

It can be hard to stay committed to keeping fit during the short, cold days of winter. Opting out only means it's harder to maintain your ideal weight and you'll miss the benefits regular exercise has on your immune system and general well-being.

Here are some tips to help you stay motivated during winter months:

- ☑ Stretch your legs during lunch. Go for a walk, run or organise a lunchtime team sport with workmates.
- ☑ An exercise partner will help you to stay motivated when it's cold outside, so phone a friend and get active together.
- ☑ Try something new, like swimming, water aerobics, or running laps in the pool.
- ☑ Take the stairs – it's amazing how many calories you'll burn without really trying.



nuzest
nutrition for life

Breakfast of champions

If the onset of winter fills you with a desire to cosy up in front of the fire and tuck into comfort food, think again. Here's some delicious, lean food inspiration straight from the top. Two of New Zealand's elite athletes, Silver Fern Maria Tuitaia and All Black Ma'a Nonu tell us how they kick start their days with a protein-packed breakfast – this is what you call the breakfast of champions.



Maria Tuitaia
Silver Fern

MARIA'S MORNING KICK-START

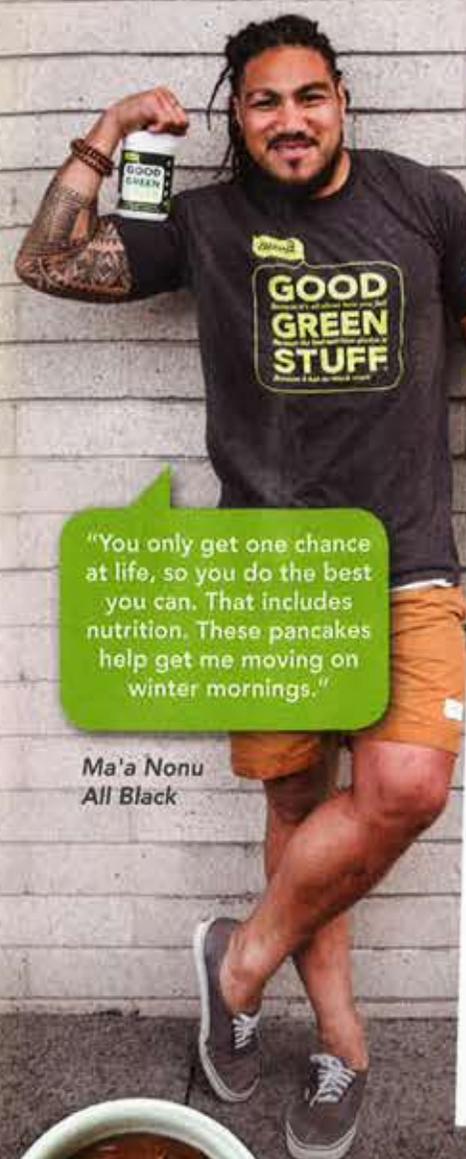
- ☑ 200-300ml coconut water
- ☑ 2 scoops of NuZest Vanilla Clean Lean Protein
- ☑ 3-4 tbsp of coconut yoghurt (or Greek yoghurt)
- ☑ A handful of baby spinach or kale
- ☑ ½ a scoop of NuZest Good Green Stuff
- ☑ 1 frozen banana

Blend ingredients adding ice to desired consistency.

"You don't wake up at 5am every morning for 6am training to come second! This smoothie helps me get with the programme fast."

Local and natural **NEW**

Balance 100% Natural bars blend whey protein, cacao, nuts and seeds into a smooth fudge base. These nutrient-rich bars come in two delicious flavours – Peanut Cacao (natural peanut-fudge brownie) and Almond, Coconut & Cacao (natural choc-almond delight). These New Zealand-made bars are high protein and gluten-free.



"You only get one chance at life, so you do the best you can. That includes nutrition. These pancakes help get me moving on winter mornings."

Ma'a Nonu
All Black



MA'A'S ZESTY CITRUS PANCAKES

- ☑ 1 cup (250ml) almond milk or milk of your choice
- ☑ 2 large eggs
- ☑ 2 scoops NuZest Smooth Vanilla Clean Lean Protein
- ☑ ¼ cup coconut flour
- ☑ 1 tsp coconut sugar
- ☑ Grated rind of 1 lemon
- ☑ ¼ tsp vanilla extract or paste

Add dry ingredients to a bowl and stir to evenly distribute. Add milk and egg into the bowl and whisk until smooth. Mixture will be thick, but should easily drop from a spoon. If not, add a little more milk. Heat a non-stick pan to medium high with a little oil. Drop large spoonfuls of mixture into a pan. Cook on one side until bubbles form on the surface of the pancake, then turn and cook the other side for about 1-2 minutes. Add a little oil on the pan between batches.

WHY CLEAN LEAN PROTEIN?

The allergen-free and 100% natural vegetable protein that's great for every body. High in protein yet low in carbs, fat and sugar it supports healthy weight management and helps your body recover faster, so you can get back doing the things you love.

free bar
with purchase

HOT PRICE
\$44.90
500g



BAR WORTH \$4.90

SMOOTH VANILLA, RICH CHOCOLATE, CREAMY CAPPUCCINO, WILD STRAWBERRY AND JUST NATURAL.



CHOCO AVO PUDDING

This can also be used as a topping for cakes and cupcakes.

- ☑ 2 tbsp LifeFoods 100% Certified Raw Organic Cacao Powder
- ☑ 1 medium avocado, ripe
- ☑ 2 tbsp honey or maple syrup

Blend ingredients in a kitchen whiz until smooth and creamy. Taste test, add more cacao for more chocolate, and more honey/maple syrup to sweeten.



POWER SCRAMBLED EGGS

Ingredients: 6 eggs, ¼ cup low fat milk, ½ scoop unflavoured Red 8 protein powder, salt and pepper.

Directions: Mix eggs and milk together in a bowl. Add protein powder, mixing until it is no longer clumpy. Scramble as normal on low heat. Salt and pepper to taste.