

Welcome to our third adult activity pack; this week it is all about balance. Physical and mental health is both so important to leading a happy and active life, especially in isolation. This pack touches on concepts of healthy diet, exercise and keeping mentally engaged with a selection of apps for your device, online activities, and a few printable ones as well. Keep your mind and body active working, but don't worry – there is always a place for moderate indulgences as well! Please note that the information included in this activity pack is intended for informational purposes only and does not take individual health considerations, including fitness or food allergies or intolerances, into consideration; if you have any questions, please consult your health professional.

## Heritage Puzzle

The Geelong Heritage Centre's Collection contains all kinds of fascinating imagery from the past, not just photographs! This week's puzzle recalls vintage advertising and design. Click the link below to try this puzzle. Can you find out where this image was first displayed? If not have a look at our link below to see more information.

- [Learn about this image](#)
- [Do the Jigsaw](#)



## Acrostic Crossword

This acrostic crossword is based on principles of good health, nutrition and exercise. Solve all of the questions to crack the secret answer hidden in the crossword.

- [Do the Crossword](#)

## Memory Matching Game

Can you match the food themed book title with its appropriate author? A fun spin on the classic game of memory with a delicious twist.

- [Play the Game](#)

## Fruit Slice

Try your hand at being a master chef by playing this quick paced fruit slicing game. Hone your reflexes and try not to slice any hazards! Courtesy of freegames.org.

- [Play the Game](#)

## ONLINE RESOURCES AND APPS

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### Zombies, Run! App

*Zombies, Run!* is an immersive fitness app aimed at motivating you to hit running goals by involving you in missions where you are the hero in the zombie apocalypse. Be the protagonist of your very own heart pounding adventure story while keeping active! Available on for Android and iOS mobile devices.

- [Apple App Store](#)
- [Google Play Store](#)

### Tasty App

Need inspiration for your weekly dinners? Try BuzzFeed's *Tasty* app! With over 3,000 recipes to choose from you can also search by ingredient, occasion or cuisine, making it easier than ever to jazz up left-over food in your fridge. Most dietary requirements are catered for with gluten free, vegan and low carb recipes, so no matter what your food needs you feel included. As a bonus, vegetarians can choose to filter out meat dishes to get a more personalised app.

- [Apple App Store](#)
- [Google Play Store](#)

### Online Yoga

If you are missing your yoga classes at the gym, try one of the many yoga classes available on YouTube to keep your body and mind flexible. No matter your skill level, feel comfortable stretching in your lounge room to this beginner video from Yoga with Cassandra.

- [Watch the Video](#)

## DOWNLOADABLES

### Adult Colouring

These adult colouring pages are relaxing and can help rest your eyes from screens and increase concentration. Enjoy colouring these pages while playing some music or reflecting on your day. Enjoy finding peace while colouring in these pages.

- [Download the colouring sheet](#)



### Anagram Word Scramble

Download our physical wellness word scramble, which can be filled out on your computer. No printing necessary.

- [Download the Word Scramble](#)

### Microsoft Wellness and exercise trackers

Keep on track with your fitness goals by adopting a daily exercise challenge! Try these Microsoft health logs/journals to make something that suits your goals. Make a fitness goal that you are excited to achieve.

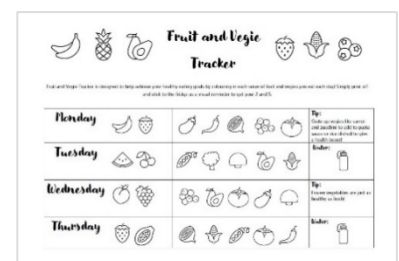
- [Download the Fitness Tracker Sheet](#)



### Fruit and Veg Tracker

Try these helpful charts to help keep track of your daily dose of fruit and veg, including some helpful tips and reminders to stay hydrated. This sheet can be printed and coloured in to encourage healthy eating habits.

- [Download the Health Tracker Sheets](#)



### Stretching Exercises

Try these helpful stretches to become more flexible, strong, relax or get ready for physical activity.

- [Choose and download the stretching sheets](#)

## Sugar Cookie Recipe

This easy cookie recipe is very easy to make and takes barely any time. Give it a go and try different flavours to see what you come up with.

If allergies are present with flour or butter, consider:

- Replacing flour with almond or coconut flour
- Butter can be replaced with coconut or olive oil
- Egg can be replaced with mashed banana (but will have a different consistency).
- [Make the Recipe](#)

Time: 20 minutes Makes: 12

# Sugar Cookie Recipe:

## Ingredients:

1 1/4 cups of flour  
1/2 teaspoon Baking soda  
1/4 teaspoon baking powder  
1/2 cup slightly melted butter  
1 egg  
1 teaspoon vanilla extract  
1/2 cup choc chips  
(optional)



## Recipe:

Step 1 - Preheat oven to 180 Degrees fanforced and line a try with baking paper.

Step 2 - Sift and stir flour, baking soda and baking powder in a bowl.

Step 3 - in a large bowl cream together the butter and sugar until lcombined well

Step 4 - Beat in egg and vanilla

Step 5 - slowly add the dry mixture into the wet mixture in small amounts mixing as you go.

Step 6 - roll the mixture into balls and push down with two fingers

Step 7 - Bake for 8 to 10 minutes