



30 *Live well*

KEEP IT UP

Fresh for fall

Wellness goals can grow weary when the temperature dips. Try these hot health tips, writes JENNA MEADE

SUPER CHARGE

Move over kale and quinoa – there are new superfood superstars on the block this season. Nutritional medicine practitioner Fiona Tuck has divulged her top picks and their uses.

■ Use **avocado oil**, which is packed with skin-loving nutrients and vitamin E, not only for cooking but also as a daily moisturiser for soft, supple and glowing skin.

■ **Inulin prebiotic** is the next big thing when it comes to gut health and wellbeing. Although it's a fructan, which is indigestible, the good bacteria in our gut flora flourishes in its presence and makes it stick to the bowel wall. It will support probiotics, and also help satiate the appetite to aid in weight loss. Pick it up in powder form or get your intake from chicory or Jerusalem artichokes.

■ Forget soaking your almonds overnight. Instead, opt for the **sacha inchi** nut. It's easy to digest, rich in essential fatty acids and can be eaten whole or as a powder or oil.



■ Strikingly different to the artificial jelly, **gelatin** is being reintroduced as a healthy gut-healing jelly. In fact, gelatin shots could be the next big thing.

SWEET GOODNESS

■ Stock up on the good kind of sweetness at the supermarket with the versatile and tasty sweet potato. Tempting as fries or mashed, it can also be juiced alongside carrots, ginger and turmeric for a seriously delicious flu buster.

■ According to Organic Authority, one cup of sweet potato provides 214 per cent daily value of vitamin A, 52 per cent daily value of vitamin C and impressive amounts of copper, vitamin B6, B3, B1, potassium and biotin.

■ The National Aeronautics and Space Administration (NASA) is also a fan, with the vegetable incorporated into menus for astronauts on space missions due to its high nutritional value.

GOOD PLAN

A new season means an abundance of delicious new flavours. Take some time to revisit and be excited about your meal plan, incorporating fresh offerings. To help you stick to your autumn

plan, the Chopra Center recommends having healthy snack-size portions to munch on between meals. Consider smaller containers with seeds, nuts, fresh cut veggies, and fruits to keep you healthy while on the go.

WORK IT OUT

Keep an eye out for this year's fresh fitness trends.

There's virtual boxing by The Boxx Method (theboxxmethod.com), a high-energy online boxing workout experience; Megaformer – a twist on reformer pilates where a pilates bed has various levers, pulleys and weights – and floating yoga, which involves the same poses that are executed while balancing on a slanting elevated board.

JUICE IT UP

Serves 1-2

INGREDIENTS

- 1 large sweet potato
- 1 crisp apple
- 2-3cm nub ginger
- 2-3cm nub turmeric
- 4 large carrots
- Pinch of black pepper



METHOD

Run all ingredients through a juicer and finish with a pinch of black pepper. Drink immediately or in the refrigerator in a sealed jar for one to two days.

Source: Organic Authority

STAY ON TRACK

Colder mornings can take their toll on willpower, with the extra chill making it increasingly difficult to bounce out of bed and into the gym. Celebrity trainer Michelle Bridges shares her tips to maintain your motivation.

■ **Incentivise your workouts.** "Set up a money jar and throw in a gold coin or two every time you stick to your workout plan," Michelle says. "At the end of the month or season, you can use that money to spoil yourself with a makeover or new workout gear."

■ **Buddy up.** "Fitness buddies can join you for everything from intense training sessions, to friendly tennis matches, to regular walks," she says. "Why not invite them into the kitchen every now and then to prepare and share a healthy meal? Swap recipes and cooking tips."

■ **Create a motivation gallery.** "Social media gives us a multitude of channels to express ourselves.

Try creating a gallery on Facebook, Instagram or Pinterest. You could even create your own blog to record your progress."

■ michellebridges.com.au



SWEET DREAMS

At least one-third of adults suffer from significant sleep problems, according to an Australasian Sleep Association study. But now there's a clever new way to drift off to dreamland, with a San Francisco meditation company developing a clever way to sleep tight. As well as its line-up of guided meditations, Calm is now offering adult bedtime stories. Each story runs for about 30 minutes and contains original content created by the Calm team, as well as classic tales by well-known authors. The free version of Calm, which includes three stories, is available in the App Store.

