



## Walking Meditation

By Emma Symons

Now that everything is getting back to the 'new normal', are you going to continue the habits you started during lockdown? Many of us took up new hobbies or made the most of our allotted exercise time while confined to home, but how many will continue that daily exercise or new hobby now life seems to be back to a busy rush?

If you want to carry on with exercise why not make it more meaningful. Next time you venture outside for a little unwind time, why not try a 'walking meditation'? This is where you use walking and combine movement with inner calmness. It's all about focusing on the rhythm of walking to the point where the rest of your 'mind chatter' starts to quieten or even silence – it really works! Anytime you actively focus your mind on a single activity, you enter some form of tranquility.

When you're walking, your mind will still have a tendency to wander. You may even catch yourself thinking, "I wonder if I have any new emails?" or "I wonder what my kids want for dinner?" When this happens, always try to bring your awareness back to the steady rhythm of your step.

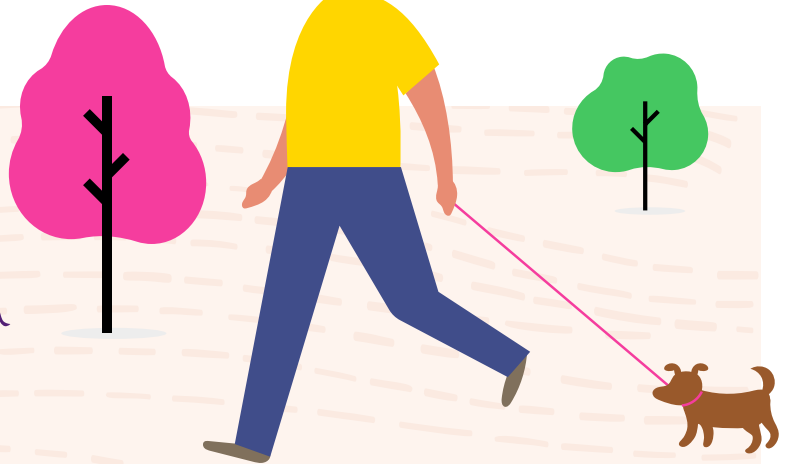
Start by simply standing still in one spot. Let yourself feel the weight transferring to the soles of your feet, as you connect

with the earth below. Shift your body from one foot to the other, and begin to notice how your body posture feels as you lift up your head and push your shoulders back as you breathe in. Now focus your gaze at a point slightly in front of you on the ground to help you avoid any visual distractions.

Start walking and with each step, count from 1 to 10. Then count down from 10 to 1, and start again from 1 to 10. As you walk and count, keep your focus only on the sole of each foot as it hits the ground. As you count, you're continually bringing your awareness and focus back to the present.

If you lose count, or find yourself thinking while you're walking, go back to the counting and start again. After about 15 minutes, come to a natural stop. Feel your soles once again on the earth and switch your weight from one foot to another so that you just experience standing and being still. Breathe, and enjoy being in the present.

*"Anytime you actively focus your mind on a single activity, you enter some form of tranquility."*



*"People will forget what you said,  
people will forget what you did, but  
people will never forget how you  
made them feel."*

**NOTE TO SELF:  
YOU'RE  
DOING  
GREAT!**

## Calories in alcohol

blame Elaine for this depressing /  
I mean informative read!!!

Some of us like a tippie of something now and again – especially as the weather has improved. Personally, I'm a fan of gin and red wine (not together!). I mentioned at the start of lockdown that gin is good for joints and beer contains some antioxidants. On a nutritional level, red wine has the most benefits as it contains more antioxidants than any other alcoholic beverage. However, if you are thinking of losing weight, try to avoid mixers such as lemonade, Coca-cola or energy drinks and instead aim for sparkling water, soda water, light cranberry juice or lime juice which will significantly reduce the amounts of calories consumed. Cocktail lovers – try and avoid cream-based drinks such as Pina Coladas or Baileys. Alcopops are also very high in calories.

Here is a list of some popular drinks with their calorific content:

Pint of stout – 250 calories

Pint of cider – 180-250 calories

Pint of lager (5%) – 180 calories

Bottle of alcopops (4%) – 175 calories

Small glass of rosé wine – 138 calories

Small glass of red wine – 125 calories

Small glass of white wine – 120 calories

Gin & tonic – 115 calories

Vodka & soda – 96 calories

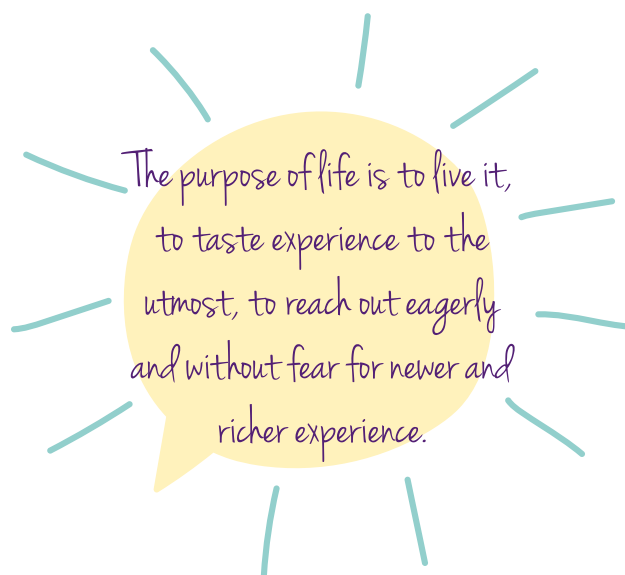
Glass of Champagne – 90 calories

Whisky (single shot) – 73 calories

Port/sherry (small glass) – 65 calories

Brandy (single shot)

– 65 calories



## Quarantini

### Pina Colada Sangria

If you found the alcohol calorie count a depressing read, try cheering yourself up with this fab quarantini recipe shared by Linz at Shires, the Pina Colada Sangria, sure to get you into the holiday spirit.

#### Pina Colada Sangria Ingredients

- pineapple juice
- chopped pineapple
- maraschino cherries
- white wine – I use Barefoot Moscato
- coconut rum

#### How to Make Sangria

In a large pitcher, combine the canned chopped pineapple (and juice), white wine, coconut rum, and maraschino cherries. Stir with a spatula to combine. Refrigerate until chilled.

#### SHORT ON TIME?

If you'd like to serve this pineapple sangria right away, use chilled wine and add lots of ice to individual serving glasses. Avoid putting the ice directly into the pitcher because it will dilute the sangria once it melts.

