



Keeping energised in the summer

By Elaine

Sunshine cheers us up and it's lovely sitting out in the garden with friends and family soaking up some vitamin D, however we can feel lethargic when there are high levels of humidity and it can make us irritable. We are also prone to being bitten the more time we spend outdoors. Here are some ideas for foods that can energise us in the heat and also some foodie facts proven to help prevent mozzies staying away and what to avoid!

- Increase your **water** intake – we all know that we need to keep hydrated in the sun. Coconut water is a good alternative if you are not a fan of water.
- Increase your **vitamin C** – lots of citrus fruits, coloured fruit and vegetables which contain high amounts of antioxidants that help increase energy levels.
- **Tomatoes** – contains lycopene which can protect our skin from sunburn.
- **Cucumbers** – contains the highest water content. Add it to salads or slices in water to keep your hydration levels up!
- **Watermelon** – another high-water content food.
- **Spicy dishes** – a bit strange, but the spicier foods you eat, the cooler you will feel. The heat in chillies and some spices can speed up the metabolism giving us an energy boost and is also proven to help lose weight.

Keep the mozzies away!

Mosquitoes hate **Marmite** – a friend of mine that travelled to India was told in advance to eat as much as possible before the trip due to its high amount of B vitamins which mosquitoes hate.

Garlic and onions – these contain high levels of allicin which is released once ingested.

Chillies – once eaten our bodies produce capsaicin which is a heat compound that deters bugs.

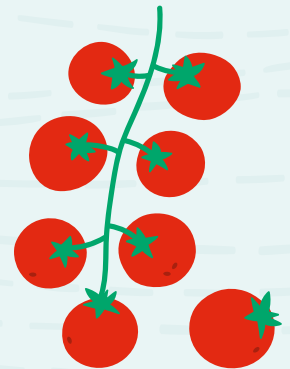
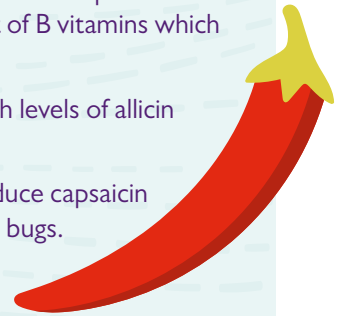
Keep the bugs coming!

Avoid alcohol – bugs love alcohol, especially beer so try and avoid.

Foods high in salt and sugar – mosquitoes/gnats love all the bad things we do!

Fizzy drinks especially cola – sends you crashing to a sugar low with high levels of sugar and caffeine.

If, like me, you are finding it difficult to sleep in the heat, I recommend Bach Rescue Sleep Spray which is herbal and is available from Holland & Barrett – it really relaxes you and doesn't make you feel groggy when you wake.



"Summertime is always the best of what might be." Charles Bowden

KEEPING A COOL HEAD IN THE HEAT

Hot weather and no air con are not ideal conditions to ensure you a concentrated and controlled approach in heated discussions either at work or at homes. But the following tips will help you to use these adverse circumstances to your advantage, keeping a cool head when the thermometer rises!

Quarrelling occurs often in the heat – Studies confirm that intense heat drastically reduces the ability to concentrate and promotes aggression and shortness of tempers.

Successfully negotiating in the heat – The basis of any successful negotiation is a productive working environment; ideally between 18 to 20 degrees Celsius. At 28 degrees plus, human performance drops rapidly. To avoid this excess heat, try reducing direct sunlight with blinds or curtains and if the spaces get hot and stuffy, the mind and body will suffer equally.

In high temperatures, prolonged negotiations should be divided into reasonable portions. By breaking topics and tasks into small steps, you can achieve small successes giving an

important motivational boost and increasing stamina. Start with an easy topic and work your way slowly into the harder.

Plan regular breaks during meetings; the best type of break is a short walk as the movement supplies the body with oxygen and increases brain activity and concentration.

How to stay efficient

Pay attention to the sleep you're getting – try to keep your bedroom as cool as possible. Fans, suspended cold, wet towels and ventilation in the evening hours can help with this.

Have a hearty breakfast: breakfast is always a good idea as those who are already hungry in the morning hours have concentration difficulties and little energy, especially in hot weather. Dietary fibres and nutrient-rich foods such as eggs, fruit and dairy products keep one full for longer and provide much energy.

A mint for concentration: during the day you should be careful to drink enough. Low-sugar drinks with mint or basil are best as these herbs refresh you from the inside and maintain your concentration more effectively.

Energy booster for in-between: avoid heavy meals as well as coffee and alcohol to not unnecessarily strain your circulation. Salads, smoothies or ready-to-drink meals provide your body with the necessary substances to keep energy levels consistent.

Use breaks for yourself: make sure you have enough breaks in your working day.



Watermelon Sangria

The perfect summer cooler, with a punch!

INGREDIENTS

- 1 large watermelon, 1 (750-ml) bottle white wine, chilled
- 2 c. white rum, 1 c. seltzer
- 1/3 c. lime juice (from about 6 limes), 2 limes, thinly sliced
- 2 c. assorted fresh or frozen fruit, such as pineapple, blueberries, and strawberries

METHOD

1. Slice off the top third of the watermelon lengthwise (save for use later on) and score fruit with a knife. Using a large spoon or ice cream scoop, scoop out watermelon and transfer to blender.
2. Blend watermelon until smooth. (If desired, strain seeds.)
3. Add white wine, rum, seltzer, and lime juice and stir until combined, then add limes and fruit.
4. Refrigerate until chilled, about 2 hours, then serve.

KEEPING ACTIVE OVER THE SUMMER:

Meg is adding some new classes to Active Equilibrium: pilates and some active dance aerobic sessions to help you work up a sweat over the summer! New classes will be added every fortnight so hop on and take a look.

A reminder of the log in details: www.active-equilibrium.com Click on the Corporate tab – the password is 'corporate' Then click select on the swan tab and the password is 'swan'

