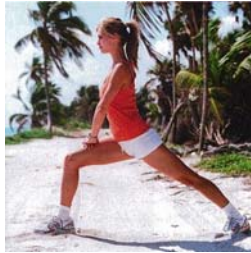


7 essential exercises

For optimum results when working out, it's a must to include

[Read More >](#)



Health benefits of olives & olive oil

A natural way to improve your immunity and general health

[Read More >](#)



How big is your footprint?

Find out what impact you make on the planet and how little changes can make a difference

.....

[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




July 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 Competitions:

WIN

Win a BRITA gym backpack, complete with a Fill & Go Sports bottle and a microfibre towel

- see what we are doing on  [Fan us on Facebook](#) facebook and how you can win with us.

• Health Update: What's on in July

[Read More>](#)

• Recipe of the month

Rice pie shell with vegetables

[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>](#)

recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water wherever you go?



7 Essential exercises

For optimum results when working out, it's a must to include cardiovascular, strength and flexibility training each week.

1) Walking

Why it's essential: Lowers heart disease, stroke and type 2 diabetes and boosts bone density in women.

Technique and tips: walk fast enough that you can feel your heart rate and body temperature increasing, but not so you're completely breathless and unable to hold a conversation.

2) The Crunch (or any AB exercise)

Why it's essential: Abdominal exercises can help strengthen weak parts of the body and take pressure away from the back. Strong abdominals also help you maintain good posture.

Technique and tips: Lie flat on your back and lift your shoulders off the ground, curling your abdominals. At the top, rotate your left shoulder to the right side, then rotate back to centre and release back to the floor. Switch sides and repeat.

3) The Squat

Why it's essential: Tones the legs and buttocks.

Technique and tips: Stand with feet hip-width apart with a chair behind you. Slowly lower your hips as if you are about to sit, but just before your body touches the chair, return slowly to a standing position. Keep your back straight and try not to let your knees go past your toes. If you have knee or joint problems, vary the depth of the squat to only a few degrees and progress gradually.

4) Yoga

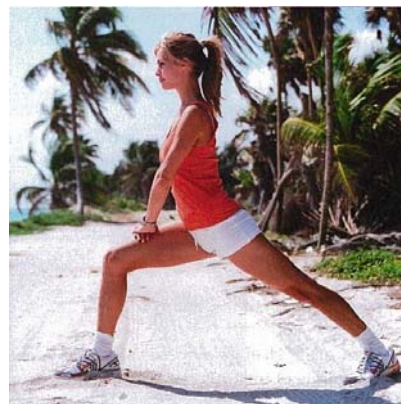
Why it's essential: Improves flexibility, balance, muscular strength and endurance, giving you the ability to exercise for longer. It may also help control physiological variables such as blood pressure, respiration and heart rate and speed up your metabolic rate to help you maintain a healthy weight.

Technique and tips: There are a number of styles varying from dynamic to balancing the mind. Choose a workout that suits what you want to achieve.

5) Running

Why it's essential: It burns more kilojoules per minute compared to all other activities.

Technique and tips: Make sure you are running in proper shoes that have been



fitted by an expert. Mix up the impact by sometimes choosing treadmills over outdoors. When outdoors, head for trails rather than hard surfaces.

6) The lunge

Why it's essential: Lunges rival squats as the ultimate lower-body exercise to tone glutes, quadriceps and hamstrings.

Technique and tips: Take one step forward and drop your rear knee almost to the floor, making sure to keep the front heel on the floor and that knee directly over the centre of that foot. Slowly return to a standing position. Repeat with the other leg.

7) The push up

Why it's essential: requires no equipment and conditions the chest, shoulders and triceps while demanding core-muscle activation.

Technique and tips: Position your hands slightly wider than your shoulders and ensure the weight of your upper body lies over your hands. Align your ankles, knees, hips, back and shoulders in a straight line like a plank. Squeeze your shoulder blades together and suck your tummy in. Maintaining the plank position, slowly lower yourself until you're about 2cm from the ground, then push up.

For women try with keeping your knees on the ground & lifting your upper body
Ref: Health Smart magazine June/July 2009.

Health benefits of olives and olive oil

With the ever-increasing number of resistant strains of bacteria and viruses, people are looking for natural ways to improve their immunity and general health.



The first olive trees were grown in the Mediterranean and the Middle East. Fossilized olive leaves aged 50-60,000 years old were found on the Aegean Islands, Greece.

As well as being used for light and warmth, the medicinal purposes of olive oil included treatment of wounds, infections, fever and pain. All parts of the olive tree were used – olives, oil, the leaves and the wood. During the 17th century in Greece, olive oil continued to be thought of as “a great gift that cured everything in life” (“olio d’oliva cura tutti i mali”).

Today, scientists have researched and proven the health benefits of the olive, its oil and the leaves, these include:

- Reduces high blood pressure by relaxing the arterial walls.
- Reduces cholesterol by reducing bad low density Lipo proteins (LDL's) and increasing the good high density Lipo proteins (HDL's)
- Reduces the incidence of heart disease. (The island of Crete has the lowest rate of coronary heart disease in the world.)
- Increased immune function and the ability to fight viruses, bacteria and parasitic agents.
- Increases the body's ability to fight the common cold, sore throats, coughs, sinus infections and many types of influenza.
- Stabilizes blood sugar levels by stimulating production of insulin to assist in managing diabetes.
- Effectively treats numerous skin conditions such as eczema, psoriasis and dry skin.
- Effectively treats fungal and yeast infections.
- Balances gastric acid secretions and contributes to digestion.

- The phenolic compounds in olive oil act as potent scavengers in the body for toxins and free radicals which have been linked to cancer. This explains the lower incidence of Coronary Heart Disease and cancer associated with the Mediterranean diet.
- Dramatic increase in energy levels and a greater sense of well-being. Used to treat fatigue, chronic fatigue syndrome and lupus.
- Antioxidants, phenols and vitamin E and K help delay the aging process.

See our recipe this month that uses olives & olive oil

Ref: <http://www.regansridge.com.au/health.php>

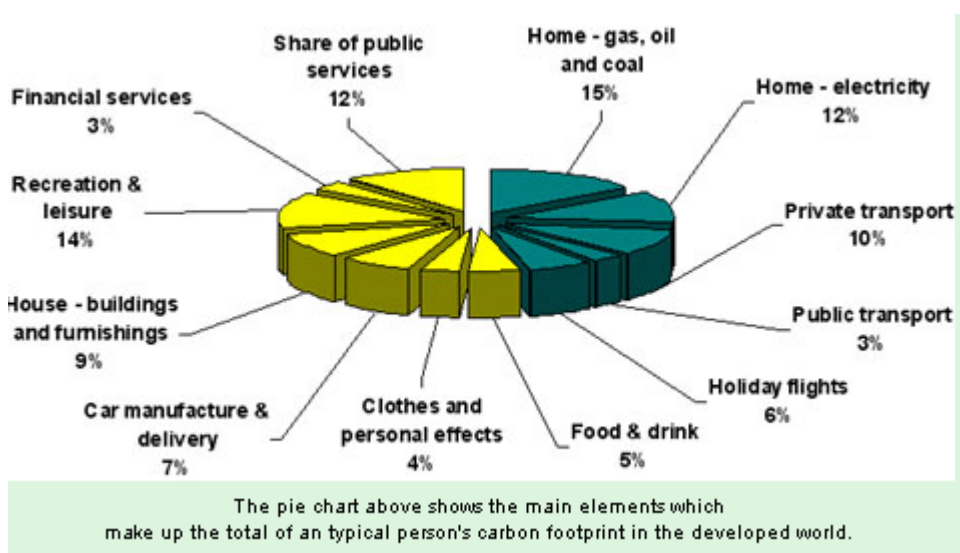
How big is your footprint?

Find out what impact you make on the planet and how little changes can make a difference.



A carbon footprint is a measure of the impact our activities have on the environment, and in particular climate change. It relates to the amount of greenhouse gases produced in our day-to-day lives through burning fossil fuels for electricity, heating and transportation etc.

See the Footprint calculator link at the foot of the article: you can select the option in each category listed that most closely fits your lifestyle, and then press the Estimate button to estimate your secondary carbon footprint - play around with different options to see the difference small changes can make.



A carbon footprint is made up of the sum of two parts, the primary footprint (shown by the green slices of the pie chart) and the secondary footprint (shown as the yellow slices).

1. The primary footprint is a measure of our direct emissions of CO₂ from the burning of fossil fuels including domestic energy consumption and transportation (e.g. car and plane). We have direct control of these.
2. The secondary footprint is a measure of the indirect CO₂ emissions from the whole lifecycle of products we use - those associated with their manufacture and eventual breakdown. To put it very simply, the more we buy the more emissions will be caused on our behalf.



To calculate your carbon footprint - [click here](#)

Below is a helpful link where diet and lifestyle can be evaluated to determine your footprint and what small changes can be made to reduce it.

For tips to reduce your footprint - [click here](#)

Ref: www.carbonfootprint.com/carbonfootprint.html

Win Win Win

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 BRITA gym backpacks, complete with a Fill & Go Sports bottle and a microfibre towel. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your winter health tip."



Here are the winners of last months contest "your favourite winter activity."

"I love to work in the garden in winter. It is cool, there are no mozzies and it's just great pruning, pulling out weeds, watching the birds and feeling a part of the environment. It makes me feel so glad to be alive."

GD, NSW

"My favourite winter activity is to sit by the fire with a good book and a mug of herbal tea made with BRITA filtered water."

RG, Vic

"During winter I love to go for a swim in an indoor pool and then come home and have a nice warm shower. I always feel great after a winter swim!"

JW, Tas

"We put on our warm clothes and walk down to the creek with left-over bread crusts, to feed the hungry ducks. Getting out for a brisk walk warms us up (especially as it's all up-hill on the way home!) and the ducks are grateful for a bit of extra food."

HR, Vic

"My favourite winter activity is to snuggle up on a couch with my wife. If it's really cold then we cover our knees with our mohair rug and watch our favourite television shows. Sometimes our dog sneaks his way inbetween the two of us - that's his favourite winter activity!"

FO, Vic

Win Win Win

You can win great prizes by becoming a BRITA Fan on Facebook.

Click icon to join us

Win Win Win

Here are the winners of our "help us in our market research and you could be the winner of 1 years supply of filters (6 filters)."

M.L. Johnston, L. Wood and S.J. Ooi



Health Update: What's on in July

Diabetes Awareness Week

Sunday 12 - Saturday 18 July



Alerting people to their risk factors for type 2 diabetes. See th of 2009 events at

www.diabetesnsw.com.au/media_publications/mediarelease

National Tree Day

2nd August 2009 +

Schools Tree Day Friday 31st July 2009



National Tree Day gives all Australians an opportunity to get with their local environments at a community level.

For activities visit <http://treeday.planetark.com>

Greening Australia has a tree planting day at Fishery Beach build biodiversity on the Fleurieu Peninsula 10am-1pm contat Catford (08)8372 0189 <http://www.greeningaustralia.org.au>

[involved/events-calendar](http://www.greeningaustralia.org.au/involved/events-calendar)

Remember, that you can give a BRITA as a gift and we'll seed a tree via Greening http://www.brita.com.au/news_and_press/sustainability

Events coming up to put in your diary:

City of Sydney Spring Cycle

Sunday 27th September 2009

North Sydney, Blacktown, Liverpool, Olympic Park



Join us for for a fun family day out on the bicycle and help support BRITA will have a stand at Hyde Park and will be serving free filterec

www.springcycle.com.au

Earth Ride

Wednesday 30th September 2009



The countdown has begun! Earth Ride Day aims to have millions of around the globe on their bikes! Earth Ride is about encouraging e engage in a solution now that we already know offers significant b towards the goal of a low carbon future. Riding a bike for transport significantly reduce your carbon footprint in comparison to taking t even better than riding on public transport. The savings are as endl

journeys we all undertake - riding to school, the shops, to visit friends and family - v need to go! In addition to helping create the future environment you want, riding convenient, healthy and fun way to get about!

Register now at www.earthride.com.au

Recipe of the month

Rice pie shell with vegetables

Preparation time: 60 minutes

Cooking time: 20 minutes

Serves: 5

Gluten free & good source of folate

Ingredients

1 tablespoon olive oil
1/2 cup spring onions, sliced
1 stalk celery, sliced finely
1 large carrot, grated
1 large zucchini, grated
150 g mushrooms, sliced
1 cup mung bean sprouts
1/2 cup fat-reduced cheese, grated,
(60g)
12 black olives



Crust

3/4 cup brown rice, (150g)
1 1/2 cups vegetable, or chicken stock (gluten free variety)
1 egg
2 tablespoons sunflower seeds

Method

1. Cook rice with stock for 35 minutes, or until all the stock is absorbed.
2. Tip into a bowl and leave to cool for a few minutes.
3. Add egg and sunflower seeds and press mixture into a greased 20cm pie dish.
4. Bake in a moderate oven (180°C/350°F) for 20 minutes.
5. Heat oil and add spring onions, celery, carrot, zucchini and mushrooms. Stir-fry for 2 to 3 minutes.
6. Add bean sprouts and mix well.
7. Pile vegetables into cooked pie shell, sprinkle top with cheese and decorate with olives.
8. Return to the oven for a further 15 minutes, until cheese is melted and brown.
9. Cut into wedges to serve.

Note: For vegetarians, use vegetable stock rather than chicken stock.

Ref: www.betterhealth.vic.gov.au/bhcv2%5Cbhcrecipes.nsf/Pages/Ricepieshellwithvegetables

Ask Catherine

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



Does sugar cause diabetes?

Q: I keep being told too much sugar can cause diabetes. Is this true?

A: Sugar itself does not cause diabetes, other than the fact that it contributes extra kilojoules (calories) that can lead to excess weight gain.

Too much food and too little physical activity are the real culprits and are much more likely to increase your risk of diabetes.

Therefore any foods that are easy to overconsume, served in large portions or send blood sugar levels soaring are ones to steer clear of.

In terms of the Glycaemic Index (GI), sugar has been shown to have only a moderate effect on blood sugar. It has a GI of 65 which places it in the Moderate category, far less than starchy foods like rice (80) or potato (85).

Fat and cholesterol in avocados

Q: Are avocados very high in cholesterol and fat. I find it hard to believe a vegetable could be this fattening.

A: Avocados contain around 26 per cent fat, so half a medium avocado gives you some 25 grams of fat. As far as vegetables are concerned, this is the top of the list for fat content (olives are the next closest at around 18 per cent), as all other vegetables have virtually none. But this high fat doesn't necessarily make them bad for you. This is because the TYPE of fat in avocados is heart healthy, being rich in monounsaturated fats as in olive oil and most nuts.

Clinical trials where avocados featured every day reported that participants lowered their cholesterol including their 'bad' HDL-cholesterol. And they didn't gain weight. Think of it as a fat, not a vegetable. Use avocados as a substitute for butter on bread and toast, or toss it through salads. Compared to butter at 80 per cent fat, it's a lot lower.

Yeast free diet for Candida?

Q: Should I try a yeast-free diet to clear up my Candida infection?

A: yeast-free diet has been claimed to clear up vaginal infections, fatigue and skin disorders, all supposedly due to the excessive growth of a micro-organism *Candida albicans*. The diet eliminates yeast spread, bread, beer and wine as well as any food likely to carry yeasts or moulds.

Many people swear that they feel better and have more energy on the diet, but this can be attributed to the better quality of food they're eating. Because a yeast-free diet also excludes sugar, white flour and 'junk foods', it greatly improves eating habits – people on the diet cook proper meals and eat lots of vegetables, rice, beans, fruit, fish, lean meat and yoghurt. Scientifically, there have been no sound clinical trials to show whether a yeast-free diet works or not. *Candida* infections do occur, but they are not directly related to the diet nor to the symptoms often claimed.

* 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.

"My husband and I were getting ill drinking the tap water and it had a rusty taste. The BRITA filtered water tastes lovely, clean and refreshing and we feel we are doing our little bit towards reducing the impact on our environment. And our health has improved out of sight! No more upset tummies"

LM, NSW

"Finally I have found a product that is efficient and will not malfunction or is reliant on electricity and all the problems associated with electricity. It is portable and compact and can be taken with you anywhere! Well done !!"

PW, WA

"The jug is very easy to manage and I can carry it with ease at my age. No heavy bottled water to lift and not costly to replace filters. Excellent value for money - thankyou BRITA."

MP, WA

"I love specialty teas now, thanks to BRITA. I only taste the tea and not all the chemicals."

AC, Qld

"What an interesting, innovative and helpful invention (IHI). You're not only helping people like me, who care for our own health and cost of bottled waters, but especially mother earth. Thankyou for a job well done!"

PV, 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

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