

MYBOD HOLIDAY GUIDE



Hi there!

Thanks for taking the time to read this Mybod Holistic Health Holiday Guide.

I've put together a bunch of things here to help you through the festive season in fine form and start the new year as you mean to go on, including:

- some healthy(ish) drink, snack and sweet recipes,
- my top movement, nutrition and mindset tips to thrive in the holidays, and
- some bodyweight workout ideas you can try anywhere, anytime.

I hope you find this helpful, and if you do, feel free to pass this on!

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mybod
holistic health

3 HOLIDAY MOVEMENT TIPS TO HELP YOU THRIVE

Do fun stuff

When exercising, choose stuff you love to do rather than stuff you think you 'should' do.

Take the 'work' out of your workouts, and give yourself something to look forward to.

You'll be more likely to stick with it when you move away from the idea of exercise as punishment.

Move in the morning

Whether it's a quick walk with the dog, a few stretches, one of your favourite yoga sequences, or one of the workouts in this guide, get it done in the morning before the busyness starts.

Go for a walk

Commit to a calm and quiet walk or a brisk paced trot around the neighbourhood each day to clear your head, get moving and get outside for some fresh air.

You'll be happier, more relaxed and maybe you'll even keep it up when you're back into your 'regular' routine.





3 HOLIDAY NUTRITION TIPS TO HELP YOU THRIVE

Lemon water in the morning

Start the day with a glass of warm water with lemon juice to stimulate digestive processes, circulation, elimination and support your immune system.

Eat the rainbow

Remember the great choice of summer fruit and vegetables available at this time of year and make sure you get the whole rainbow each day and lots of it.

Portion sizes

Tune into your hunger and fullness signals to know when it's time for you to stop eating.

You'll feel better for it.

While it might be tempting to have just a little bit more, it's likely there will be leftovers, that you can still have some later and you'll probably enjoy it more.

3 HOLIDAY MINDSET TIPS TO HELP YOU THRIVE

Quality sleep

Your body heals and recovers when you're asleep.

Physical repair happens from about 10pm to 2am and psychological repair happens from about 2am to 6am.

Getting good sleep has lots of benefits like improved memory, immune system and ability to learn, disease prevention, better appetite control, energy metabolism and glucose processing.

Get outside

The sun is the best source of vitamin D so get outside, especially in the morning, and connect with nature. It will boost mental and physical wellbeing, maintain a healthy immune system, improve your sleep and prevent disease.

Just don't get too much that you burn.

Quiet time

Take 15 minutes each day to slow down and just breathe to help reduce stress, rebuild energy and productivity and put you in a better position to handle the challenges of the day ahead.



ROSEMARY CITRUS SPRITZER

from www.thekitchn.com

Serve this soda as an alternative to mimosas at brunch, or sip outside on a warm afternoon. (You can totally add gin or vodka too if you want to step it up!)

Makes 10-12 drinks



INGREDIENTS

- 2 lemons
- 2 oranges
- 4 (4-inch) sprigs fresh rosemary
- 3/4 cup sugar
- 1/4 cup honey
- Ice
- Soda water
- Rosemary and lemon for garnish (optional)

- Peel off thick strips of zest from 1 lemon.
- Juice the lemons and oranges into a measuring cup – you should have about 1 cup of juice.
- Top up with water if necessary to make 1 cup.
- Combine zest, juice, rosemary, sugar, and honey in a saucepan over medium heat.
- Boil for 1 minute, stirring constantly to dissolve the sugars.
- Remove from heat and let sit 10 minutes.
- Strain, discard solids, and let syrup cool completely.
- To serve, fill an 8-ounce glass halfway with ice cubes, add 2-3 tablespoons syrup, fill with soda water, and stir.
- Garnish with rosemary sprigs and/or lemon slices, if desired.



PEAR & SAGE SPARKLERS

from www.shape.com

INGREDIENTS

- 1 cup sugar
 - 3 cups water
 - 2 whole pears, peeled, cored, and diced
 - 20-25 fresh sage leaves
 - bourbon to taste (but any alcohol will work)
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- Bring the sugar and water to a boil over medium heat, then turn down to low and simmer, stirring occasionally, until the sugar has dissolved completely.
 - Add pears and sage, then simmer until the entire mixture has reduced by half, about 1 hour.
 - Let cool and pour over sparkling or soda water and add booze.

CRANBERRY MORS

from www.thekitchn.com

Besides using fresh or frozen cranberries, you could try another tart berry, like red or black currants or gooseberries.

To make a spiced mulled drink, just simmer the strained mors with a cinnamon stick, a few strips of orange zest, and a couple of cloves for a few minutes over low heat.

Makes about 940ml



INGREDIENTS

- 2 cups cranberries
- 5 cups water
- 1/3 cup honey, or more to taste
- Juice of 1/2 lemon (about 1 tablespoon)

- Rinse and pick over the cranberries.
- Combine the cranberries and water in a large saucepan.
- Bring to a boil and cook until the cranberries burst. Remove from the heat.
- Using a potato masher or the back of a large wooden spoon, thoroughly mash the cranberries in the pot.
- Return the pot to a boil and boil for 5 minutes. Remove from the heat.
- Stir in the honey and lemon juice.
- Cover and let cool to room temperature.
- Strain through a fine-mesh strainer into a container; discard the pulp, or better yet, reserve it for another use.
- Cover and refrigerate, and use within 1 week. Serve chilled.

CHICKEN, CRANBERRY & BRIE CANAPES



INGREDIENTS

- 1 1/2 sheets frozen puff pastry, just thawed
- 1 small smoked chicken breast, finely chopped
- 100g brie, cut into 24 even pieces
- 100g (1/4 cup) whole cranberry sauce
- 2 teaspoons fresh thyme leaves
- 1 tablespoon finely chopped fresh chives

from www.taste.com.au

Only 6 ingredients!

Makes 24

- Preheat the oven to 220C/200C fan forced.
- Cut the whole pastry sheet into 16 even squares. Cut the half sheet into 8 even squares. Line 30ml capacity mini muffin pans with pastry squares (the pastry edges will be higher than the muffin holes). Place in the freezer for 15 minutes to firm.
- Bake the pastry for 10 minutes or until light golden and crisp. Use a spoon to gently press down on the pastry to flatten slightly. Fill each hole with a little of the chicken. Top with a piece of brie and cranberry sauce. Scatter with thyme.
- Bake for 5-7 minutes or until golden and the cheese has melted slightly. Sprinkle with chives.

AUBERGINE & POMEGRANATE FLATBREADS

INGREDIENTS

- 3 aubergines
- 2 tablespoons olive oil
- 2 garlic cloves , crushed
- zest 1 lemon ,
- juice ½ lemon
- 2 tablespoons tahini paste
- 3 large or 5 small Middle Eastern flatbreads
- 100g pomegranate seeds
- 2 tablespoons toasted pine nuts
- few mint leaves, to serve

from www.bbcgoodfood.com



- Halve 1 of the aubergines, from stalk to bottom, then cut into long, thin slices. Brush with 1 tablespoon of the oil, then barbecue or griddle in batches until soft and charred. Set aside.
- Meanwhile, put the remaining 2 aubergines directly on the barbecue, or under a hot grill, and cook, turning regularly, until the skin is blistered and blackened and the flesh is really soft. Leave to cool.
- Halve the whole aubergines, scoop out the flesh into a food processor and discard the blackened skins. Add the garlic, lemon zest and juice, tahini and seasoning, then whizz until smooth. Chill in the fridge and remove 30 mins before serving.
- Heat oven to 200C/180C fan. Brush the flatbreads with the remaining oil, place on a baking tray and bake for 10 mins until crisp.
- Spread the flatbreads with the aubergine purée, then top with the griddled aubergine slices, pomegranate seeds, pine nuts and mint leaves. Cut into slices before serving.



SWEET POTATO, PEAR & GOAT'S CHEESE BITES

from www.taste.com.au

INGREDIENTS

- 2 small orange sweet potatoes
 - Olive oil cooking spray
 - 1 small pear
 - 120g herb garlic goat's cheese
 - 1/3 cup walnuts, roughly chopped, toasted
 - 2 teaspoons small fresh thyme sprigs
 - 2 teaspoons balsamic vinegar glaze
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- Preheat oven to 220C/200C fan-forced. Place a wire rack over a large baking tray.
 - Trim and discard ends of sweet potatoes. Cut into 5mm-thick rounds. Place in a single layer on wire rack, spray both sides with oil and season with salt and pepper. Bake for 12 minutes. Turn. Bake for a further 12 minutes or until golden. Set aside for 5 minutes to cool.
 - Quarter pear lengthways. Remove and discard core. Thinly slice each quarter crossways. Place potato rounds on a serving plate. Top each with 1 teaspoon goat's cheese and 2 pieces of pear. Sprinkle with walnuts and thyme. Season with salt and pepper.
 - Just before serving, drizzle with glaze.

CHRISTMAS ICE CREAM

from www.wholefoodsimply.com

For a nut free version, replace almonds with toasted sunflower seeds.

You can also make this with fresh, well ripened bananas. If using frozen bananas make sure they are well ripened and peeled before freezing.

This can be made days or weeks in advance and it will still be delicious but the consistency will change.



INGREDIENTS

- 1/2 cup coconut milk
 - 1/2 cup raisins
 - 1/2 cup currants
 - 1/4 cup cranberries
 - 1/4 cup dry roasted almonds, roughly chopped
 - 1/2 teaspoon natural vanilla extract
 - 1/2 teaspoon mixed spice
 - 1/2 teaspoon cinnamon
 - 1/4 teaspoon cloves
 - 2 tablespoons coconut oil
 - 2 frozen bananas, chopped (about 250 grams)
 - 4 medjool dates, seeds removed
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- Place the coconut milk, raisins, currants, cranberries, almonds, vanilla and spices into a medium sized saucepan. Bring to a gentle boil.
 - Reduce the heat to low, cover and simmer for 5 – 10 minutes.
 - Remove from the heat and stir through the coconut oil.
 - While the dried fruit, nuts and spices are simmering, place the bananas and dates into your food processor and blend at high speed until the mixture is smooth, well combined and resembles an ice cream consistency.
 - Combine the two mixtures and pour the ice cream into a freezer safe, air tight container.
 - Place in the freezer to set for 6 – 8 hours.



CHRISTMAS CAKE BLISS BALLS

from www.wholefoodsimply.com

INGREDIENTS

- 1 cup dry roasted almonds
- 1 cup almond meal
- 1 tablespoon almond butter
- 2 tablespoons honey
- 1 tablespoon maple syrup
- 1 teaspoon mixed spice
- 1 teaspoon vanilla extract
- pinch of salt
- 1/4 cup raisins
- 1/4 cup currants

- Place the ingredients into a food processor and blend until the mixture is broken down and sticking together.
- Use your hands to press and shape the mixture into balls.
- Place the balls in the fridge to set.

LEMON TART

INGREDIENTS

Base

- 1 cup almond meal
- 1 cup desiccated coconut
- 12 medjool dates, seeds removed
- 1 teaspoon vanilla extract
- pinch of salt

Filling

- 6 egg yolks
- 2 tablespoons honey
- 2 tablespoons maple syrup
- Zest and juice two lemons
- 4 tablespoons coconut oil



- Place the base ingredients into a food processor and blend until the mixture resembles a fine, sticky crumb.
- Use your hands to press the mixture firmly into the base and a centimetre or two up the sides of an 18cm spring form pan.
- Place the base into the fridge to set.
- Place the egg yolks, honey, maple syrup, lemon zest and juice into a saucepan and whisk to combine.
- Place the saucepan over low – medium heat and add the oil.
- Whisk continuously for five minutes or until the mixture starts to thicken.
- Do not let the mixture boil. You may need to reduce the heat.
- Spoon the mixture into a bowl and leave to cool.
- Once cool spoon the mixture over your base and return to the fridge to set.

from www.wholefoodsimply.com

BODYWEIGHT WORKOUTS

Here you'll find three workouts - one is 'movement preparation', designed to help you ease into some of the body positions used in the following two workouts. The selected exercises in these workouts:

- promote multidirectional movement because life happens in 3D,
- borrows and builds on movements from Animal Flow, a movement discipline that involves floor based postures loading through the hands and feet, and
- encourages you to explore movement within your range, so remember to stay within your safe range of abilities and limit movement to where you're comfortable before investigating the edges of your range.

You can use workout 1 as a warmup before you do one of the other 2 workouts or as a stand alone low intensity workout.

There's 3 ways you can structure your workout:

- Low intensity - choose to a number of repetitions (8-15) or set a timer (30-60seconds). Repeat 2-3 times for a warmup or up to 5 times for a low intensity workout.
- Tabata - set your timer for 20seconds work, 10seconds rest for 4minutes (that's 8 rounds). Perform each exercise for the 4minutes (20sec on, 10sec off) with a 1minute break at the the end of each 4minutes then move to the next exercise. Total workout time is 16minutes for the 4 exercises.
- Timed circuit - set your timer for 30seconds work, 30seconds rest OR 45seconds work, 15seconds rest for 12 to 20 minutes. Work through the exercises sequentially (exercise 1 for 30seconds then exercise 2 for 30seconds etc). Go through the list 2 to 5 times. 3 times through the 4 exercises is 12minutes.



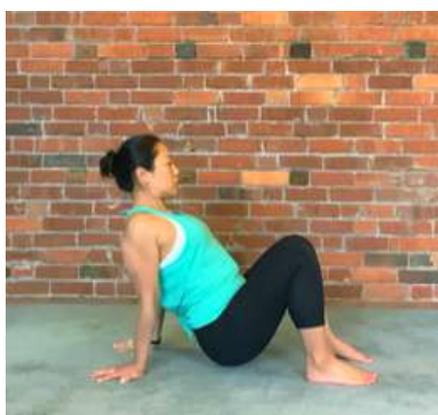
WORKOUT 1: MOVEMENT PREPARATION

Squat/frog



- Keep feet slightly wider than hips and slightly turned out
- Bend at hips and knees to where you feel comfortable. This could be down into a deep squat, to 90degrees at the knees, or less
- Keep the natural curve of your spine while bending forward from the hips
- Place hands on the floor or as close to the floor as you can (use a stack of books for your hands if you need to)
- Keeping your hands on the floor, straighten your legs as much as you can, you'll feel a stretch into the back of your legs
- Breathe out as your straighten your legs and breathe in on the way down
- Move slow and controlled and try to avoid the knees dropping in towards each other

Crab activation



- Start seated with your hands behind you, fingers pointing away from you if you can, or out to the side. Knees are bent and feet are on the floor, hip width apart
- Lift your butt 2.5cm off the ground and keep a neutral spine
- Open through the shoulders, keep them away from your ears
- Lift 1 foot at a time, keeping your body as still as you can
- Lift 1 hand at a time, keeping your body as still as you can
- Lift opposite hand and foot at the same time, keeping your body as still as you can

Beast activation

- Start on hands and knees - hands under shoulders, shoulder width apart, knees under belly button and hip width apart
- Stretch your fingers apart
- Turn elbows so the pits points forward to stabilise shoulders
- Move shoulder blades together and apart a few times to find the midpoint and hold them there
- Lift knees 2.5cm off the floor and hold
- Lift 1 foot at a time, keeping your body as still as you can
- Lift 1 hand at a time, keeping your body as still as you can
- Lift opposite hand and foot at the same time, keeping your body as still as you can



Forward stretch and twist



- Seated on the floor, legs in front, feet wide
- Keep your spine tall as your reach forward
- Twist to 1 side and put that hand on the ground, slightly behind you
- Turn knees in the same direction
- Reach around with the opposite arm
- Return to the front and reach forward again, then repeat on the other side

WORKOUT 2

Lizard crawl forward & back



- Start on hands and toes
- Keeps abs engaged to keep lower back from arching excessively
- Lift opposite hand and foot and step forwards
- Lift the other hand and foot, push off the grounded leg, straighten that knee and put that foot down with a moderate gap to the hand on the floor
- Open through the hips with each step
- Avoid taking too big a step as you come forward or you'll get all squished up
- Keep spine long and low to the ground as you move
- Reverse the movement to go backwards

Side lunge and weight shift

- Start on hands and toes, hands under shoulders
- Keep abs engaged to keep lower back from arching excessively
- Lift 1 foot and place it as close to the same side hand as you can
- Turn the back foot so you can place it flat on the floor
- Shift your weight to the back foot, bending the back knee and straightening the front knee, lifting the toes off the floor but remaining on the heel
- Shift your weight to the front foot and return to the start, alternate sides
- Option: start on your hands and knees or step as far forward as is comfortable



Downward dog to knee drive

- Start in downward dog, push back from your hands, keeping shoulders away from your ears, legs as straight as you can, pushing the hips up and the heels down to lengthen though the back of your legs
- Shift your weight forwards onto your hands, moving your shoulders as far forward of your hands as you can
- As you move, bring 1 knee to the outside of the same side elbow
- Avoid resting the knee on the elbow, holding your leg off the floor
- Shift back and alternate sides
- Move with control and slow it down for more challenge



Side kick-through



- Start in beast activation position, hands under shoulders, shoulder width apart, knees under belly button line, hip width apart, lift knees 2.5cm off the ground
- Lift opposite hand and foot
- Rotate on the base foot so the travelling leg goes under your body and ends up 90degrees from where you started
- Put the heel of the base foot down when its pointing 90degrees from your starting point to maintain balance
- The base knee is over the base foot, the base shoulder is over the base hand, kick out the travelling leg
- Travelling hand is up, back of the hand by your cheek and pull the elbow back
- Alternate sides

WORKOUT 3

Lateral travelling ape



- Start in a deep squat or as low as its comfortable, feet slightly wider than hip width and slightly turned out
- Put your trailing hand in front of your lead foot and the lead hand shoulder width in front of the trailing hand
- Lift hips up, lift up the trailing foot and jump sideways, landing with the trailing foot in line with the lead hand, then place your front foot down into your squat position
- Place both heels down on the floor after each jump
- Travel across as far as space allows, then go in the other direction
- Options: keep the movement as slow as you can or jump higher, with control

Crab reach

- Start in crab position, butt 2.5cm off the floor
- Lift 1 hand and hold in front of you
- Lift your hips by squeezing your butt as high as you can, then reach arm up, over and down
- Look down at your base hand
- Return to the start by retracting the arm, then lowering the hips down
- If you can't get your hips all the way up past your knees, keep the raised hand in front of you instead of lifting the arm up and over as this can compromise the lower back



Lateral shuffle & side kick-through



- Place hands on the ground in beast position, knees 2.5cm off the floor and side kick through, return to beast position
- Stand up shuffle across
- Get back down into your beast position and side kick through to the other side
- Option: stay low and with knees bent as you shuffle across

Forward stretch, twist & reach

- Start seated in the floor, legs in front, feet wide
- Keep your spine tall as you reach forward
- Put one hand on the floor
- Lift up your other hand and bend the knee on that side to put the foot flat on the floor
- Squeeze your butt to lift hips up and reach arm over
- Return to seated position, reach forward and repeat on the other side



ABOUT YOUR COACH, RAEWYN NG:



Rae is a Movement and Wellness Coach committed to helping people make sustainable lifestyle changes to improve their health, energy and happiness.

With a background in Law and Politics before moving into the Health and Wellness space in 2003, Rae has a special interest in the impact of stress on mental and physical wellness and weight loss, the interface between personal and environmental health and personalised, functional health solutions for chronic health conditions.

IF YOU WOULD LIKE TO WORK WITH ME TO IMPROVE YOUR HEALTH AND ENERGY, GET IN TOUCH.

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