



Healthy Living

Winter Edition

July 2017
Edition #12

It's been so cold that we have noticed how difficult it has been for you to get up in the morning and make it to our early morning sessions at the gym or the pool, but no need to worry, we are going to give you some fun family inside activities to keeping up your activity indoors, while enjoying a delicious red lentil and pumpkin soup.

To keep up to date by following us on facebook.

In this edition:

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- Win a Portable Garden Competition
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- Next Challenges
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WIN a Portable Garden

Send us a photo of you in the garden. Our favourite photo will get published in our next edition with their new portable garden.

Send photos to:

info@marlboroughpho.org.nz

Entries close 30th September



Healthy Children

Did you know that children have an ability to know how much they need to eat, when to stop and when they've had enough. It is so important to focus on the health of your child rather than the weight of your child, so we have some tips for you:



Role model healthy behaviours

Kids do as We do... so remember to have breakfast; have healthy snacks and drinks; and remember portion sizes, have at least half the plate of colourful vegetables.

Avoid grazing

By avoiding grazing, you will stick to the routine of 3 meals and 2 snacks a day. Try to eat less packaged foods.

Family time = Quality time

Busy families should spend that much time together as you can, so make this a habit and have a house rule of no technology at the table.

Regular sleep

Did you know that lack of sleep could mean poor eating habits... Encourage your child have plenty of rest and a regular bedtime. This will help with their physical activity.

Food is not a reward

Avoid using food as a reward... instead give a hug, play a family game (tips on page 4) or visit the \$3 shop.

Ph: 03 5206200 Freephone: 0800 499 430
0800 ACTIVE (0800 228 483)

For more information visit: www.marlboroughpho.org.nz or
www.facebook.com/marlboroughprimaryhealthorganisation



Marlborough Primary Health

KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Gardening is Physical Activity

Have you ever wondered what the GRx Community Garden Project is? It's physical activity in the outdoors... There is a group of dedicated GRx members, who tend the garden weekly and share their gardening expertise. Because of this, we have been able to provide some schools with vegetables to make soup to feed their students for lunch.



Getting Active with Active Families

Even though the weather was cold our families still came out to play with us and it was fun. We learnt a couple of new games to play and healthy snacks to refuel us in between. Each family received a June Family Challenge bag to complete at the start of June and each child received an indoor activity pack as an alternative to a device. We hope you kept us with the activities over the school holidays.

The next group session starts Tuesday 2nd August 2017.

What did you learn?

We learnt team building. Each game was selected because it needed a team. The teams were either a family or a group of kids together.

We would like to congratulate everyone that Graduated in July.

What is Active Families?

Active Families is having fun with exercise as a family.

Active Families is a free, 6 month programme that supports children and their families from 4 1/2 years to 18 years to be healthier. If you want advice on food, then our Dietitian will give you some advice on food; if you want advice on exercise, then Active Families will give you advice on exercise.

To find about more or to join, contact us.



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Red Lentil and Pumpkin Soup

A healthy soup packed full of protein, thanks to the lentils and full of warming spices that give a delicious kick to the flavour.

Ingredients:

1 tablespoon olive oil
1 large brown onion, diced
2 teaspoons crushed garlic
½ teaspoon turmeric
½ teaspoon cumin, ground
1 teaspoon paprika
1 cup red lentils
1kg pumpkin, peeled and diced into 2cm cubes
4 cups boiling water
1 cup unsweetened Greek yoghurt
1 400ml can low fat coconut milk
Serves 6



In a large fry pan heat oil and add garlic and onion

Cook for 1-2 minutes then add spices (turmeric, cumin and paprika). Stir until aroma is released then add pumpkin until pieces are coated. (If time is short add all above ingredients directly into the slow cooker).

Pour the pumpkin and onion mixture into the slow cooker, turn to HIGH.

Deglaze the frying pan with the boiling water.

Pour the water into the slow cooker.

Add lentils and stir to combine ingredients.

Place the lid on and cook for 3 hours.

Turn off slow cooker, puree in a food processor or with a stick blender until smooth.

Stir in coconut milk and yoghurt.

Serve with a sprinkle of pumpkin seeds and a slice of wholegrain bread.

Send us your Recipe

We would love to publish your healthy winter recipe. Just send us your recipe with a photo and tell us why you enjoy eating this over winter. The winner will be published in our next edition....

Entries close 30th September

WATCH OUT for our next 2 Challenges

Tallest Sunflower



Spud in a Bucket

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Inside Family Activities

Information released in June 2017 by the Ministry of Health explained that 45% of children in NZ aged 2-4 years watched a weekly average of two or more hours of TV per day in 2014/15.

Recommendations are to provide regular activity breaks; reduce or discourage screen time; and limit time in equipment.

Our recommendation for you, is to spend more quality time as a family, play indoor family games. Have you ever noticed that “the most fun in life is free”...

Our top indoor family activities:

Animal charades

Musical chairs

Hot Potato

Indoor Obstacle Course

Table Tennis

Balloon Volleyball

Stepping Up to Activity



The Marlborough Primary Health Team

Join the world's largest Treasure Hunt

GEOCACHING.... You can do this as a family, on your own or as a team building exercise.

Geocaching is an entertaining adventurous game, coupled with an opportunity to “Get Active”

UPCOMING EVENTS

Blenheim Park Run

Saturday's at 8am
High St & Symonds St
FREE

Woodbourne Half Marathon

20th August 2017
9am—12noon
Woodbourne Gym
Entry Fee Applies

Tussock Run

27th August 2017
12noon onwards
Seddon School
Entry Fee Applies

Alzheimer's Marlborough

Memory Walk
Sunday 10th Sept 2017
10am
Monro Street carpark
FREE

Marina to Marina

7th October 2017
8.30am
North Side
of Coat Hanger Bridge
Entry Fee Applies

Marlborough Women's Triathlon

Sunday 26th Nov 2017
6.30am
Stadium 2000, Kinross Street
Registration Applies

Ph: 03 5206200 Freephone: 0800 499 430
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