

## RECIPE : MICHELLE BRIDGES : NOT SO NAUGHTY NACHOS !

Nachos are often an absolute killer when it comes to calories, so we have spruced up this all time favourite recipe, so you still have all the taste without the guilt!

### Bean nachos with Chilli Guacamole

Cals per serve: 331    Prep Time: 25mins    Cooking Time: 15min    Serves: 2



#### **Ingredients**

Olive oil spray  
1 medium onion (89g), finely chopped  
1 medium red capsicum (92g), diced  
1 punnet cherry tomatoes (250g)  
1 400g can canned red kidney beans, drained (280g)  
1/4 cup fresh coriander (4g), chopped  
2 slices wholemeal mountain bread (50g)  
40g avocado, mashed  
1 medium red chilli (10g), finely chopped  
2 tbsp extra light sour cream (40g)

#### **Method:**

1. Preheat oven to 180C.
2. Spray a large non-stick saucepan or frying pan with oil and heat over medium heat. Add the onion and capsicum. Cook, stirring often, for 4-5 minutes or until soft. Add the tomatoes and cook, stirring occasionally, for 4-5 minutes or until soft. Squash with the back of a spoon. Add the beans and 125ml (1/2 cup) water. Bring to the boil. Reduce heat to medium-low. Simmer for 6-8 minutes or until thickens. Stir in the coriander. Season with pepper.
3. Meanwhile, place the bread slices on top of each other. Use kitchen scissors or a sharp knife to cut into 4 strips down the middle. Stack the strips and cut into 4 squares. Cut each stack of squares in half diagonally to make triangles. Spread out on large baking trays lined with non-stick baking paper. Bake in oven for 5 minutes or until pale golden and crisp.
4. Combine the avocado and chilli if using in a small bowl.
5. Divide the chips between serving plates. Top with the bean mixture, avocado and sour cream.

#### **Mish Tips:**

- Arrange the chips around the edge of a plate, leaving a small cavity in the middle for the bean mixture. This will prevent the chips from going soggy.
- The bean mix will freeze well, so why not make this in bulk and put some portions in the freezer for those days when you just don't have time...

# ABDUCTOR & ADDUCTOR STRETCHES



Lying Leg-hang Abductor Stretch, is for the muscles of the Abductors

Lie on your side on a bench, let your top leg fall forward and off the side of the bench.

Standing Hip-out Abductor

Stretch, is for the muscles of the Abductors

Stand upright beside a chair or table with both feet together. Lean your upper body towards the chair while pushing your hips away from the chair. Keep your outside leg straight and your inside leg slightly bent.



Sitting Feet-together Adductor

Stretch, is for the muscles of the Adductors

Sit with the soles of your feet together and bring your feet towards your groin. Hold onto your ankles and push your knee towards the ground with your elbows. Keep your back straight and upright.



Standing Reach-up Quad

Stretch, is for the muscles of the Quadriceps

Stand upright and take one small step forward. Reach up with both hands, push your hips forward, lean back and then lean away from your back leg.



## 13 GOOD REASONS TO EXERCISE

Many people hit the gym or pound the pavement to improve cardiovascular health, build muscle, and of course, get a rockin' bod, but working out has above-the-neck benefits, too. For the past decade or so, scientists have pondered how exercising can boost brain function. Regardless of age or fitness level (yup, this includes everyone from mall-walkers to marathoners), studies show that making time for exercise provides some serious mental benefits. Get inspired to exercise by reading up on these unexpected ways that working out can benefit mental health, relationships, and lead to a healthier and happier life overall.

- 1.Reduce stress. Rough day at the office? One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. So go ahead and get sweaty — working out can reduce stress and boost the body's ability to deal with existing mental tension. Win-win!
- 2.Boost happy chemicals. Slogging through a few miles on the 'mill can be tough, but it's worth the effort! Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed. For this reason, docs recommend that people suffering from depression or anxiety (or those who are just feeling blue) pencil in plenty of gym time. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Don't worry if you're not exactly the gym rat type — getting a happy buzz from working out for just 30 minutes a few times a week can instantly boost overall mood.
- 3.Improve self-confidence. On a very basic level, physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth. How's that for feeling the (self) love?
- 4.Enjoy the great outdoors. For an extra boost of confidence, take that workout outside. Exercising in the great outdoors can increase self-esteem even more. Plus, all that Vitamin D acquired from soaking up the sun (while wearing sunscreen, of course!) can lessen the likelihood of experiencing depressive symptoms. Why book a spa day when a little fresh air, sunshine and exercise can work wonders for self-confidence and happiness?
- 5.Prevent cognitive decline. It's unpleasant, but it's true — as we get older, our brains get a little... hazy. As aging and degenerative diseases like Alzheimer's kill off brain cells, the noggin actually shrinks, losing many important brain functions in the process. While exercise and a healthy diet can't cure Alzheimer's, they can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.
- 6.Alleviate anxiety. The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders. Hopping on the track for some moderate-to-high intensity (intervals, anyone?) can reduce anxiety sensitivity. And we thought intervals were just a good way to burn calories!
- 7.Boost brainpower. Those buff lab rats might be smarter than we think. Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance. Studies also suggest that a tough workout increases levels of a brain-derived protein (known as BDNF) in the body, believed to help with decision making, higher thinking, and learning. Smarty (spandex) pants, indeed.

8. Sharpen memory. Regular physical activity also boosts memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning. For this reason, research has linked children's brain development with level of physical fitness (take that, recess haters!). But exercise-based brainpower isn't just for kids. Even if it's not as fun as a game of Red Rover, working out can boost memory among grown-ups, too. A study showed that running sprints improved vocabulary retention among healthy adults.

9. Help control addiction. The brain releases dopamine, the "reward chemical" in response to any form of pleasure, be that exercise, sex, drugs, alcohol, or food. Unfortunately, some people become addicted to dopamine and dependent on the substances that produce it. On the bright side, exercise can help in addiction recovery.

10. Increase relaxation. Ever hit the hay after a long run or weight session at the gym? For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia. Moving around five to six hours before bedtime raises the body's core temperature. When the body temp drops back to normal a few hours later, it signals the body that it's time to sleep.

11. Get more done. Feeling uninspired in the cubicle? The solution might be just a short walk or jog away. Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers.

12. Tap into creativity. Most people end a tough workout with a hot shower, but maybe we should be breaking out the colored pencils instead. A heart-pumping gym session can boost creativity for up to two hours afterwards. Supercharge post-workout inspiration by exercising outdoors and interacting with nature. Next time you need a burst of creative thinking, hit the trails to refresh the body and the brain at the same time.

13. Inspire others. Whether it's a pick-up game of soccer, a group class at the gym, or just a run with a friend, studies show that most people perform better on aerobic tests when paired up with a workout buddy. Pin it to inspiration or good old-fashioned competition, nobody wants to let the other person down. In fact, being part of a team is so powerful that it can actually raise athletes' tolerances for pain. Even fitness beginners can inspire each other to push harder during a sweat session, so find a workout buddy and get moving!