

# Living Smart

creating sustainable communities



## Week 3

### Health Smart You

# RPH Course Outline



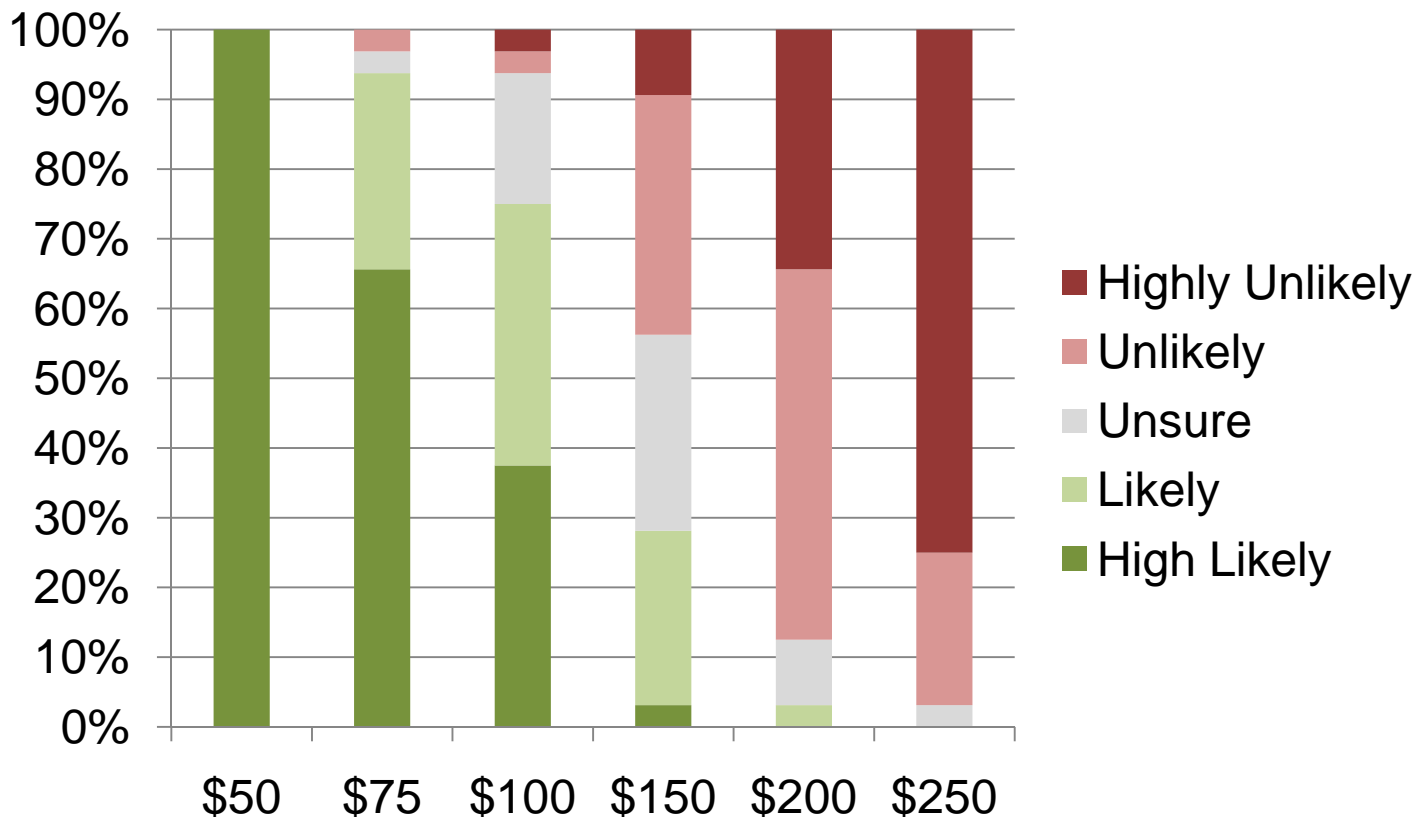
<i>Wk1: 3/3</i>	<i>Thinking Smart, Climate Change</i>
<i>Wk 2: 10/3</i>	<i>Power Smart</i> <i>Move Smart</i>
<b>Wk 3: 17/3</b>	<b>Healthy You</b> <b>Waste Smart</b>
Wk 4: 24/3	Water Smart Gardening for Biodiversity
Wk 5: 31/3	Healthy Home Community Smart Living Simply
Field Trip: Sat 28/3	Gardening for Productivity 9:30am to 11:30am

# Tonight's Program

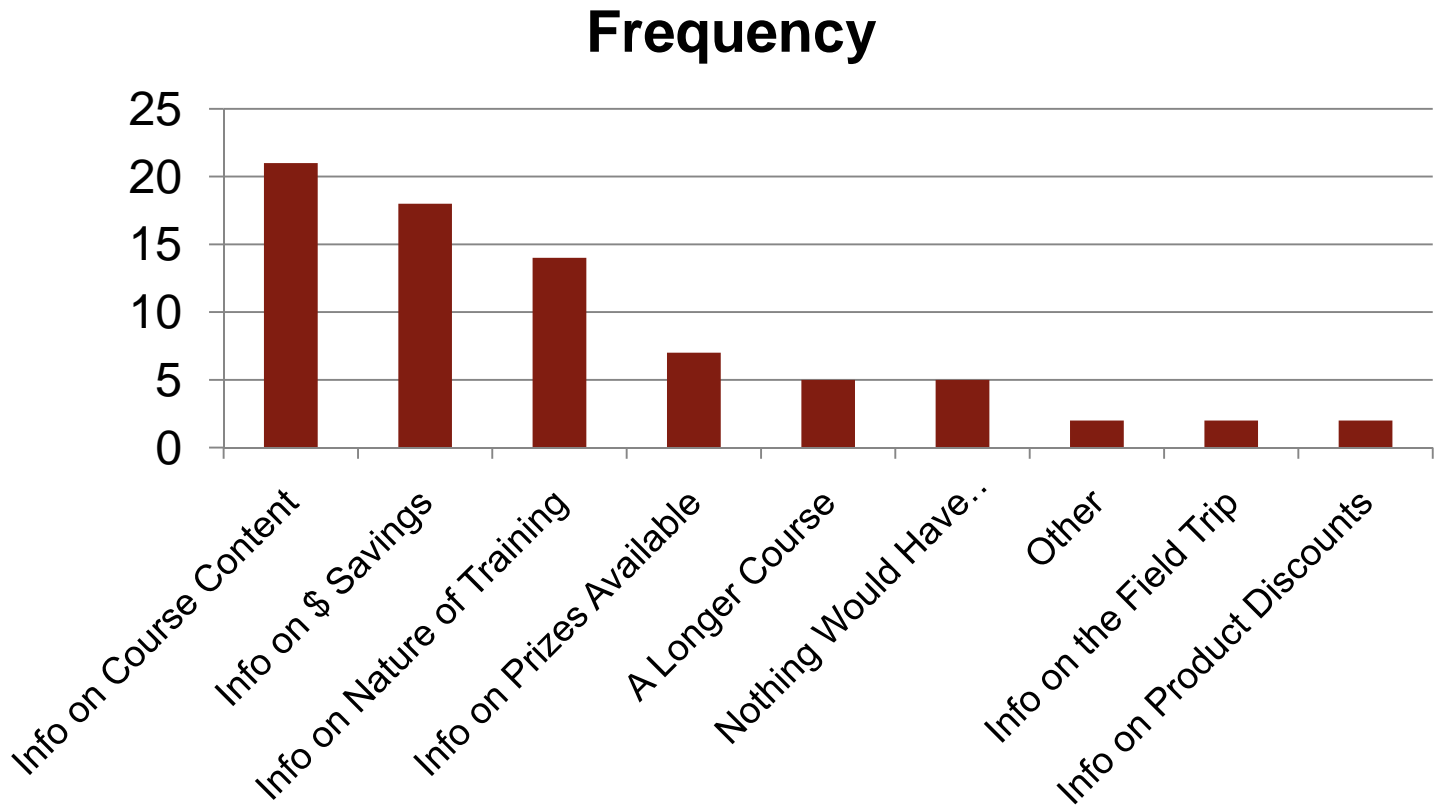
5:00-5:15	Start-up, review goal achievement
5:15-6:10	Health Smart - You
6:10-6:25	<i>Break</i>
6:25-7:20	Waste Smart
7:20-7:30	Goal Setting



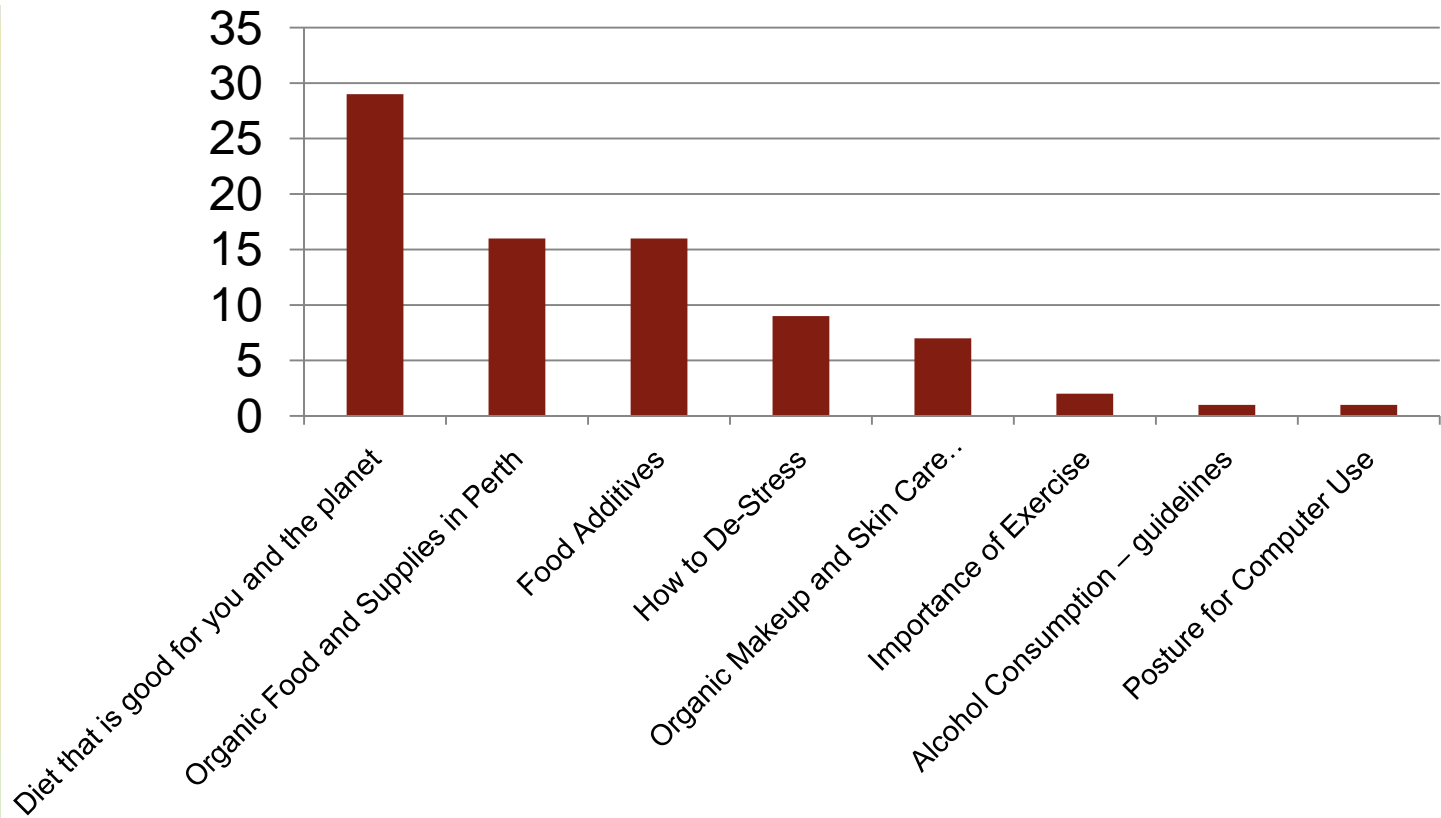
# Willingness to pay higher fees



# Factors that would have made it more likely to accept higher fee



# Health Smart You Topics



# Solar Panel Offer



- Renewable Logic;
- 1kW Suntech system;
- \$2,190 (assuming \$8,000 government rebate);

# Solar Panel Offer - Steps

1. Indicate your interest on the attendance register;
2. We will give your details to Renewable Logic;
3. A Renewable Logic representative will ring you to arrange a time for a visit;
4. A representative will visit you to assess your needs and quote;
5. You can sign up then and there, shop around, or decide not to proceed.





# What Have You Done Since Last Week?

- In Table Teams:
  - Discuss what you have done since last week;
  - Select the person/household that has achieved the most;
  - Prepare to report back to main group;
- Time: 5 minutes



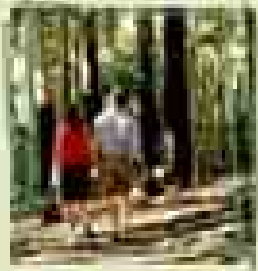
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# Health Smart You

Nutritious food  
Aerobic and Weightbearing  
Exercise  
Time to destress & slow down



# Influencing factors for not looking after yourself properly

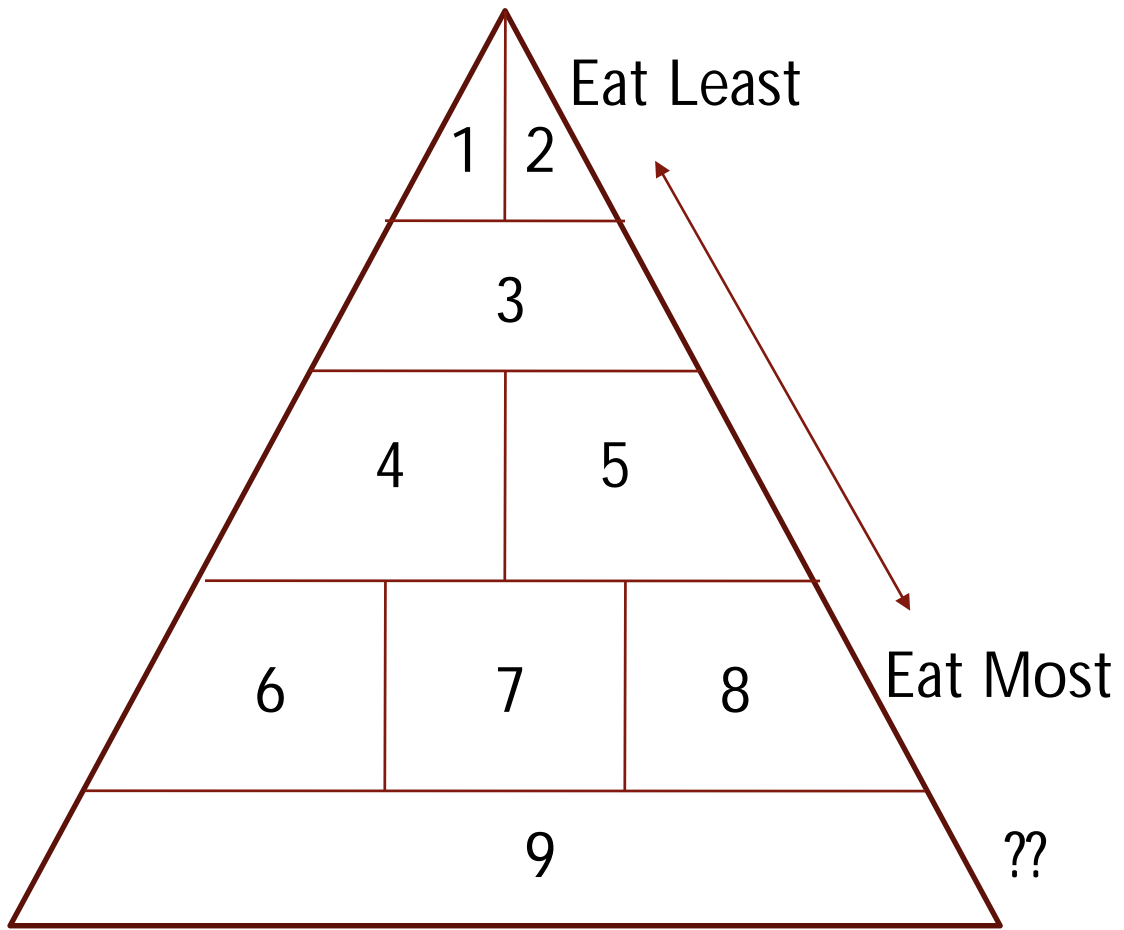
- Not enough time
- Too busy
- Not a priority
- Too lazy?
- Other distractions



# What supports your wellbeing?



# Which Foods Are Best for You?



# The OLD Food Pyramid

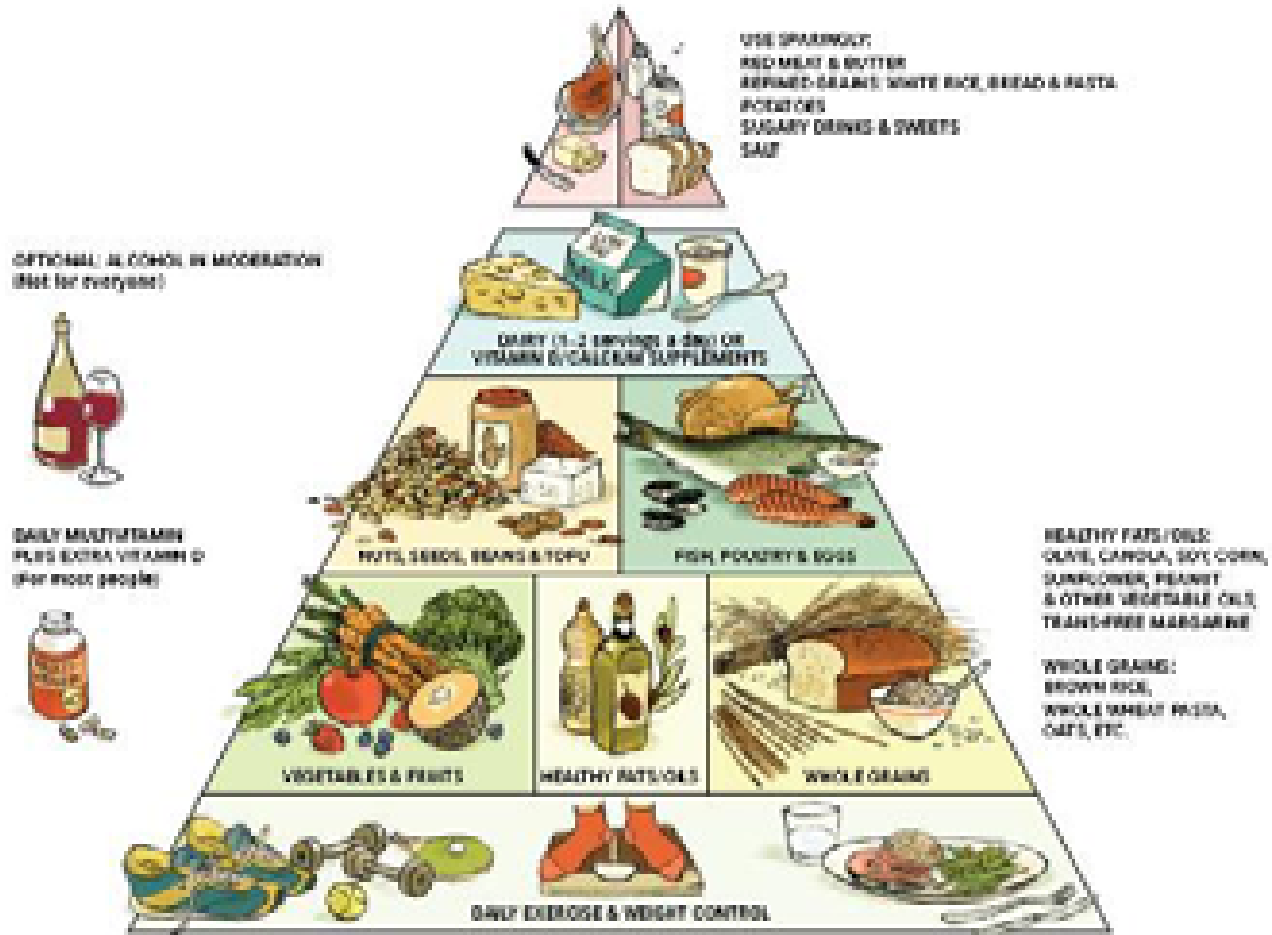


Source: Kellogg

# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

ing  
Smart



For more information, visit [WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)



# The 4 Ps to reduce

- Reduce the 4 Ps

- Pasta
- Pastries
- Potatoes
- Panne – bread



- Instead

- Choose Diversity
- Choose Colour





Your **choice** and **source** of food makes a difference to you AND the planet

- How was it grown/produced?
- What was the artificial fertilizer volume used?
- How much processing was involved?
- Where did it come from?
- Was it refrigerated for a long period?



# The BEST Option:



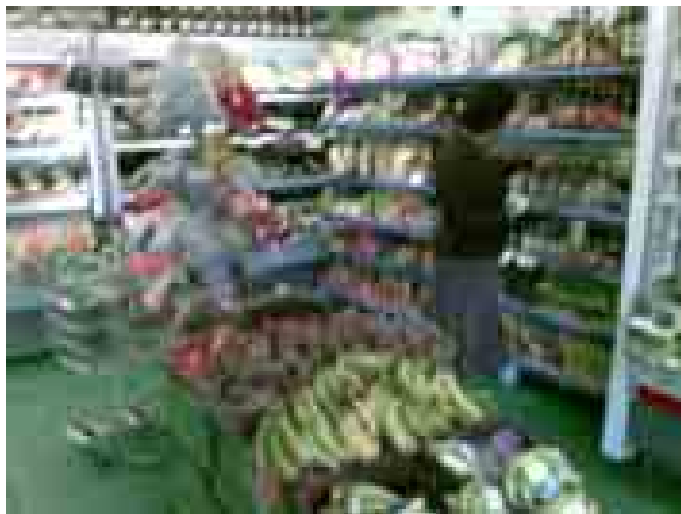
# The Next Best: Organic Suppliers eg Organic Valley



391 Welshpool Road, Welshpool

- Organic Fruit and Vegetables;
- Organic Meats;
- Organic Dairy Products;
- Organic Snacks
- Cleaning Products;

# Organic Valley



# Soul Tree Cafe



5 Railway Road, Glen Forrest

- Organic Cafe;
- Organic Fruit and Vegies;
- Clothing;
- Organic Milk;
- Cleaning Products;

# Soul Tree Cafe

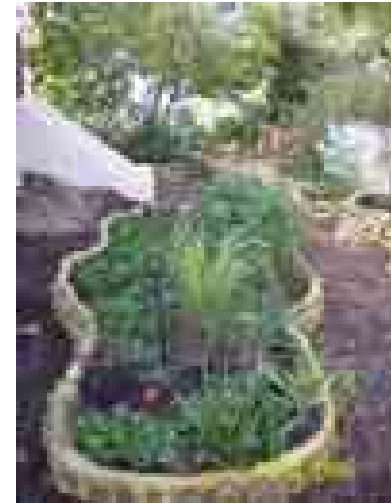


# City Farm Organic Farmers' Market



- Great range of organic produce straight from the producers;
- Organic meats;
- Small organic cafe
- Productive garden

# City Farm





# Looking for other Organic Retailers?

Name	Street	Town	postcode	phone	Website
Greenmart Eco Store	175 Hay Street	East perth	6004	08 93258881	www.greenmart.com.au
Thooggoorbu Fellowship	65 Auckland St	North perth	6006		
Organic Farm Food Shop	227 Oxford St	Leederville	6007		
Earth Market Subiaco Mews	375 Hay St	Subiaco	6008		
Permaculture Association Of WA Inc	P.O. Box 430	Subiaco	6008		
Broadway Fair Health Foods	Shop 20 Broadway Fair	Nedlands	6009		
Freshline Organics	265 Curtain Ave	Cottesloe	6011		
Marwick's Free Range Shop		Cottesloe	6011		
Camen Pty Ltd	320 Cambridge Street	Wembley	6014	08 9387 9500	

go to <http://enviro.org.au/organics-directory-australia.asp>



# Buying Online

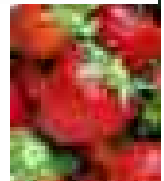


A screenshot of the Freshline Organics website homepage. The page has a yellow background with a green sidebar on the left. The sidebar contains navigation buttons for 'Home', 'About Us', and 'Contact Us' at the top, followed by a section titled 'Orders' with buttons for 'View My Orders', 'Place an Order', 'View My Cart', 'View My Account', 'View My Profile', 'View My Address', 'View My Payment', 'View My Shipping', 'View My Returns', 'View My Reviews', 'View My Feedback', 'View My Ratings', 'View My Comments', 'View My Questions', 'View My Answers', 'View My Reviews', 'View My Feedback', 'View My Ratings', 'View My Comments', 'View My Questions', 'View My Answers'. The main content area features the 'Freshline Organics' logo, the text 'Farm Direct' and 'online organic produce', and a 'Welcome to Freshline Organics!' heading. Below this, there are three paragraphs of text: 'We deliver a wide range of items from certified organic fruit and vegetables to fresh fresh seafood and a growing number of locally sourced products in Western Australia.', 'In partnership with Freshline Organics, we also deliver fresh conventionally grown fruit and vegetables, and our customers can order any combination of organic and non-organic produce that they want.', 'Most of the certified organic produce we sell comes directly from our organic farm certified by Australian Certified Organic (ACO) the independent global authority of fresh.', 'The remainder of our produce is purchased from organic and conventional wholesalers. For example, our (Certified) meat is sourced by Sustainably Quality Meats.', 'We accept orders 100.7 from within Western Australia. Details concerning delivery fee, delivery day and minimum order requirements are listed on our Delivery page.'

www.freshline.com.au

# Eat Super Foods

Food Source	Nutrient and function
Asparagus	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B3: Helps maintain a healthy nervous system. Vitamin K: Helps prevent bone diseases.
Oranges	Vitamin A and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and terpenes: Helps keep body cells healthy. Vitamin C: Helps maintain immune system.
Broccoli	Vitamin A, beta carotene and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases. Flavonoids: Reduces risk of heart diseases, bone diseases and cancer.
Sweet potatoes	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B6: Reduces risk of nervous system disorders. Vitamin K: Helps prevent bone diseases.
Spinach	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin C: Reduces risk of heart disease and stroke. Vitamin B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases.
Strawberries	Vitamin C: Helps maintain immune system. Saponins: Helps to ensure a healthy gut. Flavonoids: Reduces risk of heart disease, bone diseases and cancer. Carotenoids: Helps prevent eye diseases.



# Value of Breakfast

- Snack frequently and eat breakfast
  - avoid brain fog
- Skipping breakfast
  - Reduces concentration by 20%
  - Creates glucose shortage in the brain
  - Sends you into starvation mode
  - Generally eat more later in the day



# Beware of Food Additives

## SOUTHAMPTON STUDY COLOURS

NUMBER	NAME	EFFECTS
102	Tartrazine	Linked to hyperactivity, skin rashes, migraines, asthma, behavioural problems. Thyroid problems and chromosomal damage in animal studies. Banned in Norway and Austria.
104	Quinoline Yellow	Suspected carcinogen, linked to hyperactivity, skin rashes, asthma. Banned in USA, Norway - previously banned in Australia.
110	Sunset Yellow	Suspected carcinogen, allergies, hyperactivity, stomach upsets, skin rashes, asthma. Kidney tumours and chromosomal damage in animal studies. Banned in Norway.
122	Carmoisine	Suspected carcinogen, mutagen, skin rashes, oedema, hyperactivity, asthma. Banned in Sweden, USA, Austria and Norway.
124	Ponceau Red	Suspected carcinogen, asthma, hyperactivity. Banned in USA and Norway.
129	Allura Red	Suspected carcinogen, skin rashes, asthma, hyperactivity. Banned in Denmark, Belgium, France, Germany, Switzerland, Austria and Norway.

## NEED TO KNOW MORE ??

Southampton Study Details - The Lancet Vol 370, Issue 9598, 3 November 2007, Pages 1560 - 1567  
 "Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial"

<http://www.thelancet.com/journals/lancet/article/PIIS0140673607613953/abstract>



# Slow eating

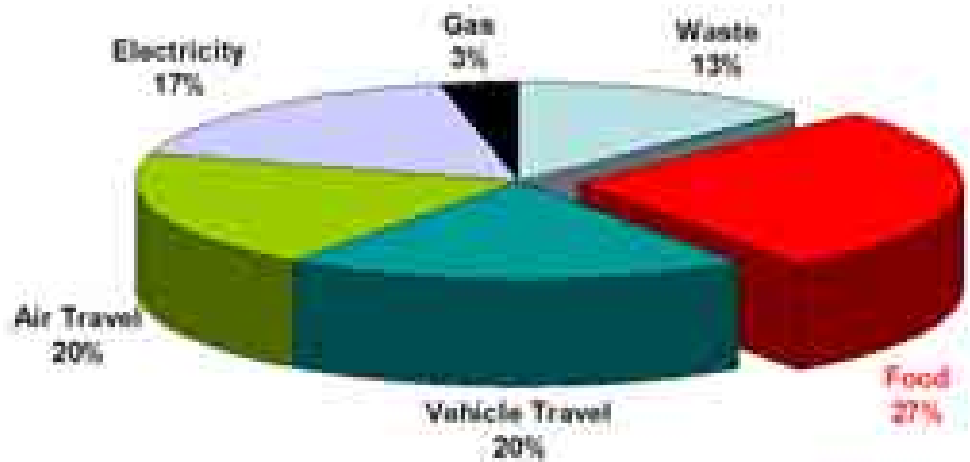
*Make time to eat, both chew and digest*

- Eating on the run compromises our ability to digest our food and absorb nutrients. – less digestive juices, less peristalsis ...sluggish, nutrient-deficient and tend to overeat.
- Sit down for a few minutes – relax and sense the food, before slow eating

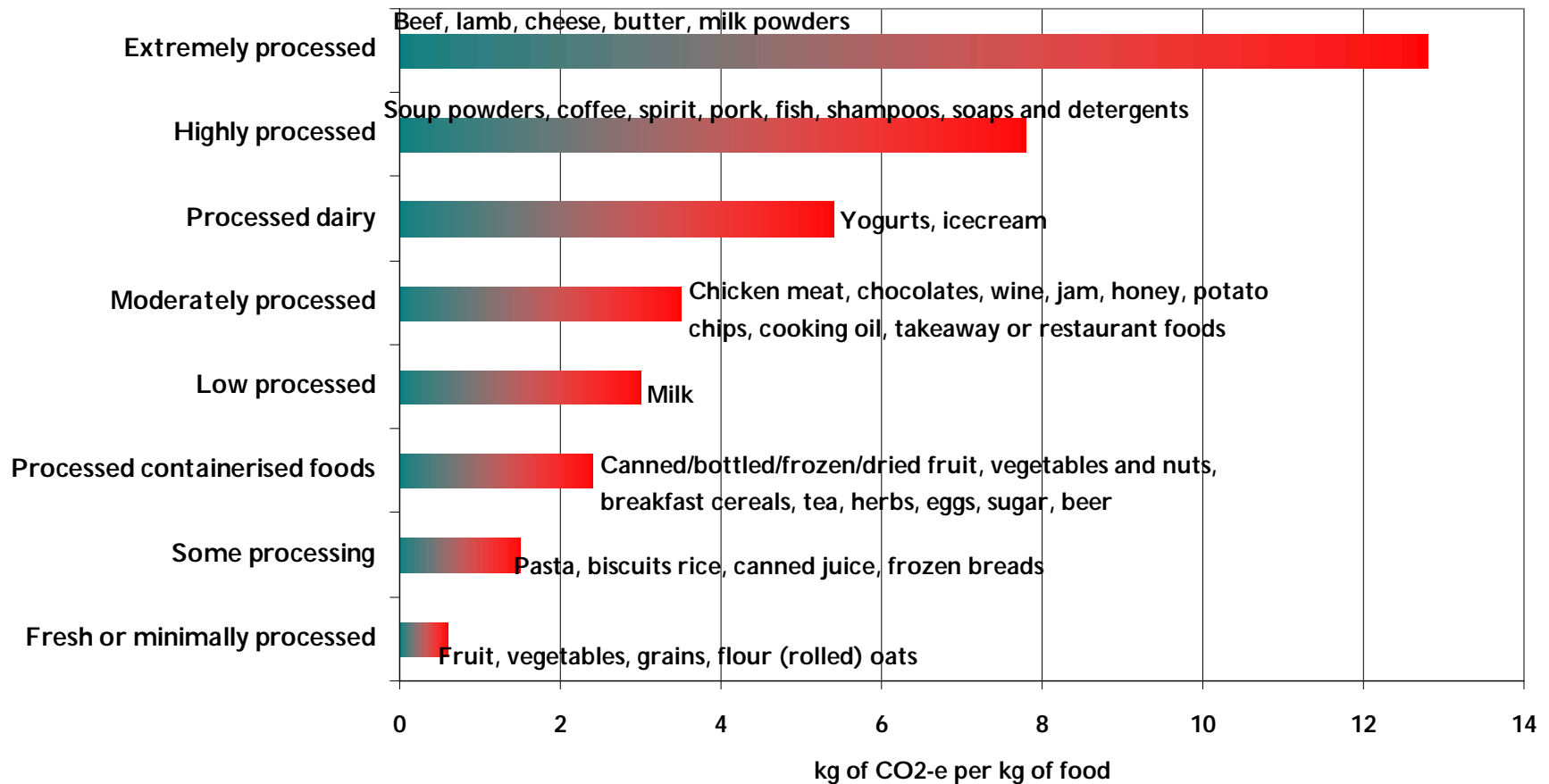


# For most Aussies, what they eat is their biggest contribution to Climate Change

Source of Greenhouse Gas Emissions for a Typical Australian Household



# The Estimated Global Warming Impact of Different Food Classes



(Source: B. Rose 2004 and Taking Stock, 2004)



# For lovers of red meat, there is one good option...



## Kangaroo Fillets with Honeyed Beetroot

- Preparation Time: 30 min
- Servings: 4
- Ingredients:
  - 2 Kangaroo Fillets
  - 200g Beetroot
  - 100g Honey
  - 100g Butter
  - 100g Olive Oil
  - 100g Garlic
  - 100g Parsley
- 100g Potatoes
- 100g Broccoli



# My Low Carbon Diet (Specific Carbohydrate Diet)

- ✓ ONLY Fresh foods;
  - ✓ Heaps of fruit and vegies – IN SEASON;
  - ✓ As much Kangaroo as you can stand;
  - ✓ Some chicken and eggs;
  - ✓ Nuts and nut flours
- ✗ No processed foods;
  - ✗ No pasta, rice, flour;
  - ✗ Limited beef, lamb, pork;



# Looking for Low Carbon & SCD Recipes?



Your source of ideas, inspiration, resources and links on how to...

## Ward off Climate Change

A screenshot of the website homepage. At the top is a navigation bar with links: Home, Latest, Carbon Calculator, Campaigns, Information, and Contact. Below the navigation bar, there are three main content areas. On the left, an 'About the author' section features a portrait of a man. In the center, a 'Recipe of the Week' section displays a dish of green vegetables. On the right, a 'Calculate Your Footprint' section features a red background and a calculator icon. A blue sidebar on the far right contains a list of links: Home, About Us, Carbon Calculator, Campaigns, Information, Why we need to act, Climate Change, Home, Inspiration, and Contact.



# Healthy Exercise & Time out

- **Aerobic exercise**
  - Gardening, stairs, swimming, fast walking, dancing, aerobic classes
- **Resistance and Weight bearing activity** to stimulate Ca deposition and build muscle type 2.
  - Star jumps, sprints, push-ups, weights
- **Time to quieten and relax** the mind
  - Breathing exercises, meditation, yoga, gentle walk, midday nap, singing



# Maintaining Well-being

- Aerobic exercise
  - at least 150 minutes of each week
- Resistance and Weight bearing activity to strengthen bones and build muscle type 2.
  - 10 minutes a day 3-4 times a week
- Time to quieten and relax the mind
  - Every day or every second day



# Activity

- What can you do to ensure you achieve:
  - 150 minutes of aerobic exercise per week;
  - 10 minutes of resistance activity 3-4 times per week;
  - Quiet time every day



# Time for a break





# Your Goals for Next Week



**Living Smart**  
*making sustainable choices!*



**my lifestyle smart goal:**

My greatest personal step to achieve this goal is \_\_\_\_\_

How often \_\_\_\_\_

How long \_\_\_\_\_

How much \_\_\_\_\_

Why I need to achieve this goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will succeed by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**"Success is not a goal. It's a habit. It's the little things we do every day that make a difference."**  
- Jim Rohn

**Living Smart**  
*making sustainable choices!*



**my health/smart goal:**

My greatest personal step to achieve this goal is \_\_\_\_\_

How often \_\_\_\_\_

How long \_\_\_\_\_

How much \_\_\_\_\_

Why I need to achieve this goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will succeed by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**"Go for change the style to live in the world!"**  
- A. J. Ayres