

**Healthy Living News**

*Health, Wellness, Recipes, and support!*

**Hello Everyone! Welcome to the 4th edition of Healthy Living News. This week we aim to share with you some outdoor activities, to help get active and feel the benefits of getting out in the fresh air! As well as suggesting a delicious, quick and easy lunch idea of spicy chicken and bean wraps, with wedges. Yum!**



**JOIN IN**

Saturday 29th August. 11.45AM-4.00PM Victoria Park, Leicester.

This Saturday they are hosting a ‘Breakfast and Coffee morning’ on Victoria park, with fun, games and a swing ball competition! Why not book your place to join in for a yummy breakfast, meet Tony and the team, and take part in some fun games?



In the last edition we introduced you to Leicester Outdoor Fitness, a group that organises outdoor fitness sessions, which aims to be fun and sociable too.

We hope you have considered joining in with some of these classes.

We would love to help organise this for you, so please get in touch by calling Norton Housing and Support, and Claire, our Healthy Living Coordinator would be more than happy to arrange a space for you!



**GO WALKING**

We know with busy schedules, it isn’t always easy to go for long walks, especially with the current pandemic, even leaving the house can be a challenge! But a quick 20 minute walk has so many benefits! It helps boost your metabolism, increase energy levels and clears your mind. So how about trying to fit in a short 20 minute walk into your daily routine? This can be…

● Around the block

● To the local shop for essentials (remember your mask!)

● A socially distanced walk with a friend

Here are five great reasons to go for a short walk and feel the benefits of the fresh air!

* It lowers your blood pressure and heart rate.
* It is great for digestion.
* It helps to clear your lungs.
* It can help to fight feelings of depression and low mood.
* Just a few minutes in the sun each day gives a dose of vitamin D, helping to keep teeth and muscles healthy!
* Fresh air can boost the immune system, helping to fight off infections.

**Let’s talk Lunch!!**

Spicy chicken and bean wrap & easy homemade wedges!

Wraps are such an easy and versatile lunch idea or could be served with homemade wedges and salad for an easy evening meal.



SPICY CHICKEN & BEAN WRAP

Ingredients

* 1 tortilla wrap
* 1 handful leftover chicken, shredded (approx. one small breast)
* 4 tbsp drained black beans or kidney beans
* 4 slices pickled jalapeño pepper (or a good splash Tabasco)
* 3 cherry tomatoes, halved
* handful of rocket, spinach or lettuce leaves
* 2 tbsp spicy salsa from a jar.



Method for wrap

1. Warm the tortilla in the microwave for 10 secs, this will soften it and makes it easier to roll.

2. Place the chicken and beans along the middle, then spoon over the salsa and scatter with peppers or Tabasco.

3. Lay the tomatoes and leaves on top. Bring the bottom of the tortilla up over the filling.

4. Fold the sides in, then roll into a tight wrap.

HOMEMADE WEDGES

Ingredients (serves four)

* 3 large baking potatoes
* 1tbsp olive oil
* Pinch of salt.

Method

1. Heat the oven to 200C/180C fan/gas 6.

2. Bring a large pan of water to the boil.

3. Rinse, and cut the potatoes into chunky wedges, no need to peel! Then boil in the water for 7 mins. Drain and leave to dry in the pan for 5 mins.

4. Spread the wedges out on a large baking tray. Toss with the oil and 1 tsp salt and spread out into a single layer.

5. Roast for 30 mins, turning halfway until golden and crisp. Enjoy!

**Serve with remaining salsa dip for an extra kick!**



**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***

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