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Summer Fun

Many of us cherish special memories of summers past and I am no exception. When I was a little girl, mid year was when we planned our summer holiday. Always the second two weeks of January when all the crowds had gone, we would hire a caravan in the early years and then later we stayed in the luxury of motels. Every year it was somewhere different, every year new friends were made. It was always exciting to get to our destination to see what the camp ground was like, who was occupying the tent or caravan site next door or what the motel décor was like.

My husband and I have always spent our holidays with the children at the beach. We bought a large caravan and left it in the camp ground at Whitianga where it stayed all year round. When our second child was born and subsequently learned to crawl, and could often be found several camp sites way, just visiting of course, the time was right for us to purchase a small bach.

Coastal developments in recent years have made quite a big difference to the meaning of the word bach." For most people who grew up in the second half of the twentieth century, a bach used to be a single man's dwelling, hence the name (bachelor). They could be found up and down the country and coastline, most featuring much patched corrugated iron roofs and paint blistered and peeling exterior wooden walls. Inside there'd be a hotchpotch of cast off furniture and old crockery. Over time these baches became holiday homes for so many kiwis. In all its dilapidated glory, the bach became the family retreat from everyday life. It was a place where over the years family traditions evolved, good times were had and cherished memories began to build. Today the word bach remains, but its modern metamorphosis has seen it change from a one room cottage to luxurious waterside homes worth millions of dollars, crammed with every conceivable aid to modern living. The essence of retreating to the bach remains, however. It will always be a place where you go to get away.

When it comes to modern day interior design of the "bach" it is the perfect opportunity to explore a different colour pallet to the one enjoyed at home. I love to take inspiration from the sounding environment, if by the sea, gorgeous sea blue greys and the colour of the warm dry sand, teamed with fabulous whites mixed with a touch of lightly greyed off-green. These colours can then be mixed and matched in paint colours for walls and furniture and fabrics for cushions and plump squishy sofas and chairs. Strips can be added for a little bit of structure and white washed timber for a little bit of the old bach style.

If by the bush, beautiful greens and earthy browns teamed with jade greens and rich reds give a cosy feel to an often cool environment.

Wherever your holiday retreat is, make it a special place to retreat to and especially, to enjoy a bottle of luscious wine, some simple, tasty bach food and fabulous company.

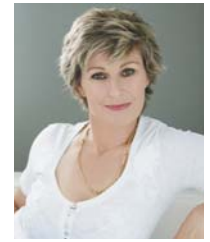
Tip of the month: Remember holiday homes or baches are places to enjoy and have fun and above all to relax in!!

Have a safe and Happy Holiday wherever you go.

Helen

New Year's Resolutions Top 10

by Ginny Mc Arthur



1. Whatever you do don't diet!! We all know that diets don't work. Any fad that promises quick weight loss will throw you into that all-or-nothing mentality that guarantees that any weight you do lose will find you again pretty quickly too!
2. Do make lifestyle changes that are sustainable and lead to a fitter and healthier you for the long term. For instance, drinking enough water each day - changing to lower fat milk and walking for 30 mins a day is worth a kilo of fat per month long term. Plan your exercise and meals in advance so that you are in a position to make good choices. Get your exercise over and done with first thing in the morning then the rest of the day is yours.
3. Eat real food! Fruit, veggies, nuts and seeds, beans, wholegrains and legumes, lean proteins such as fish, seafood, chicken, lean meats and eggs. If the packet has more than 4 ingredients on it or if your grandmother wouldn't have recognized it as food then keep it as an occasional treat and not an everyday staple.
4. Avoid refined and processed foods - they are mostly high in calories and low in nutrients and your body doesn't really know how to use them! Plan healthy meals and snacks that everyone can enjoy. Make good food choices part of your family culture.
5. Be kind to yourself and listen to your body. Set aside some time for yourself every day.
6. Make small attainable goals to get you to where you want to be. Congratulate yourself for the changes that you make. Focus on the positive rather than beating yourself up for your transgressions.
7. Get outside. Grab some sunshine! Vitamin D to make strong healthy bones and a happy state of mind. Get moving - make family outings active and pack a healthy picnic lunch.
8. Have fun. Play with new healthy recipes - give your old favorites a healthy make over. Make your exercise fun by playing a sport or taking up tramping or dancing.
9. Live by the 80/20 rule. Make sure you get it the right way around though! 80% healthy living 20% treat food and time out. Remember the human body is programmed to store fat for the lean times so be wary.
10. Socialise - get out and enjoy your friends and family. Never put your life on hold because you are on a health kick.

Live your life to the full and enjoy the journey.

Come and see us in the New Year and let us help you to get on the right track.

Starting Early February...

12 week weight loss programme.

Fitness boot camp

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