

A MODEL FOR LIVING

Life Without Barriers' *Live Life, Live Well* is an active-participation approach for adults with an aged care entitlement through the Commonwealth Home Support Program, or those receiving Department of Veteran Affairs Veterans' Home Care and Queensland Community Care program support.

Live Life, Live Well is part of the personal support activity offered by Life Without Barriers within the range of aged care services. It is an extension of our activities for all Life Without Barriers clients who are part of our Life Without Barriers aged care service to support wellness, wellbeing and re-enablement.

For more information on Life Without Barriers' aged care services as well as our *Live Life, Live Well* approach, visit www.lwb.org.au

 @lwbaustralia

 LWBAustralia

WE
LIFE WITHOUT BARRIERS
VE

TIPS TO STAY HEALTHY AND ACTIVE

Your body changes as you get older, however eating a balanced diet and staying active will help you stay healthy in body and brain.

- Eat a variety of foods from different food groups
- Aim for two serves of fruit and five serves of vegetables every day
- Choose wholegrain bread, rice, potatoes, pasta and other starchy foods
- Use low fat milk, yoghurt and dairy foods and hard cheeses
- Incorporate meat, eggs, legumes and other non-dairy sources of protein
- At least two portions of fish a week, including of oily fish such as trout, salmon and sardines
- Include smaller amounts of food and drink that are high in fat or sugar
- Drink lots of water and other fluids in order to keep the body hydrated

Physical activity is needed to keep your heart, lungs, muscles and bones in good working order. Be active in as many ways as possible, doing a range of everyday activities that incorporate fitness, strength, flexibility and balance.

- Place reminders around your home (eg on the front door or the fridge)
- Place your walking shoes near the door or in the car
- Plan your activity, both the time and the place
- Make a regular time for physical activity in your diary or on your calendar
- Involve a friend, colleague, neighbour or relative to keep you motivated and committed
- Aim for 30 minutes of moderate intensity physical activity on most, preferably all, days
- If you can't do 30 minutes now, start with 10 minutes once or twice a day and work your way up to 30 minutes over time
- Try moderate intensity activities such as brisk walking, gardening and swimming

SIDE LEG RAISES (improves both strength and balance)

Stand sideways to the bench and hold on with your right hand to support yourself. Slowly take your left leg out to your left side. Keep your back and both legs straight. Hold the position for one second then slowly lower. Repeat 8 times at first, increasing to 15. Turn around and hold on with your left hand while you raise your right leg. use your hands (or as little as possible). Slowly sit back



STAND UP AND SIT DOWN (OR CHAIR RAISE) (for strength and balance)

Sit on a chair with your feet flat on the floor and slightly apart. Try to keep your back and shoulders straight throughout this exercise. Slowly stand up, trying not to use your hands (or as little as possible). Slowly sit back



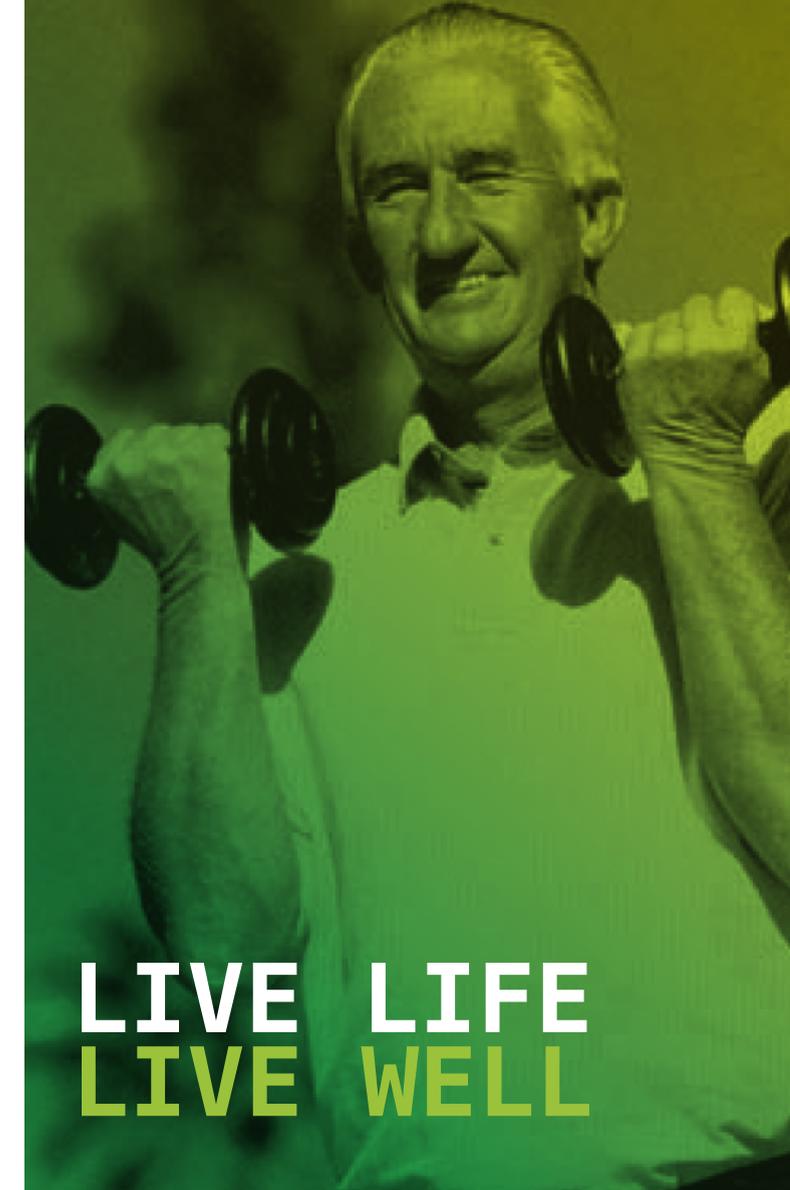
SHOULDER ROLL (for flexibility)

Using a gentle circular motion, hunch your shoulders upwards, backwards, downwards and forwards.



HEELS UP TOES UP (for flexibility)

Start with feet flat on the floor and lift heels as high as you can, keeping the balls of your feet on the floor. Slowly lower heels until feet are flat, then lift toes until they point upwards. Repeat these up and down movements for 30 seconds.



WE
LIFE WITHOUT BARRIERS
VE

EASY RECIPE IDEAS

CARROT AND PARSNIPS MUFFIN

15 minutes preparation + 25 minutes cooking
3 serves of vegies in this recipe.
Makes 12.

INGREDIENTS

Olive or canola oil spray
1 cup wholemeal self-raising flour
¾ cup white self-raising flour
¼ teaspoon paprika or curry powder
1 large carrot, peeled and grated
1 parsnip, peeled and grated
2 tablespoons grated Parmesan cheese
2 tablespoons chopped parsley or basil
2 eggs, beaten
2 tablespoons oil
1 cup low-fat milk

METHOD

Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl. Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients. Lightly combine but do not over-mix. Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch. Cool on a wire rack.

Variations

These muffins freeze well and can be defrosted and microwaved to serve warm. Serve with low-fat cheese such as cottage cheese, quark or labneh.

FAST VEGIE SPAGHETTI

10 minutes preparation + 10 minutes cooking
11 serves of vegies in this recipe.
Serves 4-6.

INGREDIENTS

500g spaghetti or other pasta
2 teaspoons vegetable oil
1 small onion, thinly sliced
1 small carrot, thinly sliced
1 small celery, thinly sliced
½ capsicum, seeded and cut into small dice
1 small zucchini, cut into small dice
570g tomato based pasta sauce
¼ cup grated Parmesan cheese

METHOD

Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese.

Variations

Substitute other vegetables for those listed by using what you have in the fridge or freezer.

To add a serve of legumes to the meal, include a can of salt reduced red kidney beans, drained and rinsed.

FAST FISH MEDLEY

15 minutes preparation + 17 minutes cooking
13 serves of vegies in this recipe.
Serves 4.

INGREDIENTS

1 cup rice
1 teaspoon olive oil
1 small onion, chopped
1 clove garlic, crushed
425g can chopped tomatoes with herbs
1 fresh red chilli, seeded and chopped
1/3 cup red or white wine (optional)
1 medium red capsicum, seeded and chopped small
1 cup frozen peas
350g white fish fillets, cut into small pieces
100g scallops or scallop pieces (optional)
1 bunch English spinach, washed, drained and chopped

METHOD

Cook rice following packet directions. Heat oil in pan and cook onion and garlic until softened. Add tomatoes, chilli and wine and simmer for 5 minutes. Stir in cooked rice, capsicum, peas, fish and scallops, cover and cook for 5 minutes or until fish and capsicum are cooked. Stir through spinach until wilted and mixed well with all ingredients.

Variations

You can use frozen fish in this recipe.

TUNA AND AVOCADO SALAD

10 minutes preparation
10 serves of vegies in this recipe.
Serves 4.

INGREDIENTS

315g can tuna in spring water, drained
300g can cannellini or butter beans, drained
1 tomato, chopped
1 avocado, skin and pip removed and chopped
Dressing
Juice of ½ lemon
1 teaspoon grated lemon rind
1 tablespoon chopped basil
2 tablespoons low fat natural yoghurt
Freshly ground or cracked black pepper, to taste.

METHOD

In a bowl lightly fold tuna, beans, tomato and avocado. In a small bowl mix all dressing ingredients together and pour over tuna mixture.

Variations

Stuff the mixture into pita bread pockets; serve in a wholemeal roll or pile on top of a baked jacket potato or toasted Turkish bread.

Nutrition and exercise information in this brochure was sourced from www.health.gov.au and are supported by the Australian Government.

Visit the Health Direct Australia website www.healthdirect.gov.au for more information about eating healthily, or browse the Eat For Health website www.eatforhealth.gov.au