

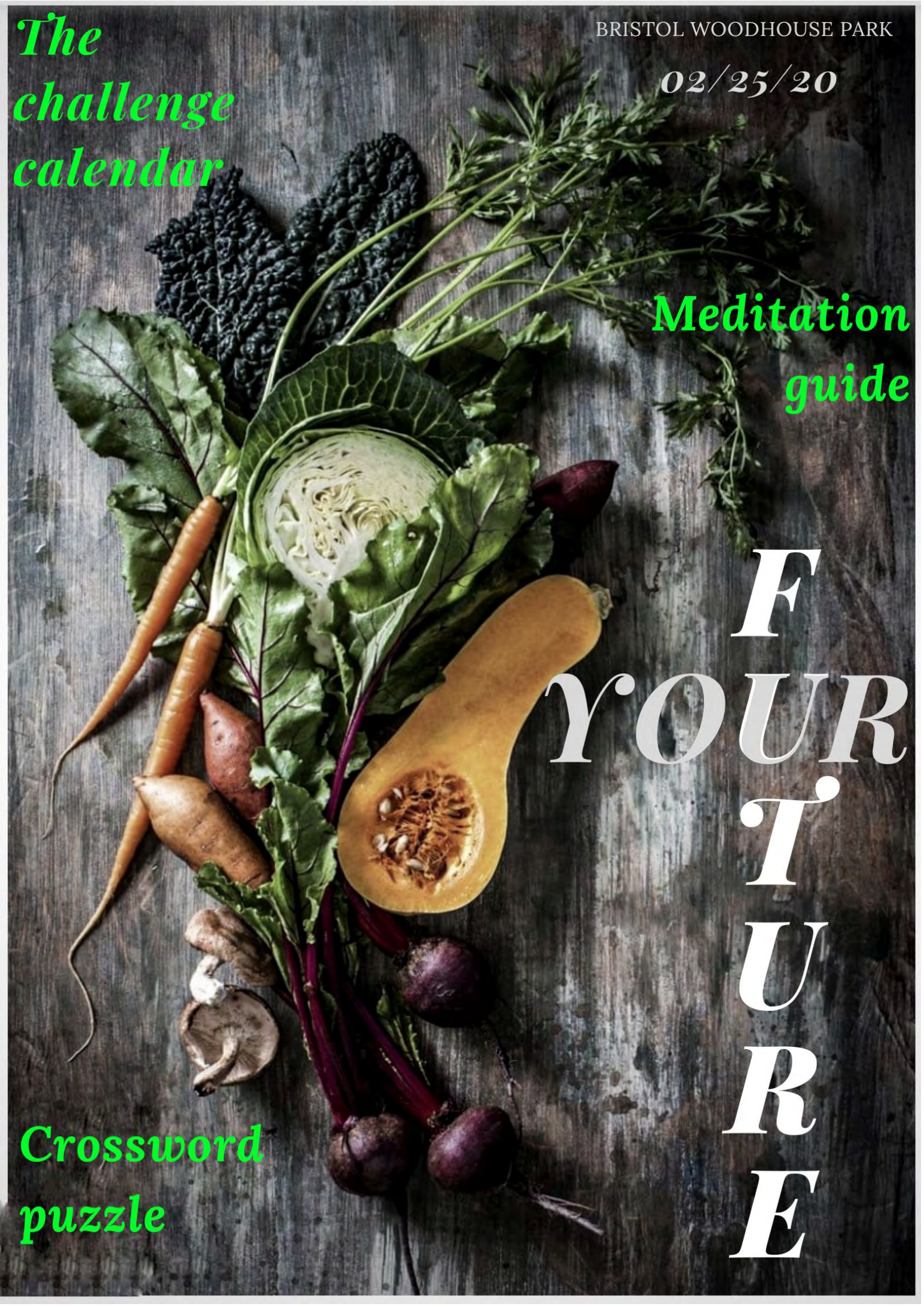
02/25/20

*The
challenge
calendar*

**Meditation
guide**

***F
YOUR
T
U
R
E***

**Crossword
puzzle**



THE CHALLENGE CALENDAR

STEPS TO HEALTHY LIFESTYLE



Make your own breakfast.



Exercise for 30 minutes.



**Avoid sugar today.
etc.**



Treat yourself with a massage/facial



**Don't use your phone when you
are with somebody.**



Meditate. (See page 7)



Go for a hike/a walk.



Do not eat fast food.



**Cook a meal for your
family/friends.**



Eat more fruits today.



Don't drink alcohol.



Drink at least 2L of water.



Make yourself a cup of tea.



Help someone today.



Try a new activity.



Make a new friend.



Read the news.



**Use a bike or walk instead of
car/public transportation.**



Go in the nature.



Do a sport.



Eat vegetables today.



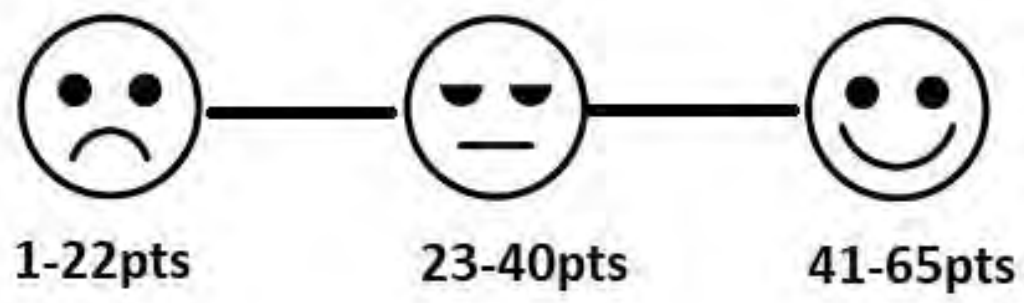
Sleep more than 8 hours.

MARCH

'20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 	3 	4 	5 	6 	7
8 	9 	10 	11 	12 	13 	14
15 	16 	17 	18 	19 	20 	21
22 	23 	24 	25 	26 	27 	28
29 	30 	31 	1	2	3	4

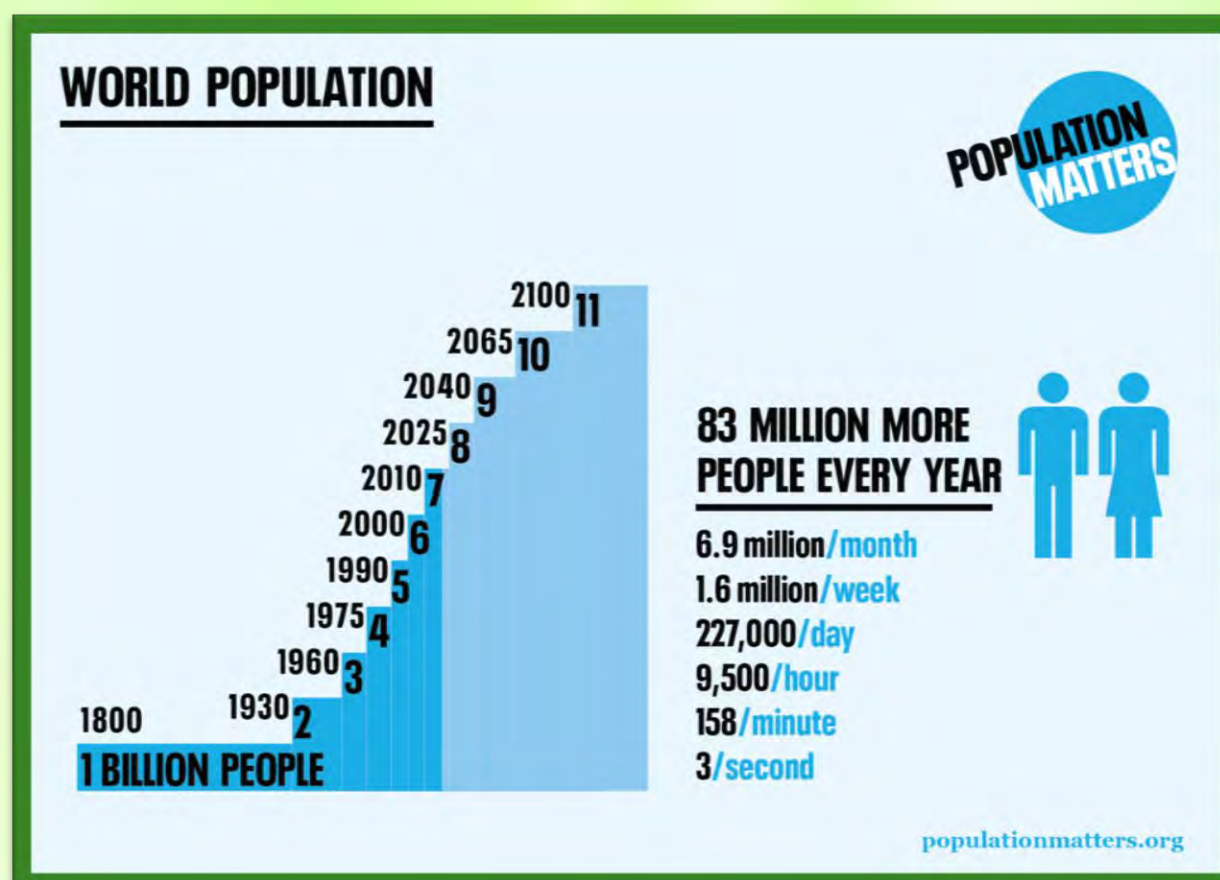
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Climate Change vs Our Food

With the world population growing, more and more people need food, and with the consumerism industry where everybody wants diversity and new kinds of food everyday, the global demand for food could increase by almost 60% in the next years. This means that food production everywhere in the world should be increased, but the consequences of climate change will definitely have an impact on the quality and also the quantity of the food produced. We have higher temperatures, extreme weather conditions, droughts, increased levels of carbon dioxide and sea level rises and yet, there are more mouths to be fed than ever before.

Researchers estimated that the world population will probably hit 10 billion by 2050 while the global vegetables production could decrease by 35% by 2100, due to greenhouse gas emissions and water scarcity. However, even if the climate change problems seem to only affect some parts of the globe more than others, decrease in food production in one region could rise prices and cause food shortages all around the world.



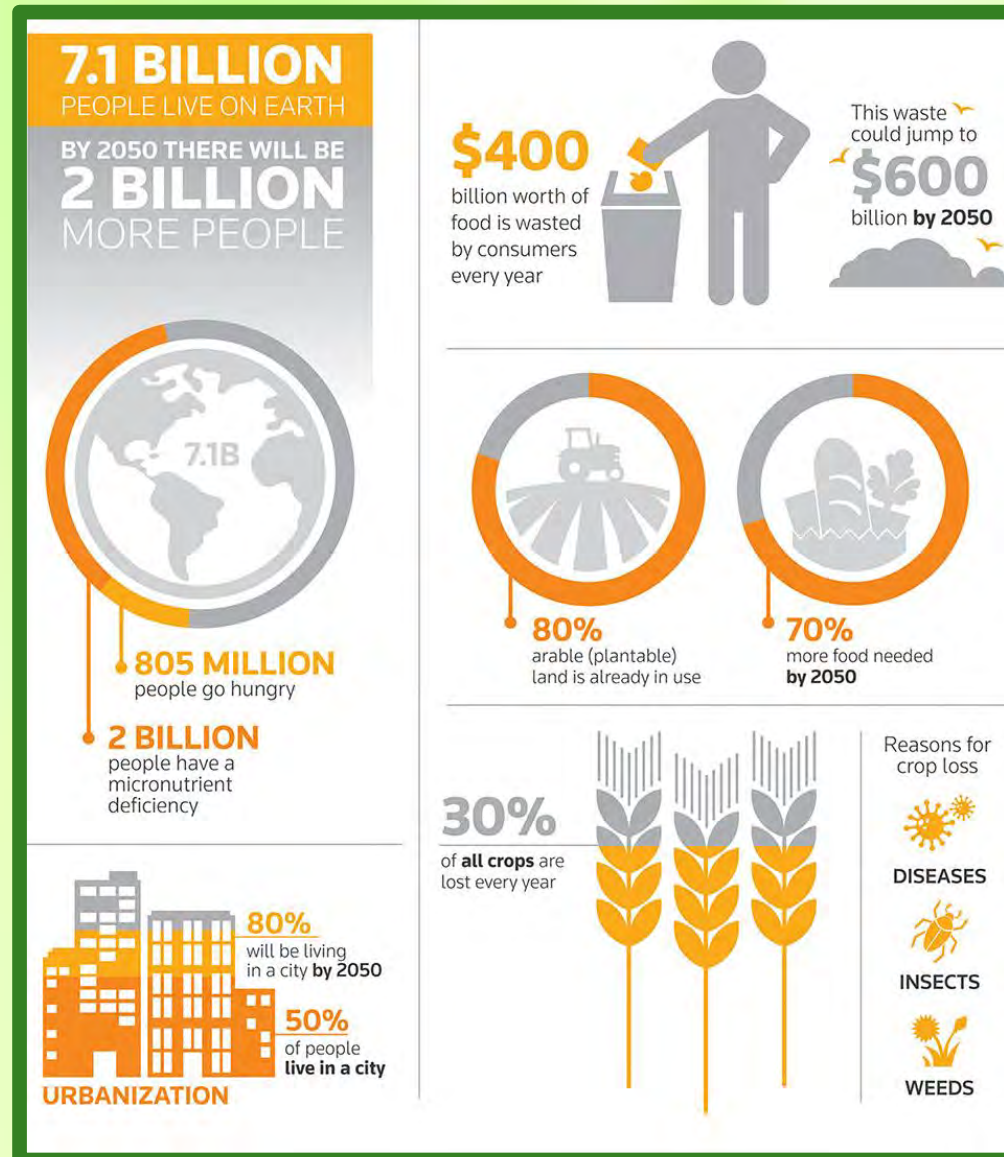
5 things to know about climate change affecting our food

1. Extreme weather conditions can seriously harm livestock and crops and even increase different toxins or bacteria that thrive in warmer temperatures
2. Water scarcity makes it even more expensive and difficult to sustain and grow crops
3. Seasons are starting earlier, are lasting longer and are getting hotter, and even if it may seem as a longer time for crops to be ready, it actually has more negative effects (e.g. Crops growing before the soil is ready, crops that bud too early and then experience spring frost)
4. Wildfires have devastating effects on farms, even when flames don't actually reach them (e.g smoke, excessively hot conditions)
5. Rising CO2 levels is affecting our food supply, quality and safety. More carbon dioxide can decrease dietary iron, zinc, proteins and other macro/micronutrients in certain crops

Moreover, between 25 and 30% of the food produced world wide is still wasted, as the food and water waste cost over one year can reach around 1 trillion U.S. dollars.

Also

Food is not only being affected by climate change, but it's also actively contributing to climate change too. Agriculture and other land uses make up more than 1/5 of the global CO2 emissions, creating a vicious cycle.



Solutions:

- More sustainable food production and diets (more plant-based, less meat-based)
- Reducing deforestation and increasing reforestation
- Reducing food waste



Healthy Recipes from Master Chef

PULPODIMARE

Ingredients:

- Octopus
- Juice from organic beetroot
- Split peas
- Lemon Juice
- Smoked paprika
- Olive oil
- Carob Honey
- Honey
- Fresh leaves of mint
- Pickled capers



Method:

Boil the octopus in hot water and vinegar and put it beetroot juice for 4 hours, until it gets purple color.

Boil the split peas in vegetable stock. Then add it to the mixer, until it takes the form of puree. Add water if you want to fix the texture. Add olive oil, smoked paprika, lemon juice, salt and pepper.

Move the octopus to a frying pan, add carob honey, honey and water. Boil it for 4-5 minutes and put it inside the syrup from the previous preparation. Then boil them together for 15 minutes until it takes the form of a tough caramel.

Enjoy!!

LEMON TART

Ingredients:

For the cream,

- Fresh lemon juice
- Corn flour
- Water
- Coconut milk
- Protein milk

For the base of the tart,

- Wholegrain flour
- Oat biscuit
- Margarine



Method:

Base,

Melt the butter with the biscuits, pour flour little by little until it becomes a tough dough. Then let it relax in the fridge and bake.

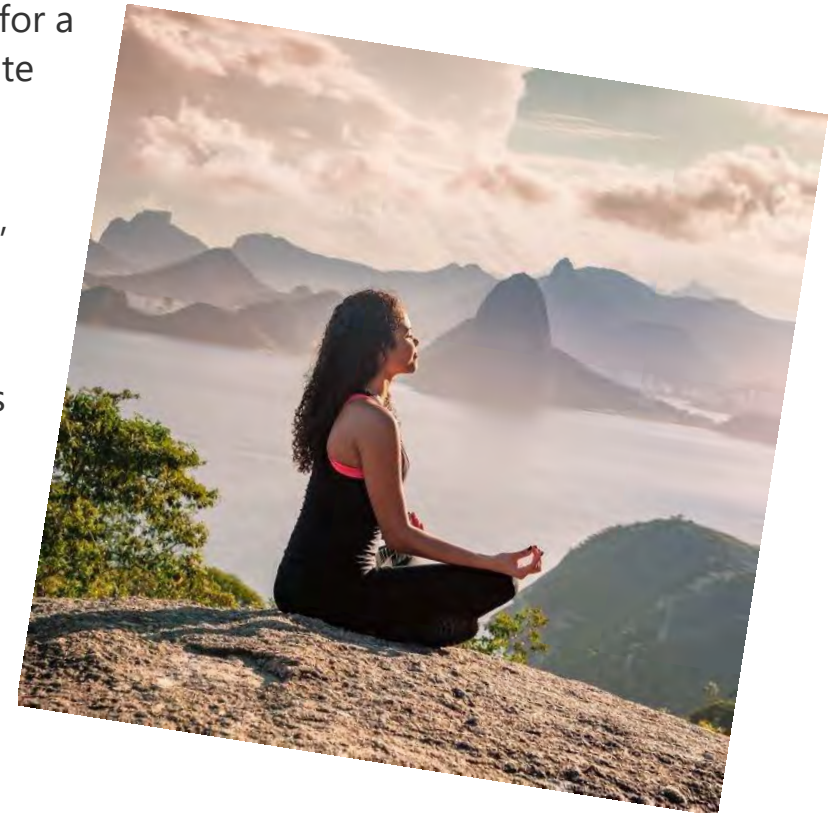
Crème,

Warm up the coconut milk with water for 10 minutes. Add corn flour and protein milk. Boil it for 15 minutes until it gets tough. Add lemon juice little by little. Freeze it in the fridge for 1 hour. Fill the tart with the cream and our dessert is ready.

Meditation Guide

Meditation is the practice of thinking deeply or focusing one's mind for a period of time. While there are many forms of meditation, the ultimate goal is a feeling of relaxation and inner peace, which can improve mental health. In today's modern world, stress seems to be a normal part of everyday life. A lot of health effects are connected with stress, like headaches, muscle pain, anxiety, sleep difficulty and also chronic health problems (heart disease, high blood pressure, diabetes ...).

Managing stress is important for overall health. One way to do this is to practice meditation.



What do you need to hear right now?

Meditation isn't always easy or even peaceful. But it has truly amazing benefits, and you can start today, and continue for the rest of your life.

Tips for beginners that should help you get started and keep going. You don't have to implement them all at once — try a few, come back to this article, try one or two more.

1. Sit for just two minutes. This will seem ridiculously easy, to just meditate for two minutes. Start with just two minutes a day for a week. If that goes well, increase by another two minutes and do that for a week. And if all goes well, by increasing just a little at a time, you'll be meditating for 10 minutes a day in the 2nd month, which is amazing!
2. Do it first thing each morning. Set a reminder for every morning when you get up, and put a note that says "meditate" somewhere where you'll see it.
3. Start just by sitting on a chair, or on your couch. Or on your bed. If you're comfortable on the ground, sit cross-legged. It's just for two minutes at first anyway, so just sit. Later you can worry about optimizing it so you'll be comfortable for longer, but in the beginning it doesn't matter much, just sit somewhere quiet and comfortable.

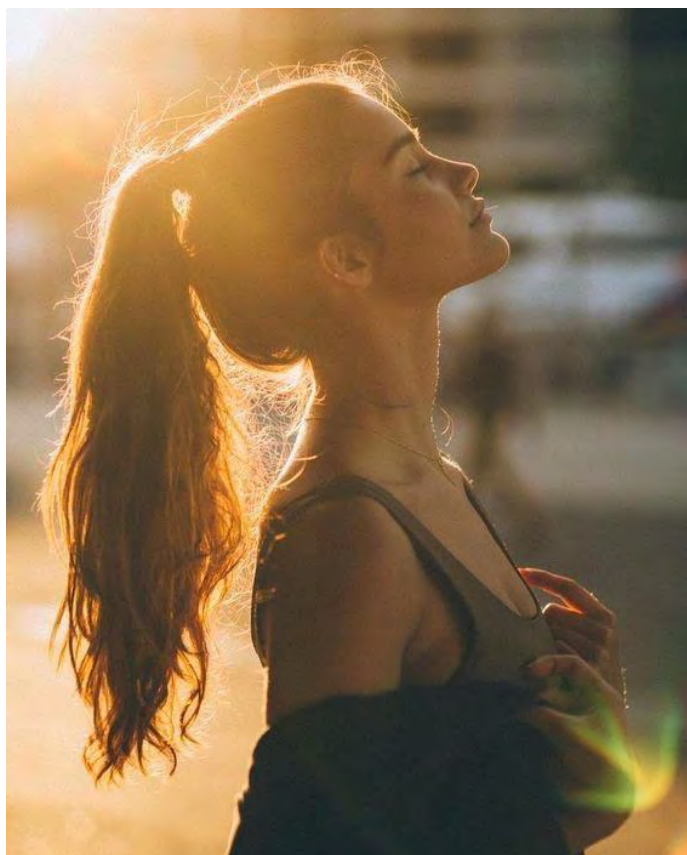
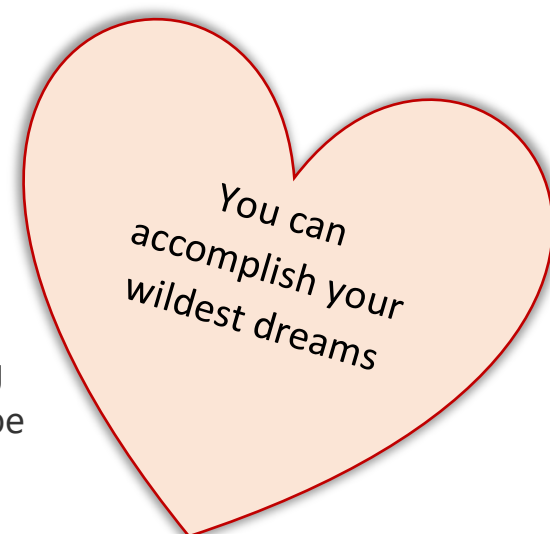
When was the last time you felt lucky to be you?

Are you lying to yourself about anything?

4. Check in with how you're feeling. As you first settle into your meditation session, simply check to see how you're feeling. How does your body feel? What is the quality of your mind? Busy? Tired? Anxious? See whatever you're bringing to this meditation session as completely OK.

5. Count your breaths. Now that you're settled in, turn your attention to your breath. Just place the attention on your breath as it comes in, and follow it through your nose all the way down to your lungs. Try counting "one" as you take in the first breath, then "two" as you breathe out. Repeat this to the count of 10, then start again at one.

6. Come back when you wander. Your mind will wander. This is an almost absolute certainty. There's no problem with that. When you notice your mind wandering, smile, and simply gently return to your breath. Count "one" again, and start over. You might feel a little frustration, but it's perfectly OK to not stay focused, we all do it. This is the practice, and you won't be good at it for a little while.



7. Don't worry too much that you're doing it wrong. There's no perfect way to do it, just be happy you're doing it.

8. Don't worry about clearing the mind. Lots of people think meditation is about clearing your mind, or stopping all thoughts. It's not. This can sometimes happen, but it's not the "goal" of meditation. If you have thoughts, that's normal. When thoughts or feelings arise, and they will, you might try staying with them awhile. We tend to want to avoid feelings like frustration, anger, anxiety ... Just stay, and be curious.

9. Do a body scan. Another thing you can do, once you become a little better at following your breath, is focus your attention on one body part at a time. Start at the soles of your feet — how do those feel? Slowly move to your toes, the tops of your feet, your ankles, all the way to the top of your head.

10. Notice the light, sounds, energy. Another place to put your attention, again, after you've practice with your breath for at least a week, is the light all around you. Just keep your eyes on one spot, and notice the light in the room you're in. Another day, just focus on noticing sounds. Another day, try to notice the energy in the room all around you (including light and sounds).

11. Smile when you're done. When you're finished with your two minutes, smile. Be grateful that you had this time to yourself, that you stuck with your commitment, that you showed yourself that you're trustworthy, where you took the time to get to know yourself and make friends with yourself. That's an amazing two minutes of your life.

Is there anyone
who's changed your
life but doesn't
know it?

What's your favorite
part of yourself that
isn't physical?

What is something
you've learned about
yourself this week?

You have so
much to be
grateful for



Healthy

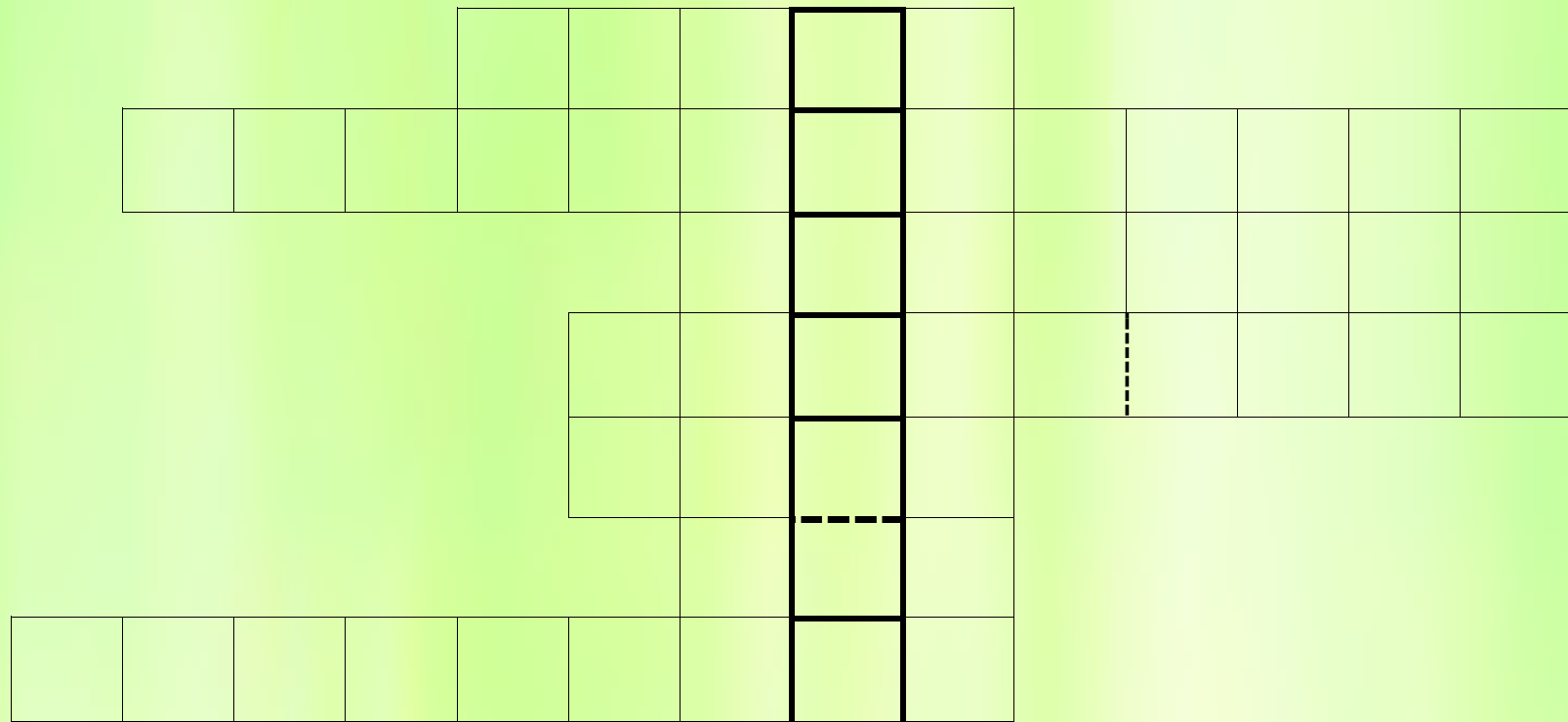
- ❖ Eat natural food. (From local farm)
- ❖ Drink a lot of water.
- ❖ Eat a lot of fruits.
- ❖ Eat fish once a week.
- ❖ Eat legumes and cereals.
- ❖ Go to nature.
- ❖ Spend more time with friends
- ❖ Sit straight.
- ❖ Stretch few times a day.
- ❖ Go on a walk.

Unhealthy

- ❖ Consuming a lot of sugar/salt.
- ❖ Eat fast food.
- ❖ Consume alcohol.
- ❖ Skipping meals.
- ❖ Receive negative information.
- ❖ Say yes to anything.
- ❖ Don't sleep enough time.
- ❖ Too much stress.
- ❖ Eating fast.
- ❖ Consuming food before bedtime.
- ❖ Drinking coffee after 17:00.
- ❖ Getting distracted during eating.

UNHEALTHY FOOD

Crossword Game



1. This word in Persian means "fry", It is from Turkey.
2. A substance used to preserve food.
3. Its national day is December 4th.
4. What are these? French fries, fish and chips, donuts, spring rolls, mozzarella sticks.

5. Don't mix it with Mentos.
6. Liquid made from olives.
7. Makes you happy :D



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The One Day Menu

BREAKFAST

Two poached eggs (or fried in a non-stick pan)

Two slices whole-grain toast with one pat butter each

SNACK

One banana

One cup plain yogurt with two tablespoons honey

LUNCH

Chicken breast (6-ounce portion), baked or roasted (not breaded or fried)

Large garden salad with tomato and onion

SNACK

Three tablespoon hummus
One-half piece of pita bread

DINNER

One cup steamed broccoli

One cup of brown rice

SNACK

One cup blueberries