

HAPPY HOLIDAYS



Long lunches and late nights are hallmarks of the festive season, but there are more ways to get active during the Christmas break than by showing what you're made of on the dance floor or walking to the fridge for another beer or second helping of pudding. Use the down time to catch up with friends in the great outdoors and try some healthier alternatives to the usual heavy Christmas foods.

Healthy Habits

Use your imagination to think of new ways to get active and social over the festive break, instead of lazing the holidays away. Use the following for inspiration:

- Backyard cricket
- Beach volleyball
- Trail walking / hiking
- Frisbee
- Bike riding
- Paintball
- Snorkelling
- Stand up paddleboarding

Or, try this easy workout at home to help burn off those extra mince pies! Depending on fitness level, complete 3 to 5 rounds, 30-60 secs each exercise with a 1 min rest in between each round.



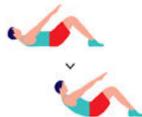
1. Star jumps



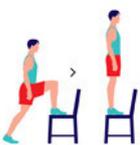
2. Wall sit



3. Push-up



4. Crunches



5. Step-ups



6. Squat



7. Tricep dips



8. Plank

Healthy Festive Recipes

Peppermint Bliss Balls

- 1 cup dry roasted cashews
- 1 cup desiccated coconut
- 2 Tbsp honey
- 1/4 tsp peppermint extract
- Melted dark chocolate, for coating

Method

Place the cashews and coconut into your processor and blend until the mixture resembles a coarse flour. Add the remaining ingredients and blend until mixture is well combined and sticking together. Use your hands to shape mixture into balls and then dip into melted chocolate. Place into the fridge to set.

Potato Salad

- 750g cooked potatoes, skin on, chopped in chunks
- 2 Tbsp good quality mayonnaise
- 3 Tbsp natural yogurt
- 3 Tbsp crème fraîche
- 1 tsp Dijon mustard
- 1 Tbsp milk
- 3 spring onions, sliced
- 3 Tbsp chopped chives
- 1 Tbsp chopped tarragon

Method

Place potatoes in a large bowl.

Mix together the mayonnaise, yogurt, crème fraîche, mustard and milk. Add the spring onions, most of the chives and tarragon. Season with pepper and a pinch of sea salt.

Spoon the dressing over the potatoes, then toss gently together so that they are well coated but don't break up. Scatter over the remaining chives and tarragon.