

BRITA® Better Living

The Couple's Guide to Getting Fit in 2009

You'll be better able to attain your goals using this method...

[Read More >](#)



Metabolism Explained

Learn about the factors that affect your basal metabolic rate and what you can do

[Read More >](#)



Aloe Vera

The wonder plant for your body, find out more about it

[Read More >](#)



Turn over a new leaf

Make a difference - by pledging to cut the amount of disposable bottles you use. By refilling a bottle from your BRITA jug to take out with you and you can say "no" to the eco-cost and landfill impact of bottled water. Go to www.mygreenbottle.com.au and make your pledge and BRITA will seed a tree in recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water



February 2009

"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !

• BRITA Competition:

WIN

Win a BRITA blue velour/ cotton beach towel

• Health and Wellbeing News:

Aloe Vera

[Read More >](#)

• Health Update: What's on in February

[Read More >](#)

• Recipe of the month

Chicken & vegetable pasta bake

[Read More >](#)

• Ask Catherine -

You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!

[Read More >](#)

• Your Say

[Read More >](#)

wherever you go.



Share Brita Better Living
with a friend

Click here to share the Brita
newsletter with your family and
friends

The Couple's Guide to Getting Fit in 2009

Serious about getting fit in 2009? Now that the holidays are over (and regrets about over-indulgence are on one's conscience) many will now be renewing their focus on their health and fitness and possibly not just their own, but their partner's as well! Regardless of what your fitness goals are this year, you'll be better able to attain them by working together and following these simple and effective tips:

Tip #1: Set an Example

If you're trying to motivate your partner to get fit, the single most important thing you can do to get started is to inspire by example. Nagging or complaining may only cause resistance and/or resentment. Create your own healthy new habits like going to the gym every day, cutting out junk food, late night snacking etc. Start a dialogue and brain-storm ideas and how to adopt new healthier habits. Agree on a diet that will work for both of you. Share what's important to you, and how this makes you feel confident (and maybe even attractive!). If you're consistent with your healthy new routine, your partner will see that and most likely be inspired.

Tip #2: Set Goals

Set individual goals and share them with your partner so you can motivate and inspire each other. At intervals revisit each other's goals and achievements to date to track progress and tweak them as needed for maximum results.

Tip #3: Plan Healthy Meals and Activities Together

Start by making a weekly meal plan together. Coordinate your exercise sessions so you can do it together where possible. Plan fun outdoor activities like hiking, cycling and nightly walks together. You can catch up on the activities of the day while doing something active. Remember, the more healthy habits you can incorporate together, the more successful you'll be!

Tip #4: Motivate/Support One Another

Some days one may require a gentle nudge from the other and at other times you may need to employ tough love tactics to keep each other motivated and inspired. Only the two of you know what will work for one another.

Tip #5: Communicate

By sharing both your triumphs and frustrations, you can work together to find the healthy regime and solutions. You will have a 24/7 support system to not only help motivate and inspire you but to keep both of you on track when the going gets tough. It's important to help each other surmount those hurdles so you can ultimately celebrate your victories together.



Here's to your good health. May you both live long, love life and thrive!

Ref: <http://advice.yahoo.eharmony.com.au/article/the-couples-guide-to-getting-fit-in->

[2009.html](#)

Metabolism Explained

Metabolism refers to the countless chemical processes going on continuously inside the body that allow life and normal functioning. These processes require energy from food. The amount of kilojoules (kJ) your body burns at any given time is regulated by your metabolism.



Metabolic rate

Your body's metabolic rate (or total energy expenditure) can be divided into three components:

- **Basal metabolic rate (BMR)** - is the amount of kilojoules burned at rest and contributes 50-80 per cent of your energy used. It's important to preserve muscle mass when you lose weight as lean mass, especially muscle mass, is largely responsible for the BMR.
- **Energy used during physical activity** - this is the amount of kilojoules burned during movement and physical activity; in a normally active person, this component contributes 20 per cent of daily energy use.
- **Thermic effect of food** - this is the energy you use to eat, digest and metabolise food. It contributes about 5-10 per cent of your energy use. This rise in the BMR can range between 2-3 per cent and up to 25-30 per cent, depending on the size of the meal and the types of foods eaten. E.g. Fats - raise the BMR 4 per cent, Carbohydrates 6 per cent, Proteins 30 per cent and Hot spicy foods like Chile can also have a significant thermic effect

Factors affecting the BMR

Your BMR is influenced by a number of factors working in combination, including:

- **Body size** - larger adult bodies have more metabolising tissue and a larger BMR.
- **Age** - metabolism slows with age, due to a loss in muscle tissue but also due to hormonal and neurological changes.
- **Growth** - infants and children have higher energy demand per unit of body weight due to the energy demands of growth and the energy needed to maintain their body temperature.
- **Gender** - generally, men have faster metabolisms than women because they tend to be larger and have less body fat.
- **Genetic predisposition** - your metabolic rate may be partly decided by your genes.
- **Amount of lean muscle tissue** - muscle burns kilojoules voraciously.
- **Amount of body fat** - fat cells are sluggish and burn far fewer kilojoules than most other tissues and organs of the body.
- **Hormonal and nervous controls** - BMR is controlled by the nervous and hormonal systems; hormonal imbalances can influence how quickly or slowly the body burns kilojoules.
- **Dietary deficiencies** - e.g. a diet low in iodine reduces thyroid function, which slows the metabolism.
- **Environmental temperature** - if temperature is very low or very high, the body has to work harder to maintain its normal body temperature; this increases the BMR.
- **Infection or illness** - BMR increases because the body has to work harder to

build new tissues and to create an immune response.

- **Crash dieting, starving or fasting** - eating too few kilojoules encourages the body to slow the metabolism to conserve energy; BMR can drop by up to 15 per cent. There is also loss of lean muscle tissue, which further contributes to the drop in BMR.
- **Amount of physical activity** - hard-working muscles need plenty of energy to burn. Regular exercise increases muscle mass and 'teaches' the body to burn kilojoules at a faster rate, even when at rest.
- **Drugs** - some drugs, like caffeine or nicotine, can increase the BMR.

<http://www2.betterhealth.vic.gov.au/bhcgsearch/bhcgsearch?start=0&searchtext=metabolism+explained>

Aloe Vera

Aloe Vera gel is used for sunburns, eczema, burns, insect bites, wounds, and for treating fungal infections. Its antifungal properties mean that it is suggested for treating acne, athlete's foot, mouth sores, and tonsillitis. It also aids in the stimulation of cell regeneration. Used in a medical sense, Aloe Vera is said to be helpful for treating bronchial congestion. The juice that is derived from the whole leaf is also said to be helpful for some digestive disorders.

Aloe Vera contains over 70 necessary ingredients and more than 200 biologically active elements including minerals, enzymes, polysaccharides, vitamins, biological stimulators, amino acids, and proteins.



Historical documents of the Egyptians, Romans, Greeks, Arabians, Indians and Chinese report on its use for both medicinal and cosmetic uses.

Legend has it that two of the most alluring Egyptian queens, Nefertiti and Cleopatra, relied on Aloe Vera to maintain their youthful complexions by drinking and bathing in Aloe Vera, and that Alexander the Great conquered the island of Socroto off the east coast of Africa for the purpose of obtaining sufficient amounts of Aloe as a wound healing agent for his soldiers.

And the good news is that it is easy to grown in a pot at home!

There are certain reported side effects and conditions for which its use is not indicated.

Ref: http://www.naturaltherapypages.com.au/article/aloe_vera

Ref: <http://www.aloevera.com.au/index2.html>

Win Win Win

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 BRITA blue velour/cotton beach towels. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "how you & your family stay healthy at the beach or pool."



Health Update: What's on in February

Valentine's Day

Saturday 14th February 2009



A day to let others know that they are being thought of and loved. Do something that makes you smile, whether it is having a special meal, a walk in the park, a phone call, a card or a special rendezvous.

Run For Strength

15th February 2009

Albert Park Lake, Vic



Choose between a 5 km walk, 5 km run or 10 km run. All proceeds assist research into Muscular Dystrophy.

Ref: <http://www.betterhealth.vic.gov.au/bhcv2/bhcevent.nsf/pages/F86EB3535FE108ED4A25751A007A61A0?opendocument>

Recipe of the month

Chicken & vegetable pasta bake

Serves 6

Ingredients:

- 1 tablespoon olive oil
- 1 medium brown onion, chopped
- 500 gm chicken mince
- 1 medium green capsicum, finely chopped
- 2 medium carrots, peeled & grated
- 150gm button mushrooms, grated
- 4 celery stalks, trimmed, finely chopped
- 800 gm can diced tomatoes
- 3 cups farfalle pasta (see tip)
- 2 cups grated tasty cheese
- Chopped fresh chives & salad leaves to serve



Method:

- 1) Preheat oven to 180 degrees / 160 fan forced
- 2) Grease a 6 cm deep 21cm x 35 cm base, 12 cup capacity ceramic baking

dish

- 3) Heat oil in a large frying pan over medium-high heat. Add onion and mince. Cook, stirring with a wood spoon to break up mince for 6-8 minutes or until browned.
- 4) Add capsicum, carrot, mushroom and celery. Cook stirring, for 3 minutes
- 5) Add tomato, season with salt & pepper. Simmer, uncovered for 2 minutes or until mixture is heated through
- 6) Place half the pasta over the base of prepared dish. Top with half the mince mixture, then half the cheese. Repeat with remaining pasta, mince mixture and cheese
- 7) Bake for 45-55 minutes or until top is golden and pasta tender. (cover top loosely with foil if over-browning during cooking)
- 8) Stand for 5 minutes. Sprinkle with chives. Serve with salad.

Tip: There's no need to use cooked pasta for this recipe. Like lasagne, the pasta absorbs liquid during baking.

Note: for extra flavour, add ¼ cup chopped fresh basil to tomato mixture at the end of step 2.

Reference: Super Food Ideas February 2009.

Ask Catherine

Do you have a question for Catherine? Simply [click here to email Catherine](#).

Allergens

Q: What are the most common foods that I could be allergic to?

A: These top 8 are responsible for around 90% of food allergy reactions: cow's milk, egg, crustaceans, fish, peanut, soy bean, tree nuts and wheat.

Insulin resistance

Q: What is insulin resistance and can I reduce it?

A: Insulin resistance is where the body becomes "insensitive" to the hormone insulin. The body produces insulin but the tissues and muscles don't "recognise" it. The body then responds by making more, so the levels build up in the bloodstream, along with sugars which are unable to "move into" the tissues to generate energy. Linked to a sedentary lifestyle, being overweight, high blood fats and high blood pressure. Regular exercise and a diet low in saturated fat will help make muscles more "sensitive" to insulin.

Resistant Starch

Q: Are resistant starches bad?

A: A resistant starch is a type of carbohydrate that "resists" digestion in the small bowel and arrives undigested into the large bowel. Once there, it is "fermented" by bacteria and results in the formation of a number of beneficial volatile fatty acids including butyrate, which promotes the production of healthy cells and fight colon cancer. They also have a mild laxative effect and encourages the growth of healthy bacteria. They can be found in most carbohydrate-rich foods and are high in cold cooked potatoes, unripe bananas, pasta, legumes and pasta.

* Visit Catherine's website at <http://www.foodwatch.com.au/>

Your say

Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.

"Son and hubby are now drinking water! - previously unheard of phenomenon."
JD, Vic

"Besides being so easy to install when instructions are carefully followed, the BRITA filter really gives cleaner, healthier and better tasting water. Peace of Mind On Tap."
SC, Qld

"The price is matched by the taste - both excellent. Also, as a home renter, if I have to move, I can take my Brita jug with me, unlike other filtered water products. The ease of use also appeals as it only takes a couple of minutes to have "yummy" water instead of the "yucky" tap taste - according to my 5 year old."
NL, SA

"It only takes one sip and your taste buds will flip. No more murky poolwater-like drinks. You're my new BFF BRITA (wink, wink) ."
JB, Qld

"I have previously had a BRITA filter jug and have been completely happy with it, so when it was time to replace it, I had no hesitation in purchasing another BRITA jug. It travels wherever I go, so that I don't have to put up with bad water. I know that my water or coffee will always taste tip-top."
RC, SA



Questions, comments, feedback and ideas?

E-mail us at solutions@brita.com.au

Phone: 1300 557 762

Visit us at www.brita.com.au and our new site where you can turn over a new leaf and change the environment at www.mygreenbottle.com.au

To remove your name from our mailing list, please advise us by sending an email with "unsubscribe" in the subject line to filters@brita.com.au