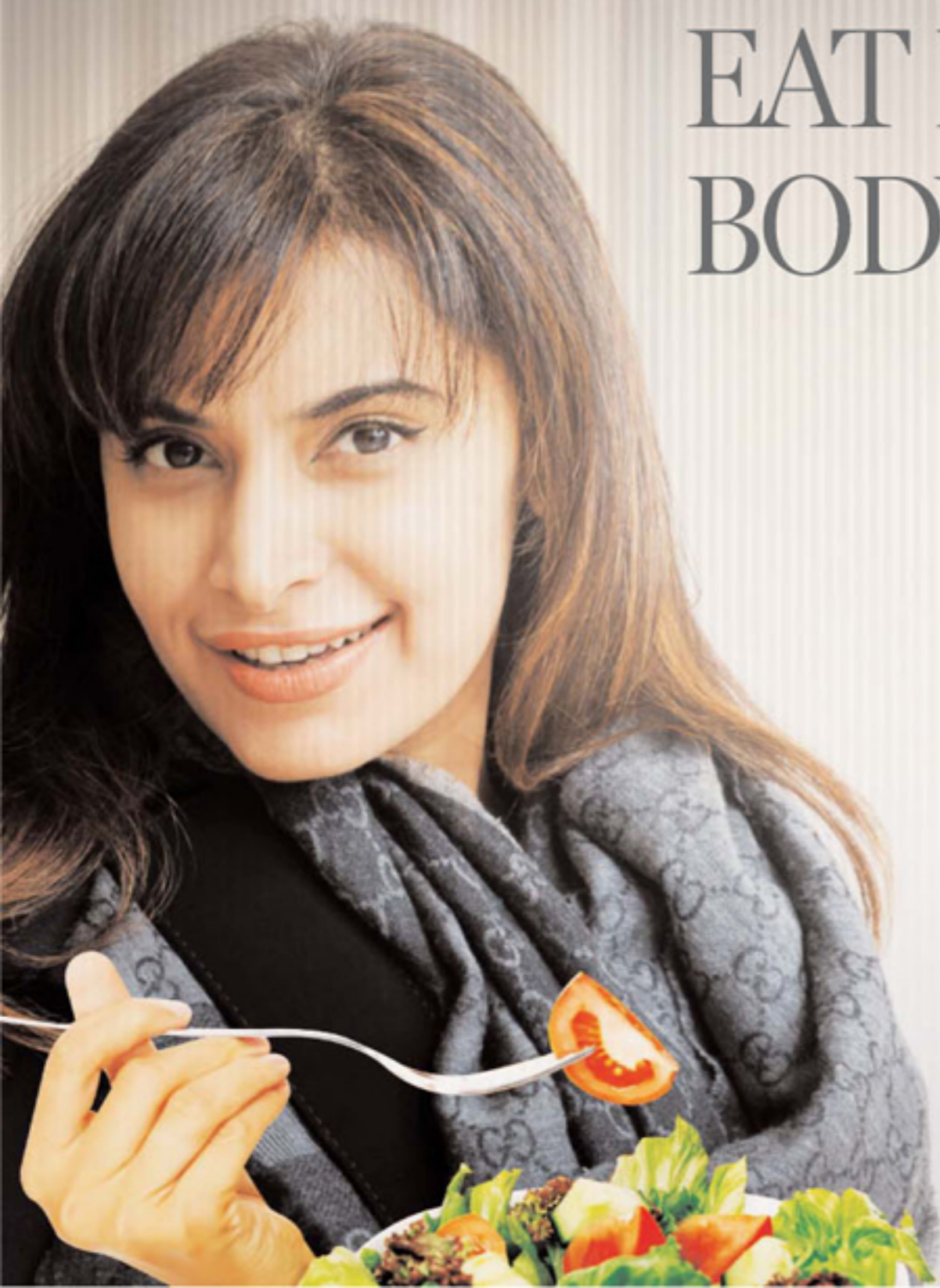


EVERY YEAR, 8 MARCH IS CELEBRATED AROUND THE WORLD AS INTERNATIONAL WOMEN'S DAY. WE HAVE PLANNED A PROGRAM OF INFORMATION AND FUN FOR YOUR CLASSROOM TO CELEBRATE INTERNATIONAL WOMEN'S DAY WITH A FOCUS ON WOMEN, PEACE AND POLITICS. HAVE A GREAT LEARNING EXPERIENCE!

EAT HEALTHY FOR FIT BODY & GLOWING SKIN



There is no way around it-Great nutrition and a healthy, balanced lifestyle are absolutely critical to building a healthy body and luminous complexion from the inside out and how to maximize the effects of ageing by what you eat on a daily basis.

It is often really difficult to make healthy choices. It is so much easier to munch on potato chips, biscuits, chocolate and fast food than to prepare a healthy snack that's loaded with skin protecting antioxidant, Vitamins, minerals, Healthy fats and phytonutrients. A burger versus a fresh salad with salmon or tuna? A cake filled with refined flour, sugar, for desert or fresh fruit, dark chocolate, prunes, dates?

A tasty snack that lasts for a few moments or vitality, health and beautiful clear skin. Make no mistake eating your way for a healthy body takes a little more time and effort but when you make the healthy choices, the rewards for both your skin and health are enormous.

Research shows that phytonutrients working together with other nutrients found in fruits, vegetables and nuts reduce the risk of just about every single lifestyle-induced disease and can help slow ageing process. This is because the phytonutrients in fruits and vegetables contain some of the most powerful anti-oxidants systems to fight these free radicals.

TO SEE HOW ANTIOXIDANTS WORK TRY THIS

Cut an apple in half; dip 1 half in lemon juice. Leave the other half the way it is. Wait for an hour. You will notice that half of the apple has turned brown -the result of free radical damages caused by contact with the oxygen in the air. The other half of the apple -the part dipped in lemon juice. Will still be crisp and white. Why the difference? Lemon juice con-

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tains vitamin C which acts as an antioxidant. So coating the apple with lemon juice effectively creates a shield against free-radicals damage.

SIMPLE WAY TO BOOST YOUR PHYTONUTRIENT ANTIOXIDANT INTAKE BREAKFAST

Add fresh strawberries, apples, mangoes or prunes to natural yogurt sprinkle with flaked almonds, pumpkins seeds, sunflowers seeds, make a compote of dried prunes, apricots and peaches pre-soaked in mineral water and sprinkled with walnuts and almonds.

LUNCH AND DINNER

Try a soup with your meal, made with fresh tomatoes green and red capsicum, onion, carrots with some lime juice. Eat a sprout salad with Cucumber, Coriander, Parsley, Onion, and Green Capsicum.

DESSERT

Indulge in a papaya with lemon juice; Carrots, Mangoes and orange juice are great for the skin. Dark Chocolate with some walnuts or bowl of red Grapes.

SNACKS

Mixed Unsalted nuts, sunflower and pumpkin seeds, raisins, dates, carrots and fresh cherries.

Nature has beautiful foods to offer, we have to make the right choices, so the more antioxidants you have floating around your blood stream, you will be less vulnerable to chronic degenerative disease and ageing. Your skin will look gorgeous and your body will be glowing on the inside too!