

March 2020

The Plant-based Cooking Club



# NEWSLETTER



Come on a journey with us towards your optimal health and wellbeing.  
Learn about balanced eating, preventing disease and enjoying a long and fulfilling life.  
Try new tasty plant-based recipes.



## 2020 COOKING CLASS CALENDAR

### Semester 1

- ~~24 February~~
- ~~30 March~~
- ~~27 April~~
- ~~25 May~~
- ~~29 June~~

### Semester 2

- 27 July
- 31 August
- 28 September
- 26 October
- 30 Nov

## CANCELLED

We are very sorry to inform you that the Plant-based Cooking Club will not be meeting in the foreseeable future.

Under the present critical coronavirus conditions we had not option but to call it off.

We will continue to send out our monthly newsletter and will advise you as soon as we are able to continue.

On the next pages you will find some new **FREE** opportunities and offers of thing you can still do online. In the meantime, take care and look after your health and well-being.

### WHEN

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at 6:45pm for 7:00pm

### WHERE

Central Coast Adventist School,  
Penrose Cr, Erina,  
in the Food Technology classroom

### HOW MUCH

\$15 per night

### BOOKINGS

Bookings necessary for each class.

To book phone Cheryl on 0403848242 or 43259213

or email

[cheryl011148@gmail.com](mailto:cheryl011148@gmail.com)

Please bring some containers.

# FREE COURSES NOW AVAILABLE

The GREAT NEWS is that these resources below have been made available for FREE for limited time only (ending May 18th).

If you are interested in any of these, please contact me (Cheryl, see page 1, booking details) and I will give you the details of how to join.



## Live More Project (10 weeks):

Aims to help people improve their emotional wellbeing from a whole-person approach. (Normally \$75 per person)

## De-stress & Thrive (6 weeks):

Exciting new resource to help you develop emotional intelligence and resilience so you can buffer the stress of life. (Normally \$25 per person)



## Forgive to Live (6 weeks):

Aims to help people free themselves from past hurt and emotions and start living a new life.

# Stand up for your health

Structured workouts are essential for optimal health. But you should also try to stand and move around more during the day, especially if you have a desk job. Sitting for hours on end can increase your risk of serious ailments such as heart disease, type 2 diabetes, and certain cancers. By contrast, you can lower your risks of all of these conditions simply by standing and moving more— even if you already exercise. That's because routine movement during the day adds on to those benefits.

That was the conclusion of a large, long-term study of 123,000 middle-aged adults by researchers from the American Cancer Society, published in the *American Journal of Epidemiology*. Women who sat the most had a 34% greater risk of dying from any cause over the 14 years of the study compared with those who sat the least. For men, the increase was 17%. When exercise was factored in, the difference was even starker. The most sedentary women, who neither moved nor exercised a lot, were almost twice as likely to die

during the study period as those who moved and exercised the most. The most sedentary men were 50% more likely to die than their more active counterparts. Similarly, other studies have concluded that routine, everyday movement has benefits, whether for heart



disease, diabetes, cancer, or weight loss. It's gotten to the point now where some doctors actually advise their patients to use sitting "in moderation."

## Why does prolonged sitting have such harmful health consequences?

One explanation is that it relaxes your largest muscles. When muscles relax, they take up very little sugar (glucose) from the blood, raising your risk of type 2 diabetes. In addition, the enzymes that break down blood fats

(triglycerides) plummet, causing levels of the "good" cholesterol, HDL, to fall, too. The result is a higher risk of heart disease.

By contrast, everyday movement not only reduces your risk of major ailments, but also helps you burn more calories. Dr. James Levine at the Mayo Clinic

coined the term "non-exercise activity thermogenesis," or NEAT, to refer to the energy you burn through ordinary activity that you don't think of as exercise, such as fidgeting, carrying the laundry upstairs, dancing

around the house to your favourite tune, or even standing while you talk on the phone. In one study, he measured NEAT in lean and obese people, all of whom had similar jobs and were forbidden to exercise during the course of the study. There was one key difference between the two groups. The obese people sat more than their lean counterparts, by an average of two-and-a-half hours more per day. Changing that behaviour could result in burning up to 350 more calories a day.