Monochrome for simplicity.

Single minded idea, sparse use of text

Fusing two different visual ideas by looking at their similarities.

3D layering of elements creates depth.

Older, retro feeling by: using particular fonts, colors, and old timey pictures

-> typewriter font with a slight grunge.

URL's for these types of fonts:
https://www.dafont.com/theme.php?cat=113
https://www.1001fonts.com/typewriter-fonts.html
https://www.creativeblog.com/typography/free-typewriter-fonts-1131774
https://elements.envato.com/hard-stones-family-LHBQSE

Readymade
= a visual concept that already exists.
→ They want to make it look like a scrapbook.
F.E. The pictures and the font that is used on the left page.

After readymade
Marked text intro → lead
Drop cap (in InDesign → paragrapgh settings)
      Tutorial drop cap: https://www.youtube.com/watch?v=rPrkiEQbczM
                      Do a Drop Cap in InDesign (wondershare.com)
Border around the content, so that some things stand out

Arrow on the bottem right page to show the article isn't done

On the bottom of the article: name of the magazine, not only the page number → core subject?

Border between text, text divided in columns → to break up text blocks

4+ fonts, how to make it work:
change between sarif and sans-sarif font

DE is in reverse

Words are broken up but because they have different colours it's readable

Gradient background reversed with the words

Letters stand out (broken into 3 or 4)
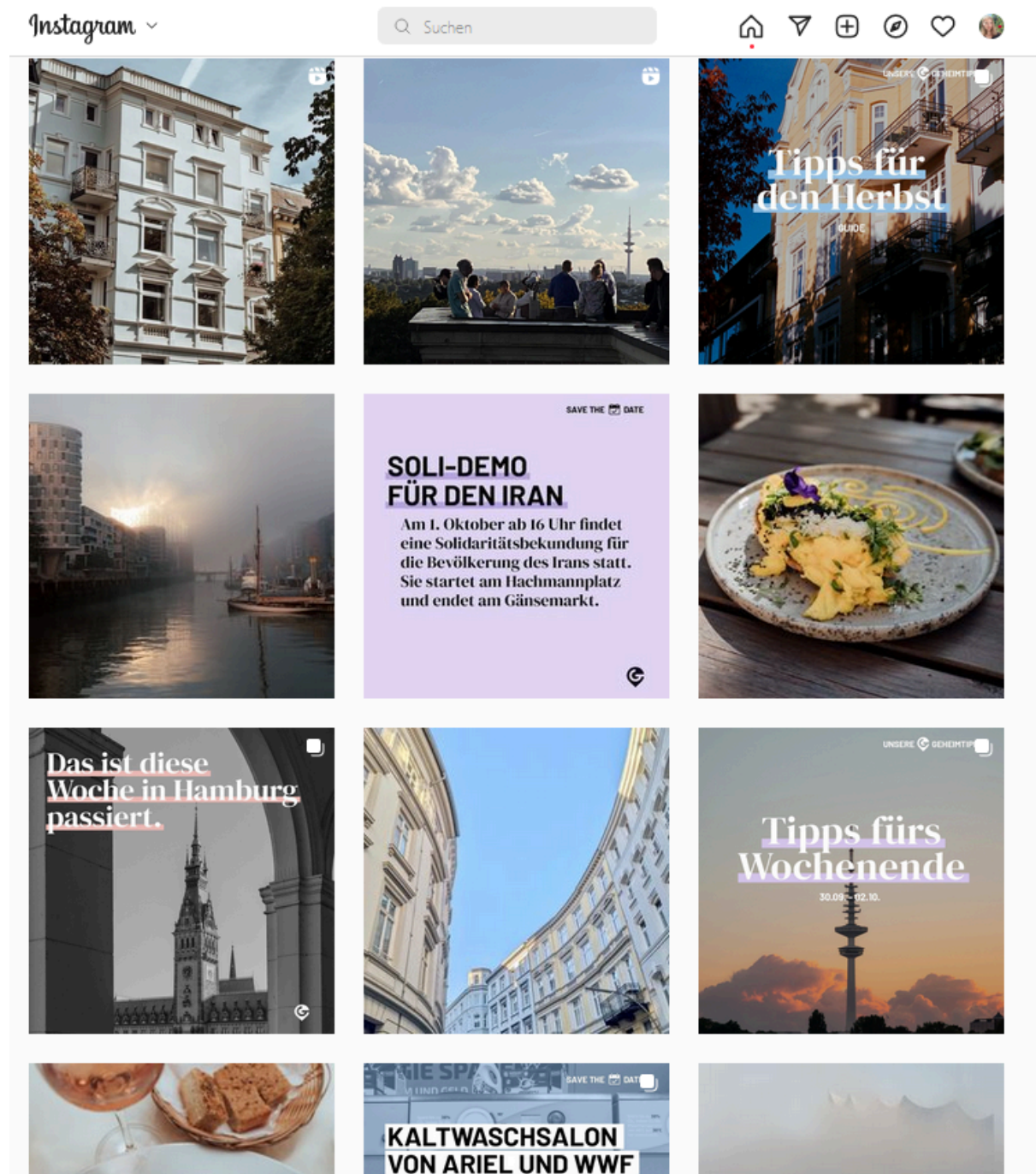
There's a format for the content → tips always in same font, but variation by different picture and different color underline
coherent colour scheme: pastel colours, also reflected in the photographs
Alternate between pictures and text
When there's text on the picture, not more than 3 of 4 elements

Could COFFEE keep you slim?

LIZZY DENING TELLS US HOW DRINKING ONE COFFEE EVERY DAY COULD BE ONE OF THE SIMPLEST WAYS TO HELP SHED UNWANTED WEIGHT. IT'S TIME TO PUT THE KETTLE ON!

Coffee has always had a mixed reaction when it comes to headlines. For every positive study, there's always been a negative alternative, leaving conflicting messages about our morning brew. However, the latest news is that regularly drinking coffee could help you lose weight.

Burning the right fat
Your body contains two types of fat: white and brown. White fat is the stuff people want to shift if they need or want to lose weight, as it can be detrimental to health in excess.

Adipose tissue, aka brown fat, on the other hand is good as it helps keep your body insulated. It takes an enormous amount of energy to burn brown fat to stay warm. Interestingly, many slim people have a relatively high percentage of brown fat, whereas overweight people tend to have less of it.

Brown fat burns sugar and other fats to generate heat and is normally only activated when your body is cold. However, a new study from the School of Medicine at Nottingham University, has looked at the effect of coffee drinking on brown fat in humans, with very interesting results. The team used thermal imaging to look at brown fat reserves before and after people drank a cup of coffee. They were able to see whether the fat – located in this case around the neck – was activated and got hotter as a result of coffee consumption.

"Our study showed that a cup of coffee stimulates the activity of brown fat," says Professor Michael Symonds, who co-directed the research. "This has the potential to help increase your weight loss, as brown fat contains a special protein called Uncoupling protein 1. When activated, it is the reason brown fat can rapidly produce so much heat – approximately 300 times per gram compared with any other tissue."

All of that adds up to a hefty calorie burn and may well help weight loss. But that's not all – activating brown fat also helps to control the level of sugar and fat in your blood.

The coffee you drink needn't be a fancy blend, either. So far the research has only been conducted using a cheap and cheerful brand. "One cup per day should work," says Professor Symonds, "but we've not yet looked at whether adding milk modifies the response or not."

So, until more is known, keep it black if you can!

> ACTIVATING BROWN FAT ALSO HELPS TO CONTROL THE LEVEL OF SUGAR AND FAT IN YOUR BLOOD

Weight loss for all?
It sounds too good to be true and, as often happens with new studies, there are potential pitfalls: one is that so far the brown fat only seems to be activated for a short period by the coffee. Secondly, researchers haven't yet demonstrated a long-term adaptation for weight loss – although they haven't ruled it out either. Thirdly, how much brown fat you have in the first place is a factor. "We all have brown fat, although there is less in people who are overweight or obese. In fact, reduced brown fat function is likely to contribute to excess weight gain, and whether the amount can be increased or its activity enhanced remains to be established," says Professor Symonds. However, for a stand-alone study, it is exciting.

Next, the team will be examining whether caffeine supplements have the same effect as the drink.

"The potential implications of our results are pretty big, as obesity is a major health concern and we also have a growing diabetes epidemic. Activating brown fat could potentially be part of the solution in tackling both," he says.

See below for a few more reasons you might want to brew some coffee this month for you and your loved ones.

WHY LOVE COFFEE?
The love of coffee is strong in New Zealand, with almost a quarter of us drinking four or more cups every day. If you're a coffee drinker, you might already be benefiting from these positive effects of the caffeinated drink!

Live longer! Having 3-4 cups of coffee per day might extend your life expectancy. Research suggests that most of us could get some serious overall health benefits from coffee, except for pregnant women and those at risk of fractures.

Alert at first sight. Did you know that looking at something that reminds you of coffee can help your mind become more alert? It sounds ridiculous, but it's been proven by a University of Toronto study. Try putting up pictures of coffee in your study to stay focused.

Boost your brain. Two compounds found in coffee may team up to fight Parkinson's.

Rutgers University scientists found that the combination of caffeine and a substance in the coating of coffee beans might protect against brain degeneration. A previous study also suggested coffee can reduce the chances of both Parkinson's and Alzheimer's.

Protect your fella. Men in particular could benefit from adding coffee to their day, as a recent study identified compounds in the drink that may inhibit prostate cancer. Admittedly it's early days, as the study from the European Association of Urology hasn't yet been carried out on humans, but it is an exciting discovery.
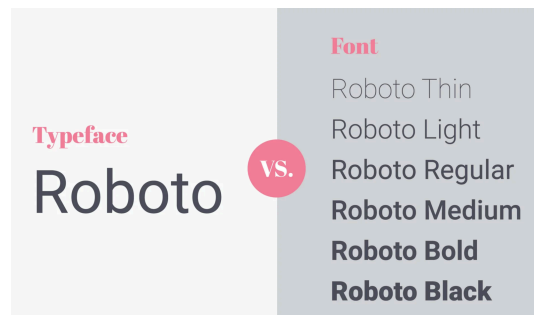
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picture goes along the whole spread+
On the right side: tabs with different categories
Box with additional information that's related to the subject = text box?

Credit placement
Difference typeface and a font: here : 2 families

Typeface
Roboto

VS.

Font
Roboto Thin
Roboto Light
Roboto Regular
Roboto Medium
Roboto Bold
Roboto Black

Wrapping text around picture → "text wrap' in InDesign

Background is a colour.
Text box has a different colour → to show it isn't the main story/ facts

Smartphonegebruiker?
LET OP MET WAT JE DEELT!

Wanneer je een smartphone gebruikt, laat je heel wat persoonsgegevens achter. Hoe belangrijk is het om die gegevens te beveiligen en je privacy te beschermen? We vroegen het aan beveiligingsexpert Herman Maes van dailybits.be.

APPS: DENK TWEE KEER NA

BESCHERM JE PERSOONLIJKE INFO

OOK IN EUROPA

SAMSUNG GALAXY: EEN VEILIGE KEUZE

Jacques Borlée
Weer een medaille

Jean-Marc Nollet
Sans-papiers aan het werk

Gérald Ledent
Zwemmen in Brussel

Inflatie en oorlog als excuus

Door HAN RENARD

'Zelf vindt Ecolo dat het de kernuitstap heeft binnengehaald.'

27 JULI 2023

Too much white space underneath picture + red quote
indicate a paragraph by starting the next sentence a bit further from column