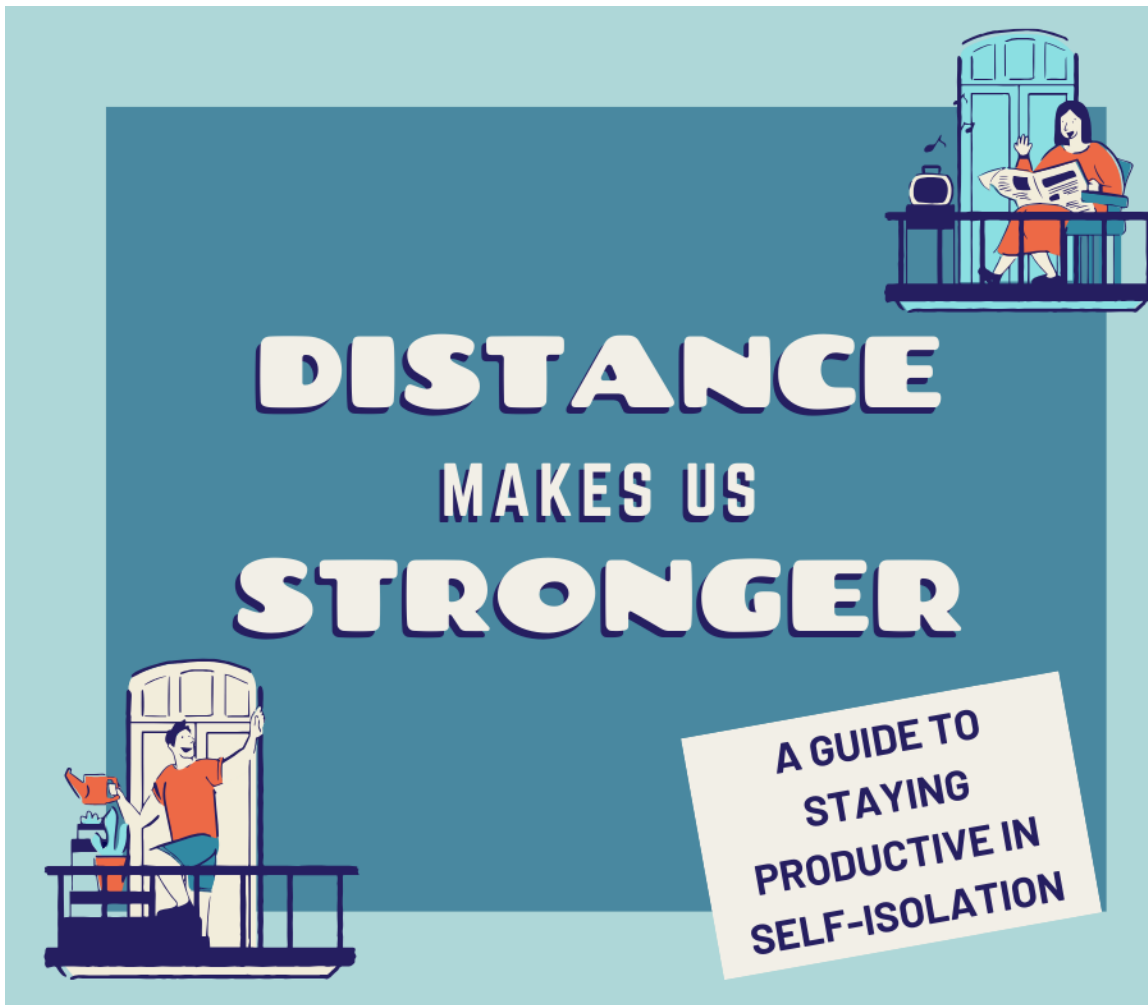


A Guide to Staying Productive



Staying home is staying safe

Although it may be hard, not being able to go to the beach, taking your kids to the playground or seeing your friends and family, but now we've got this chance to make use of this time, so that we can do the things we haven't been able to do in a while!

Here are a few ideas to keep you busy and productive...

1. Bake up a storm

Our team loves *Karen Yarnton's Amazing Pineapple and Coconut Recipe*

Ingredients

- 125g butter
- 1 cup sugar
- 2 eggs
- $\frac{3}{4}$ buttermilk (alternative $\frac{3}{4}$ cup milk + $\frac{3}{4}$ tbsp lemon juice)
- 1 $\frac{1}{2}$ cup self raising flour
- 1 cup coconut (thread coconut is chewier)
- 1 can pineapple crushed

Preparation

1. Cream butter and sugar and add eggs
2. Add buttermilk and mix
3. Add rest of ingredients
4. Bake at 160deg C approx. 45 mins – ring tins work well but test
5. Top with icing when cool.

Cream Cheese Icing

- 85g cream cheese
- 55g butter
- 1 $\frac{1}{2}$ cup icing sugar
- Drip of lemon juice
- Drip of vanilla

Tastes best when chilled in the fridge

2. Listen to podcasts

Instead of binge-watching shows on Netflix, try listen to some educational podcasts. These are also great to play in the background while cooking or cleaning! (Points for extra productivity). We recommend:



- [Stuff You Should Know](#): Ever wondered how birthmarks or how gold works? This is an award-winning podcast that talks about anything and everything you have probably wondered about at least once.
- [Oprah's Supersoul Conversations](#): Connect to the deeper meaning of the world around you with Oprah's and her guests
- [In Good Health](#): Take a look at the science and research behind the buzzwords to help you understand how to eat for better mental, physical and social health.

3. Work on the garden

- Now is the perfect time to tend to that overgrown garden that needs love and attention! It's a nice excuse to get outside for some vitamin D and fresh air too!

3. Get Creative

- Take out your old knitting kit, painting supplies, notebooks and explore that creativity within you! Start knitting a new blanket or scarf, paint a mini collection on canvas or paper or get out your old colouring books, write a story or a poem! You might find you have a knack for it.

3. Exercise, exercise, exercise!

- It's important to still continue being active for your health and well-being. Tune in to TV1 during the weekdays at 9am for free Les Mills workouts from your home, you can also catch them [online](#) if you slept in!

Sunset walks are a great way to unwind and get some fresh air too but don't forget about the 2m social distancing from other who are also taking a stroll.