



Hello, and welcome to the first edition of Healthy Living news! Here, we aim to provide you with ideas to live a healthy lifestyle, suggest local activities, and create delicious meals.

It has been a difficult and challenging time for everyone recently. Unable to go outside and enjoy the usual activities, such as walking or exploring the local area. Since new lockdown, restrictions have been announced we thought it might be helpful to clarify what we must do to stay safe.

Advice to keep safe

- Stay home as much as possible
- Wash hands frequently
- Wear a face mask or covering when out and about.
- Keep 2 meters apart from anyone not in your household.
- Get tested if you develop symptoms of COVID 19.



COVID-19 Coronavirus

We hope these restrictions will not be in place any longer than necessary, and then we can begin to explore what Leicester has to offer in order to live a healthy and active lifestyle!

Online exercise sessions



Check out 'The Engine Room Fitness Centre' on Facebook for live videos, zoom meeting workouts, or recorded videos that you can do at any time! From low impact to pump, there is something for all abilities.

TIMETABLE

Mon 10am Pump
Tues 10am SH1FT
Weds 5pm Pump
6.45pm Yoga
Thurs 5pm SH1FT
5.30pm Pilates
Sat 9.30am Lift



Walking at Home

3-10 MIN · EXERCISE

Try this as a slow motion walk, in a straight line, going forward for 10-20 paces and then turning around to walk back to your starting point, runway-style. This meditation-in-motion—to be done at home or any comfortable space—can help you find inner focus with attention on the deliberate movement of each step.



Search BT FITNESS on Facebook for online classes, fitness workouts, live, and pre-recorded videos. A great alternative to outdoor exercise in the extended lockdown!

Exercise could reduce stress and promote feelings of calmness!

Curried chicken & new potato traybake (Serves 4)

Each fortnight we will share a delicious, healthy, and budget friendly recipe for you to try at home.



Ingredients

8 chicken drumsticks
3 tbsp olive oil
1 tsp garlic paste/garlic granules
1 tsp ginger paste/dried ginger
1 tsp garam masala
1 tsp turmeric
150ml pot of natural yogurt
500g new potatoes, halved
4 large tomatoes, roughly chopped
1 red onion, finely chopped
Small pack coriander, roughly chopped



Method

1. Put the drumsticks in a large bowl with 1 tbsp oil, the garlic, ginger, garam masala, turmeric and 2 tbsp yogurt. Toss together with your hands until coated. Leave to marinate for at least 30 mins (can be left in the fridge overnight). Heat oven to 180C/160C fan/gas 4.
2. Put the potatoes in a large roasting tin with the remaining oil. Add the chicken drumsticks and bake for 40-45 mins until cooked and golden.
3. Scatter the tomatoes, onion, and coriander over the chicken and potatoes, with the remaining yogurt served on the side.

Top tips

1. Swap garam masala for mild curry powder if you prefer or add chillies for an extra kick!
2. Remove the skin from the chicken drumsticks before cooking, or swap to fat free natural yogurt to reduce the fat content and be extra healthy.

Keep in touch - we would love to hear your suggestions! If there is a certain activity you fancy trying, or learning how to cook a certain dish, please get in touch!

Email: info@nortonhousingandsupport.org.uk or find us on Facebook: @NortonHousingAndSupport

