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MAGAZINE

**A Success Story of
MINDFULNESS**

*A Cup of Healthy Recipes
by Hungry Nina*

Designed Healthy Plan

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Price: 7€



Healthy Banana Oatmeal Pancakes

by Hungry Nina

INGREDIENTS:

- 1 ripe banana
- 30g oatmeal
- 1 egg
- 1/2 teaspoon of baking powder
- 1/4 teaspoon of ground cinnamon



PREPARATION:

1. Put oatmeal, banana, egg, baking powder and cinnamon in a blender. Blend into a smooth mixture.
2. Heat the coconut oil or butter in a pan. Spoon the dough.
3. Bake the pancakes until bubbles form, then turn them over. They will be fully baked in less than two minutes.

by Hungry Nina



INGREDIENTS:

- 2 ripe bananas
- 165g oats
- chocolate chips, nuts or dried fruit

PREPARATION:

1. Pre heat oven to 200C.
2. In a large mixing bowl mash the bananas really well, until smooth. Add the oats and mix until fully combined.
3. Form tablespoon sized cookies and place on prepared baking tray.
4. Bake for approx 10 min. or until cookies are golden and set.



Banana oatmeal cookies

A DESIGN OF A HEALTHY LIFESTYLE



Healthy lifestyle is sometimes really hard to manage, especially when you're a busy person. Creating a plan might be really helpful for everyone.

Key Elements to a Healthy Lifestyle:

1. A balanced diet. It's one of the most important things when it comes to a healthy lifestyle.
2. Regular physical activity, any kind of sports.
3. Sleep pattern. The better the quality of sleep you get, the less likely you are to experience significant daytime

A healthy life is simply doing the things that make you happy and make you feel good. For one person, this could mean walking a mile five times a week, eating fast food once a week and connecting virtually or in person every other day... you decide what you want to have a healthy lifestyle.



Deciding to make a change in your life is never easy. Breaking old habits and creating healthy ones can be challenging and even discouraging at times. However, it is not impossible.

ACTIVE Ageing

1.




kiss



tie

i=h

g+p=r

pound

2.



heart

r=l+



ny

n=h



die

+t

3.

f+



shit

-sh+n+



dress

-dr

4.



tv

-t+i+



ram

r=t+



rain

-ra+s

5.



hat

t=p+



ny

n=p



pill

A PLACE to write / *YOUR*
ANSWERS here:



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A SUCCESS STORY OF MINDFULNESS



by Mirea Sandra-Anaïs



Each person's process to wellbeing is unique. Everyone's goal seems to be reaching a balanced life or as the latins put it "mens sana in corpore sano".

The pandemic influenced our mental and physical health. Stress is more present in our daily life more than ever before this century.

Starting to practice mindfulness was my turning point. The exercises help you deal better with presure by reducing stress. The three main goals of this method are:

- becoming aware of what you are feeling and sensing;
- paying attention to what is occuring in the moment;
- adopting a kind, curious, non-judgmental attitude towards yourself and the world that surrounds you.

After a couple of weeks of doing mindfulness tehniques I embraced new habits that help me to keep a balanced life.

