

Living Healthy

Nutrition and Physical Activity Information from South Canterbury DHB and its HEHA Partners



Give your families the most important gift of all...

GOOD HEALTH!



Tips for a happy healthy festive season

Stock up on nutritious food

Make platters of nibbles for your work functions a delicious delight- include dried fruit, nuts, and hummus with vegetable sticks, pita breads and low fat crackers

At your BBQ- thread pieces of courgette, kumara, mushroom, red onion and tomato on a kebab skewer and barbeque, or roast some vegetables separately for a side dish served with salad

Keep it simple - provide one type of lean meat or fish with a few yummy side dishes to make a simpler, more enjoyable hassle- free meal.

Alternate alcoholic drinks with water or soda water this keeps you hydrated and less likely to drink excessively

Enjoy the seasonal fruit available - use them in fresh salads, nibbles and desserts

Create opportunities to be active

Pack the Christmas stockings full of presents that encourage physical activity, frisbees, tennis balls, a small back- pack for day walks, cricket or volleyball sets.

Take your family or find a buddy to explore the districts walkways and cycle paths together. Take a picnic and explore our lovely coastline or rivers- maps are available from the information centre.

Get up and get moving at your summer BBQ - have fun with backyard games and dancing

Challenge your family and friends to be active for at least 30 minutes each day during your holiday

"Laughing is good exercise, it is like jogging from the inside!"

Best wishes from the Healthy Active Living Team



Great Gifts for an Active Holiday & Summer Season

Items under \$10

- Small ball, e.g. tennis, cricket, softball, tee ball
- Frisbees from \$7 (plastic) to \$10 (waterproof)
- Hacky sacks
- Hoola hoop
- Rubber quoits
- Swimming goggles
- Hydroslide ticket - 10 rides at Century Pool, \$5
- Skipping ropes
- Badminton shuttles (set of 6)
- Light net for backyard games, e.g. volleyball

Items under \$20

- Beach Cricket set
- Short Tennis set
- Target toss (2 hoops, 4 safe darts)
- Softball foam set
- Rocket Football
- Whistle Ball
- Large balls such as netball, outdoor volleyball
- Badminton Shuttle Smash Set; raquet
- Micro Mini Basketball Set

Items under \$30

- Kiwi Cricket Bat
- Skateboard
- Kites - large
- Swingball Set from \$30 - \$45
- Swim Concession Ticket (Junior - 20 swims)

Items over \$30

- Tennis racquets
- Netball and Basketball hoops
- Junior Badminton and Volleyball sets, \$40
- Softball bat and ball set, \$40
- Kiwi Cricket Set, \$55
- Outdoor net and pole set, \$70

Family Activities

Explore the district walkways and cycle paths together. There are 21 maps available from the Timaru and Geraldine i-site information centres.

Or download them from www.timaru.govt.nz. Once on the home page, click on Parks and Sports Facilities and then on 'Walkways'.

While on this page you might also want to check out info on the local swimming pools. There are five pools in the district: Century, Geraldine, Maori Park, Pleasant Point and Temuka.



Tasty Changes Make for Festive Eating

Instead of chips and dip try pita bread, naan bread or crostinis spread with hummus or relish, topped with cottage cheese or grated low-fat cheese. Lite cream cheese mixed with tuna or salmon is another tasty dip alternative.

For a quick Christmas day dessert mix together 425 gm can drained pineapple pieces, 2 oranges cut into segments, 2 sliced bananas, 1 bunch seedless

grapes, 1 punnet berries, 1 cup coarsely chopped marshmallows and 500 gms berry-flavoured yoghurt. Chill until ready to serve.

Do something different at your next BBQ. Buy falafel mixture from the supermarket deli section and place spoonfuls on the hot plate for a tasty change to go with your meat. Or combine with seasonal vegetables threaded onto a kebab stick;

serve with new potatoes and a simple salad or veggies sticks with dip.

Instead of the usual high-fat spreads use mashed avocado, hummus, mustards and relishes.

Whip up a quick treat. Melt chocolate on low heat in the microwave or in a bowl over boiling water. Dip strawberries or whole apricots so they are half covered and allow to cool on wax paper.