

Covid 19 Special Edition

Nelson, Tasman & Marlborough Regions.



NOTE FROM RACHEL

Kia Ora Everyone,

Take a look at some of our tips and tricks for this week. I would love to send out photos or stories about what you have been up to—Send them through to me at nelson@brain-injury.org.nz

I have been keeping to a routine—My hubby is an essential worker so its me and two boys:

Morning :

- Coffee, breakfast, dressed (me and two little boys)
- Dishes, washing, housework
- Exercise (Yoga or fitness blender)
- Office for a couple of hours (I have a bunch of worksheets for the boys so we can all work together)

LUNCH

Afternoon:

- Office hours
- Play a game with the boys (I am getting used to losing to a 4year old)
- Walk (or bike) to get fresh air
- Spend time preparing and cooking (alternate kitchen assistant, two boys is too much)
- Have some “me time” while Daniel does the bed time routine

Routine helps me feel in control while exercising and healthy food is helping my energy levels. In my spare time I am sewing, doing wasgij puzzles and painting. Avoiding too much screentime.

Rachel Gordon
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**“When we are
no longer able
to change a **situation**,
we are challenged
to change **ourselves**.”**

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KEEP ACTIVE

Clean Your House

Cleaning your home regularly is another way to ensure that you stay active during the week and can be surprisingly satisfying.

Cleaning your house can incorporate a variety of muscle groups without you even realizing it. Dragging around a heavy vacuum isn't an easy task, especially if you are going up and down stairs. Try going a step further and trying to "squeeze your buns every time you take a step". While you're taking a break, try tightening your abdominal muscles for a period of time throughout each task.

A 70kg person can burn 85 calories per half hour through light cleaning, while vigorous cleaning burns 102 calories in 30 minutes.

So this weeks task is to get wiping, dusting, scrubbing, and vacuuming



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SMOOTHIES

Smoothies are a great way to get nutrients in, I use a stick blender. Mix it up— Use whatever you have around the house, the recipes here are a good guide to quantities. I get loads of spinach and antioxidant rich berries into my boys by adding a banana for sweetness and mixed spice for flavor.

Immunity Boosting

- 1/2 Orange
- 1/2 cup Carrot
- 1/2 cup Mango, frozen chunks
- 1 cup Coconut Water (or plain water)
- 1 tbsp Seeds (Chia, sunflower, pumpkin)
- 1/2 tbsp Turmeric, fresh
- 1/2 tbsp Ginger Root, fresh
- 1/8 tsp Cayenne Pepper Powder

Choc Peanut Butter Banana (Rachel's fav—I add spinach to)

- 1 Banana
- 1 1/2 cup Almond Milk (or regular if you prefer)
- 2 tbsp Peanut Butter
- 1 tbsp Cocoa Powder
- 1/4 cup Ice

Banana Spinach Dream

- 1 cup Spinach
- 1/4 Avocado
- 1/2 Banana
- 1 cup Mixed Berries, frozen
- 1 1/2 cup Coconut Water (Plain water will work)
- 1 tbsp Chia Seeds (or any seed)
- 1/3 cup Ice

Berry Banana Oatmeal

- 1 cup Spinach
- 1 Banana
- 1 cup Berries
- 1 1/2 cup Almond Milk (or regular if you prefer)
- 1/2 cup rolled Oats
- 1/2 tsp Cinnamon, ground

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BOREDOM BUSTERS

Brain Teasers—A bit more challenging this week

- * A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
- * Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?
- * A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
- * What makes this number unique: 8,549,176,320?
- * This five-letter word becomes shorter when you add two letters to it. What's the word?

Answers in next weeks edition!

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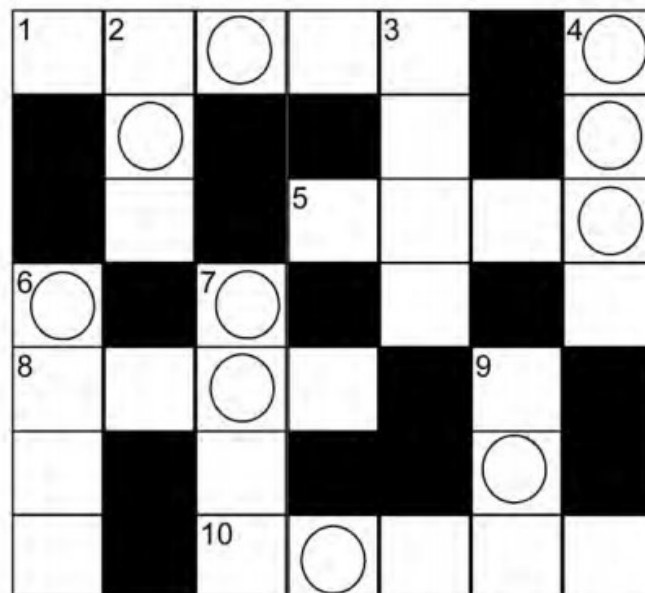


BOREDOM BUSTERS

"Word Scramble"

Solve the puzzle by looking at the clues and unscrambling the answers. Then fill in the answers on the grid below. The circled letters will give you the answer to this question:

What do you call a bright idea?



ACROSS

- | | |
|-------------------------------------|-------|
| 1. A machine that thinks is a | TROOB |
| 5. Use your | EBAN |
| 8. The more you learn, the more you | WONK |
| 10. Word games can make you | STRAM |

DOWN

- | | |
|--------------------|------|
| 2. It's in a boat | ARO |
| 3. Apple or oak | RETE |
| 4. Telephone sound | GRIN |
| 6. It covers you | SINK |
| 7. They spin | POST |
| 9. Make a mistake | RER |

Answers in next weeks edition!