



# Bat-Zion Suskind-Sacks

*The art of living well*

## Newsletter



Issue 2: November 2007



### In this month's issue:

- Winter and Exercise
- Beauty and Style: Hair Health
- Healthy Recipe



**"You've got to get up every morning with determination if you're going to go to bed with satisfaction"**

George Lorimer - American editor and writer 1867-1937

### Winter and Exercise

Staying physically active is a challenge for many of us regardless of the time of year. The problem gets compounded during the winter season. With temperatures plummeting, days getting shorter, and fog and rain descending, outdoor exercise can be miserable and daunting.

This, however, is no reason to discontinue fitness activities. There are many exercise options from which we can choose. For some of us, this could be the time to move our workout indoors. But those of us who prefer to exercise outdoors can continue to do so so long as we plan appropriately and employ cold weather safety precautions.

Whatever we choose, it is very important that throughout the cold weather season, we focus on the benefit of keeping our exercise routine. Staying fit during the cooler months will not only help improve our mood, shake off those winter blues, increase our energy levels and improve our sleep, it will also equip our bodies to fight off colds. Moreover, keeping fit and staying active will help us to be in better shape when the weather warms up.

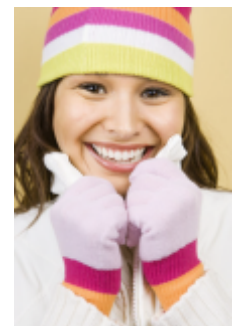


Here are some ideas for indoor workouts:

- Walk on an indoor track or at a mall.
- Join a health club and choose from a range of activities which are suitable for your own fitness level.
- Create a home gym. You can start a great workout routine by purchasing a couple of sets of dumbbells, a resistance band and a jump rope. Start a collection of workout videos. These will allow you to try a variety of activities in the privacy of your home.

Want to take your workout outside? Here are some cold weather safety tips to keep in mind:

- It is critical that you warm up and stretch before exercising outdoors. If you are planning skiing activities, you will need to begin exercising your muscles two months beforehand. Both arms and legs need strengthening.
- Dress in layers. It is the most effective means to keep your body insulated and allows you to remove clothing to prevent overheating. The layer closest to your body should be absorbent in order to draw the sweat away from your body. The top layer should be windproof and water resistant. It is also advisable to wear a face mask or a scarf over your face to warm the air you breathe. Remember to wear a hat and do not forget gloves.
- Apply sunscreen. Sunburn is possible since snow tends to reflect the sun's rays.
- As the days get shorter, you may end up doing some of your workouts in the dark. Wear reflective clothing so that you can be seen.
- Head into the wind. This will ensure that on your way home, when you might be sweaty, you will be less likely to get wind chilled.
- Drink plenty of fluids before, during and after your workout, even if you feel that you are not thirsty. Cold, dry air can increase the risk of dehydration, which in turn can increase the risk of frostbite.



Article continued overleaf .

## Winter and Exercise (continued)

Whilst chasing winter fitness, why not get the whole family moving along with you for some fun winter fitness outdoor activities?



- Snow-shoeing - trade your sneakers for snow shoes and go snow-shoeing. It is a great aerobic workout for the entire family
- Sledging down the snow-covered hills could be an exciting and a wonderful fitness adventure.
- Building a snowman and letting the kids' imagination run wild would get everyone in a creative, energized mood.



So don't just give up and hit the couch this coming winter season. Get up and out and step up to the challenges while trying to stay warm and dry.

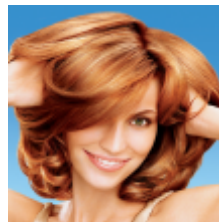
## Beauty and Style

### Hair Health

Have you been longing to have a beautiful and healthy full head of hair? Our Hair consultant Dina Levi has the following tips for you:



- Eat a balanced diet. Lack of certain nutrients in our diet can cause dry, stringy hair and even some hair loss. Essential fatty acids such as Omega 3 which can be found in salmon, mackerel, flaxseed oil or nuts. Likewise, Zinc which can be found in meat, eggs and seafood and Biotin which is part of B complex are important nutrients for keeping our hair healthy
- Choose a shampoo that suits your hair type. Read the label of shampoos and conditioners to see what they contain. Proteins, keratin and amino acids will strengthen and protect your hair. Silk helps add shine to hair by coating it and reflecting light.
- Try and wash your hair over a basin or bathtub. Leaning down will stimulate blood circulation around the scalp.
- Take your time when shampooing your hair. Using slow, gentle and steady movements, massage your head to relieve stress, stimulate nerve endings, improve blood circulation and relax the scalp.
- Use a conditioner with each wash. It helps seal the hair and protect it against damage. Rub the conditioner into the ends of the hair and leave it for five minutes.
- Rinse hair with warm water and wrap it in a warm towel to absorb the water. Then pat it dry.
- When exercising, take measure to protect your hair. Wear a hat or cap while walking, jogging or biking. If swimming is your preferred fitness activity, then wear a swimming cap to protect your hair against the harming effects of chlorine.
- Choose a hairdresser that understands your hair, addresses your worries and gives you the right advice.



Dina Levi is a top Israeli hairstylist with a wide range of professional knowledge and vast experience. She is a great master of bridal hairdos as well as all casual styling and wigs arrangement. Dina offers a FREE hairstyling session for anyone who will donate their hair to any cancer charity.

You can reach Dina at 02083814126 or 07939434345

## Recipe: Pumpkin Soup

courtesy of Rochelle Sassoon Catering - [www.rsassoon.co.uk](http://www.rsassoon.co.uk) - where "Excellence is a Matter of Course"

### Ingredients:

1/2 a medium onion diced  
A splash of olive oil  
1 red chilli finely chopped  
1/2 teaspoon of crushed coriander seeds  
1/2 a medium pumpkin diced  
1 peeled sweet potato diced  
1 peeled and chopped tomato  
750ml vegetable stock

### Method:

Saute the onions in olive oil for 5 minutes.  
Add chilli and crushed coriander and saute 1 minute.  
Add the pumpkin, sweet potato and chopped tomato and let infuse for 5 minutes.  
Add the vegetable stock and simmer for 20 minutes until the vegetables are tender.  
Place all soup ingredients into a blender and blend until smooth.  
Serve hot and sprinkle with chopped fresh coriander and serve.



In our next issue we will give you tips on how to holiday-proof your diet, avoid winter festivities temptations and keep from overeating. We will also have articles on how to choose a gym and how to take care of your skin during winter.

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