add peas and cook, uncovered, for a further 5 minutes, or until all vegetables are tender.
9. Serve with cooked rice.



## Prefer to exercise at home?

Check out Live Lighter's [exercise guides](#) that include home strength workouts for beginner, intermediate and advanced levels.

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