



### Interval Training

Get the most out of your workout time with interval training techniques.

Interval training combines high intensity training with low intensity recovery periods.

Try this workout:

Warm up for 15 minutes, then run or ride a bike at 90 percent of your maximum effort for 3 minutes.

Recover by slowing it right down to an easy pace for another 3 minutes repeat three times.

When you don't have very much time then the format may be altered:

Warm up for 10 minutes, start your intervals with 30 second sprints followed by a 2 or 3 minute slower recovery. Next interval should be a 1 minute sprint followed by a 3 minute recovery period.

Repeat, depending on how much time you have for a workout.

Remember that you are far better off squeezing in a short workout than no workout at all.



### Pomegranates

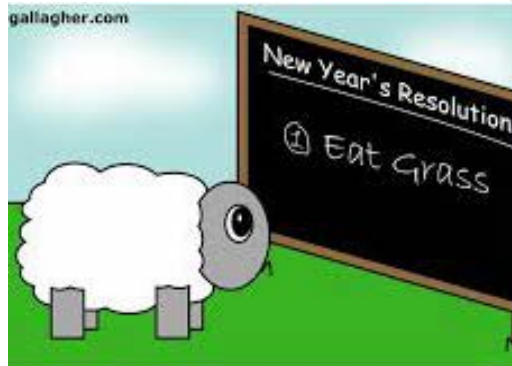
are considered to be super foods due to their high nutrient density. Compounds called punicalagins found only in pomegranates are shown to benefit the heart and blood vessels. Pomegranates lower blood pressure and increase the speed at which blockages melt away. They are also shown in studies to inhibit breast cancer, prostate cancer, colon cancer and leukemia.

Cut open fruit and soak in cold water for 5 minutes. Break apart sections with hands and let seeds fall to bottom of the bowl. Add to salads or just eat as is.

### New Years Health Checklist

New Year's resolutions are often unrealistic plans which can result in disappointment or feelings of failure. Let's look at some realistic ideas which most of us can live with. Choose one or more from below;

- Book a yearly medical check up.
- Add 1 extra vegetable each day to your dinner plate.
- Before having a drink of alcohol, drink a glass of water.
- If you are a smoker try walking around the block before lighting up.
- Tell yourself 1 thing that you are grateful for each day.
- When you look in the mirror actually look at yourself and smile.
- Do something kind for another person each day.
- Clean your work station.
- Add 1 organic food item to the shopping cart.
- Go to the Farmers market once a month.
- Do 20 push ups against the kitchen counter.
- Take a multi vitamin.
- Give yourself a hug.



When it came to New Year's Resolutions Gerald was a realist.



### Recipe

#### Biryani Vegetable Rice

- ¾ cup dried green lentils
- 2 tbsp extra-virgin olive oil
- 1 onion, chopped
- 3 carrots, chopped
- 2 cloves garlic, minced
- 1 tbsp medium biryani paste
- ¼ tsp each salt and pepper
- 2 cups cauliflower florets
- 1 cup brown basmati rice
- ¼ cup raisins
- 2-¼ cups vegetable stock
- 1 cup green peas
- ¼ cup toasted sliced almonds

In saucepan of boiling water, cook lentils for 10 minutes; drain and set aside.

Meanwhile, in a Dutch oven, heat oil over medium-high heat. Sauté onion until deep golden, 6 minutes. Add carrots, garlic, curry paste, salt and pepper; sauté until fragrant, 3 minutes. Stir in cauliflower, rice, raisins and lentils to coat. Add stock and bring to boil; reduce heat, cover and simmer until rice and vegetables are tender, 20 minutes. Stir in peas and warm through, 4 minutes. Sprinkle with almonds (if using).

To contribute ideas to the Wellness Newsletter please contact Sue Tompkins [stompkins@comox.ca](mailto:stompkins@comox.ca)



### What's on my food?



## Did You Know?

- Researchers found higher than normal levels of bacteria in many brands of bottled water.
- Many laser printers emit as much pollution in the form of toner grains and the health effects are comparable to second hand smoke exposure.
- The brain operates on as much power as a 10 watt light bulb.
- The brain uses 20% of the oxygen that enters the blood stream, even though the brain only makes up 2% of the body mass.
- The number 1 cause of blindness is diabetes
- 69% of men consider themselves to be physically fit.
- 13% of men are actually physically fit.

## VITAMIN C

Vitamin C is not stored by the body because it is water soluble. To boost our immunity we need to ensure that we consume this nutrient every day. Even though we all know about the importance of Vitamin C, many of us are still deficient. The benefits are many.

Vitamin C helps:

- speed healing of wounds
- as a natural antihistamine
- fights cancer
- maintain good vision
- boost immunity
- to reduce cholesterol
- to maintain healthy teeth, bones and sex organs

Best sources are

- Berries
- Cabbage family
- Citrus fruits
- Kiwi fruit
- Melons
- Peppers
- Pineapple
- Potatoes
- Salad greens
- Pomegranates



People with health conditions like acne, alcoholism, asthma, and depression need to ensure they have an adequate intake of vitamin C.



## Beauty

Beauty is an interesting topic because it takes on a different meaning to each individual. We are bombarded with commercial images of beauty daily. I wonder if we even have time and space to acknowledge what is truly beautiful in our lives. Have you ever noticed when on a long walk that you start to view things that you've never seen before, or on a summer holiday when there is time to reflect even the most simple things can seem amazing. When we take time to unglue from screens and the tabloids we have an opportunity to appreciate beauty in the most unexpected places.

Let your artist's eye view life as it has never been seen before. I once heard an artist talk about seeing the spaces between shapes rather than just the shapes themselves, there is more going on in the brain than just pleasure when we see beauty. The brain naturally pursues beauty as stimuli and we can feed the brain by opening our minds to a wider appreciation of the beauty around us.

Beauty may be the lovely softness of a child's wee hand or the bark on a Maple tree in winter. It may be the orange you are about to eat or the friend's face you have come to love. Beauty is out there for the taking, so please, help yourself!

## Benefits of Quitting Smoking

- Quitters immediately begin to reduce the risks of developing heart disease, cancer and breathing problems.
- Former smokers live longer than those who continue to smoke. For example, those who quit before age 50 have half the chance of dying from a smoking-related disease in the next 15 years compared with those who continue to smoke.
- Your body will start to heal within 24 hours of quitting...
- After 24 hours, you lower your chances of having a heart attack.
- After 48 hours, your sense of smell and taste improve and begin to return to normal.
- After two weeks to three months, your circulation improves and your lungs work better.
- After 9 months, you experience less coughing, sinus congestion, fatigue and shortness of breath.
- After one year, your risk of heart disease is about half of what it would have been if you had continued to smoke.
- After 15 years, your risk of heart disease is the same as a person who never smoked.

Canadian Cancer Society