

**City  
to Surf  
Sun Aug 26  
Online team  
entries close Fri  
Aug 17!**

**WIN WIN WIN!!!**

Each shop/office with 3 or more FC employees who enters the City to Surf goes in the draw to win **20MINS SEATED MASSAGE EACH!!**  
Two team prizes to be won.



## FRUIT & VEGES

### WHY?

They help your body stay healthy as they are full of vitamins, minerals and antioxidants. They've been linked to decreasing the risk of many serious illnesses including cancer, diabetes & heart disease.

### HOW MUCH?

Two serves of fruit & five serves of vegetables per day. Try for lots of different colours.

### SIX WAYS TO UP YOUR VEGE INTAKE:

- Add chopped mushrooms, diced carrots, & onion to spaghetti Bolognese
- Top pizzas with tomatoes, capsicum, mushrooms, pineapple, spring onions & baby spinach leaves
- Make your own dip from mashed avocado, low-fat natural yoghurt, chopped chilli, lemon juice & chopped fresh coriander, Serve with crunchy carrot sticks & crisp red capsicum strips
- Make stuffed baked potatoes with corn kernels, spring onions, mushrooms & red capsicum
- Make a quick & easy stir fry dinner - you can throw in most veges, just cut them thinly so it all cooks evenly
- Get creative with salads - add grated carrot, diced capsicum, sliced mushrooms, grated ginger, red onion slices, snow peas, bean sprouts, snow pea sprouts, artichoke hearts, grape tomatoes or spinach leaves.



**"A winner is anybody who gets off the couch and starts."**

Rowena Szeszeran-McEvoy

## Minestrone Soup - serves 4 - 6

Preparation time: 15 mins    Cooking time: 20 mins

**Ingredients:**

¾ cup small pasta shells	2 garlic cloves, crushed	1 carrot sliced
1 ½ cups celery, sliced	425g can tomatoes, chopped	2 tspn chicken stock powder
300g can cannelloni beans, drained & rinsed		6 cups of water
2 medium onions, sliced	1 zucchini sliced	1 medium potato, diced
1 tspn diced Italian herbs	1 cup peas, frozen	1 tblspn fresh parsley, chopped

**Method:**

1. Heat a small amount of water in a frypan & cook garlic, onion, carrot, zucchini & celery until onion is soft.
2. Add remaining water, potatoes, & tomatoes, mixed herbs, pasta, beans & stock powder. Simmer for 15 mins, or until pasta is cooked, stirring occasionally.
3. Serve with some crusty bread (this soup is a meal in itself).

Per serve (4): 822 kJ, 1.1g fat, 36g carbohydrate    (Healthwise cookbook - available for \$10)

## CONGRATULATIONS!!!!

To Kristy Scaddan - FC North Perth. Kristy placed **second in the WASANT 12wk Challenge**. She lost an amazing **32.5cm**. Kristy is now the proud owner of a heart rate monitor that she can use when she is training. The winner was Linda Distefano - FC Firlie in SA.

## GLOBAL 12 WEEK CHALLENGE

Well done to all those that achieved amazing results in the **12wk Global Kumuka Challenge**. The winner was **Marcus Stevens** from Canada, close in second was **Melissa Tudor** from Brisbane. Team winners were **The Remarkables** from NZ. Check out the results on the Healthwise intranet site under Services – Events.

## Training Diary

*The latest & greatest training tool is now available from Healthwise.* The Healthwise Training Diary is so easy to use – you can keep track of your exercise sessions, food intake, training intensity, energy levels and much more. There are training, stretching, injury management & nutrition tips galore. **ONLY \$20**

## FRUIT & VEGES

Cont.....

### SIX WAYS TO UP YOUR FRUIT INTAKE:

- Add fruit to green salads – sliced pear, apple chunks, grapes, mango pieces, strawberries or blueberries
- Pack dried fruit as a handy snack
- Add grapes, strawberries, figs, sliced pear or apple to a cheese platter
- Thread fruit chunks on skewers & grill on the barbecue
- Make an energizing drink by blending apple, ginger, carrot & orange
- Blend blueberries, banana, low-fat yoghurt & low-fat milk for a delicious smoothie.



## Circuit classes

Will be starting in Sept on Wed nights at 6.30pm at the Supreme Court Gardens.

Cost: \$70 for 8 weeks

Instructor: Carly

Let Mel White know asap if you're keen or if you'd like to see a class starting near you. Min 8ppl required for a class.

Open to family & friends of FCL.



**SUNDAY AUG 26**

BE PART OF THE  
**FLIGHT CENTRE HEALTHWISE TEAM**

4KM, 12KM OR THE NEW 21.1KM

**FREE BREAKFAST & MASSAGE  
AT OCEANUS RESTAURANT POST EVENT**

**\*ONLINE TEAM ENTRIES CLOSE FRI 17 AUG\***

All monies raised go to the Activ Foundation

TO ENTER: [www.healthwiseglobal.com](http://www.healthwiseglobal.com) or Healthwise intranet site  
Click on Australian flag  
Click on WA

As part of the FC Healthwise team your numbers will be picked up by  
your team captain (Mel White) & distributed.

For more information contact [melissa.white@healthwiseglobal.com](mailto:melissa.white@healthwiseglobal.com)





## BE PART OF THE **FLIGHT CENTRE HEALTHWISE TEAM**

### HOW TO ENTER:

- 1) Go to [www.healthwiseglobal.com](http://www.healthwiseglobal.com) or Healthwise intranet site
- 2) Click on Australian flag
- 3) Click on WA
- 4) Click on join Flight Centre Healthwise team
- 5) Click on register online here near top of the page
- 6) Click on register
- 7) Accept terms and conditions
- 8) Click on team
- 9) Enter Flight Centre in team name
- 10) Join the Flight Centre Healthwise team
- 11) If it comes up with FCH team & Mel White as captain click on yes – correct team
- 12) Complete personal details, log in details (make up your own), medical conditions and event
- 13) Pay for entry using a credit card.

As part of the FC Healthwise team your numbers will be picked up by your team captain (Mel White) & distributed.

For more information contact [melissa.white@healthwiseglobal.com](mailto:melissa.white@healthwiseglobal.com)

