

Strength training. Good for everyone

Chicken noodle soup



Chicken soup is a great home remedy for colds and flus and is a wonderful comfort food.

Serves 6. Prep 10 min, cook 10 min.

- 1 small barbecued chicken
- 2 teaspoons of olive oil
- 4 green onions, thinly sliced
- 2 cloves garlic, crushed
- 3cm piece fresh ginger, peeled, grated
- 4 cups reduced-salt chicken stock
- 350g fresh Singapore noodles
- 310g can corn kernels, drained

Step 1. Remove chicken meat from bones. Discard skin and carcass. Shred chicken and set aside. You will need about 2 cups of shredded chicken.

Step 2. Heat oil in a large deep saucepan over medium heat. Add green onions. Cook for 1 minute. Add garlic and ginger. Cook for 1 minute. Add stock and 2 cups water, then bring to boil.

Step 3. Add noodles, corn and chicken. Cook for 5-7 minutes or until noodles are tender and chicken is heated through. Serve.

Per serve: 1710kJ, protein 44g, total fat 14g, sat fat 4g, carbs 25g, fibre 2g.

Weight control tips

Are these foods sabotaging your weight loss attempts?

- 1. Bought salads.** A salad swimming in oil is not diet-friendly! Get the dressing on the side and add just a little.
- 2. Fat-free frozen yoghurt.** It may be fat-free but is still laden with sugar and kilojoules. Watch your portion size.
- 3. Muffins and banana bread.** Most are packed with sugar and fat. Remember that they are actually cakes.
- 4. Coffee.** Extra large, full-cream lattes with 3 sugars are a catastrophe! Have a small size with skim milk and no sugar.
- 5. Sweet drinks.** Beware of sugar-sweetened soft drinks and fruit juices. One 600ml bottle of soft drink contains a whopping 14 teaspoons of sugar!

Source of recipe and tips:
Australian Healthy Food Guide magazine
www.healthyfoodguide.com.au

Resistance (strength) training is not just for body builders. It is a safe, cheap and effective exercise for all ages. It improves the strength and tone of your muscles as well as giving many impressive health benefits.

Strength training involves working your muscles against resistance, using:

- **Free weights, e.g. dumbbells (hand weights)**
- **Weight machines with adjustable weights**
- **Theraband (like a big rubber band), or**
- **Your own body weight e.g. sit-ups, squats**

Training can be done at home with minimal equipment. A set of dumbbells (even cans of food or house bricks!) and a swiss ball are sufficient.

Health benefits

Strength training helps to prevent and better manage many health conditions including:

- **Diabetes**
- **Osteoporosis**
- **Arthritis**
- **Heart disease**

It also improves weight control (lean muscle mass metabolises fat more readily), depression, mobility, balance, posture, sleep and wellbeing.

Before you start

Consult your GP before you begin, particularly if you are overweight, over 40, have a medical condition or haven't exercised for a long time.

As injuries can occur from poor technique, it

is a good idea to see a physio, personal trainer, exercise physiologist or sports physician for a personalised program and correct instructions. A typical workout consists of 8-10 exercises that work the main muscle groups. Do each exercise 8-12 times in a row (8-12 repetitions or reps), and perform 1-3 lots (sets) of each, with a rest between sets.

Start with a light weight. Once that becomes easy, gradually increase the weight.

Train 2-3 times per week, resting your muscles for at least 1 day between workouts. Sessions of 30-60 minutes will usually give results.

Delayed onset muscle soreness (DOMS) is common and harmless. It passes in the first 2 weeks.

www.goforyourlife.vic.gov.au



You can train at any age with just a set of dumbbells.

Do you need a kidney health check?

The rate of kidney failure is steadily climbing in Australia and there are often no warning signs. Up to 2 million Australians could have some form of kidney disease and not know it.

The kidneys are essential for life. They remove waste products and water from the body and pass them out in urine. They also make certain hormones and help to control blood pressure.

People with chronic kidney disease (CKD) have an increased risk of cardiovascular disease, such as heart attack and stroke.

In some cases kidney failure develops and requires dialysis (artificial blood filtering to remove waste products) or a kidney transplant.

Who should be tested?

The risk of kidney disease increases with age and **regular checks are recommended for everyone from the age of 50.**



Early detection and treatment can slow further kidney damage.

The following groups are at high risk and should have a kidney health check every year:

- **People with hypertension (high blood pressure), diabetes or obesity**
- **Those with family history of kidney disease**
- **Indigenous people >35 years**
- **Smokers**

What is a kidney health check?

An assessment of your kidneys consists of:

- **A blood pressure check**
- **A test for protein in the urine using a 'dipstick' testing strip (pictured)**
- **A blood test for kidney function: the eGFR (estimated glomerular filtration rate)**

How to prevent kidney disease

Follow these rules to keep your kidneys healthy:

- **Don't smoke. Drink alcohol in moderation**
- **Eat a healthy diet and exercise regularly**
- **Maintain a healthy body weight**
- **Make water your preferred drink**

Ask your GP if you should be tested. For further information contact Kidney Health Australia at www.kidney.org.au or ring 1800 4 543 639.