Welcome to YZ45 **2022** newsletter

Keep pushing forwards to achieve your goals!

**CLUBS HIGH ACHIEVERS**



**Beet / Grapefruit / Walnut Salad with Mint dressing**

Enjoy the bright flavours of this salad recipe. Pair this with a light white wine and have it as a light dinner.

PREP - 20 m / COOK - 10 m / TOTAL - 30 m

**NUTRITION INFORMATION**

310 CALORIES PER SERVING

Serving Size: 1/2 salad

|  |  |
| --- | --- |
| % DV\* | |
| * Total Fat 15g | 22% |
| * Saturated Fat 2g |  |
| * Cholesterol 0mg | 0% |
| * Sodium 415mg | 17% |
| * Carbohydrates 39g | 19% |
| * Dietary fibre 12g |  |
| * Sugars 25g |  |
| * Protein 5g | 3% |
| \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  **INGREDIENTS -** SERVES 2  2 Golden Beets, Boiled or Roasted / ¼ cup Walnuts / 1 med Ruby Red Grapefruit / 2 tsp Honey / 1 tbsp Extra Virgin Olive Oil / 2 tbsp Fresh Mint / 1 dash Salt / 1 dash Pepper, Black | |

**DIRECTIONS**

1. Slice, peel or spiralize beets.
2. Bring a large pot filled ⅓ of the way with water to a boil. Once boiling, add the beet slices and cook for 7-10 minutes or until fork-tender.
3. When done, drain into a colander and then rinse lightly with cold water until able to be handled then

Place walnuts into a food processor and pulse until chunky-ground.

1. Cut a ¼-inch-thick slice from each end of grapefruit.
2. With flat ends down, place on a flat surface, and remove peel in strips, cutting from top to bottom following the sides of the grapefruit. Remove any remaining white flesh (the pith.)
3. Hold the peeled grapefruit over a bowl and slice between membranes, and then gently remove whole segments and set aside.
4. Reserve ¼ cup of the juice from the fruit and whisk it together with the other ingredients for the dressing and set aside.
5. Lay down the beets first, layer the grapefruit slices over and then drizzle with the dressing. Garnish with the ground walnut. Serve fresh!

**Cardiovascular Training**

Aerobic exercise (cardiovascular activity) is, any activity that gets your blood pumping and large muscle groups working. Getting at least 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous activity each week is recommended. Brisk walking or swimming are examples of moderate activity. Running, cycling or a YZ45 workout are all examples of vigorous activities.

Cardiovascular exercise strengthens your heart and helps it to pump blood more efficiently throughout the body.

**Benefits of developing your cardiovascular fitness**

There are many benefits to having good cardiovascular health, here are a few:

* Lowers Blood Pressure
* Helps To Regulate Blood Sugar
* Reduces Asthma Symptoms
* Reduces Chronic Pain
* Aids Sleep
* Regulates Weight
* Strengthens The Immune System
* Improves Brain Power
* Boosts Mood
* Reduces Risk Of Falls
* Safe For Most People (When Monitored) Including Kids

**Training / Info**

**Healthy Recipe / Nutrition**

Please be careful if you have any allergies.

**Club Promotions / Challenges**





**Club Information**