



Hi Viva Members!

This week's article is brought to you by Natalie (on Dions behalf).

I've just finished a training session with Dion and wanted to share with you something that we were discussing (in between breaking new pain barriers)!

People often say to me: "How can you afford a trainer?"

My response is always the same: "How can I afford not to?"

I have two children, I run my own business, I'm a trainer myself, and like everyone else, I'm constantly bombarded with the usual ups and downs that todays hectic lifestyle throws at you!

Training keeps me on track, not just physically, but mentally and emotionally as well.

The physiological advantages of exercise (such as the release of 'feel good chemical' endorphins and the reduction of stress etc) have been well documented in recent years, but the main reason I will never stop training is the massive impact it has on my mindset.

Some advantages of a positive mood and positive emotions include happiness, pride, confidence, and high self-esteem.

And a positive, healthy emotional outlook is a major key to success

in all aspects of life.

How can anyone not need more of that??

Of course, good nutrition plays a significant role too . . . so I'd like to share a wonderful recipe with you. It was recently given to me (very kindly) by Eloise, a member of the gym who's rapidly gaining quite a reputation as "one hell of an amazing cook"!

I made this for the first time on the weekend, and my entire household loved it.

Yummy Lentil Veggo Curry

(serves 4)

Ingredients:

2 tsp's each ground coriander, cumin and garam masala
1 tsp ground turmeric
1/2 tsp ground cayenne pepper
1/4 tsp paprika
150g onion, rough dice
150g carrot, rough chop 3 cm wide
150g celery, rough chop 3 cm wide
150g fennel, rough chop 3 cm wide
250g cooked brown lentils
2 Tablespoons olive oil
1 cinnamon stick
1/2 tsp brown mustard seeds
1/4 tsp fenugreek seeds
6 cloves garlic
4 cm piece of ginger, finely grated
4 small green chillies, seeds removed, thin slice
8 fresh curry leaves
3 tomatoes, roughly chopped
1/2 tsp sugar

Method:

Combine cumin, coriander, garam masala, turmeric, cayenne pepper and paprika in a bowl.

Heat oil in large pot and saute onions until translucent. Add other vegetables (not lentils) and saute for 1 minute. Add cinnamon quill, mustard and fenugreek seeds and as soon as they start to pop add garlic, ginger, chillies and curry leaves. Saute for 2 minutes. Add combined spices and 3 Tablespoons of water stirring continuously for 1 minute. Add tomato and cook stirring occasionally until soft (3-5 minutes). Add sugar and lentils and 100 ml of water. Season to taste with sea salt, stir and bring to the

boil, reduce heat and simmer for 10 minutes. Enjoy!

Make it happen.

Dion Mychalyn

Club Champion

PUSH_Founder