

Healthy Living Focus

The Power of Exercise



Hello and welcome to Healthy Living Focus. This edition we are taking a look at 'The Power of Exercise'. February is National Heart Month, and what better way to take care of your heart than by getting active, trying a new activity, or committing to regular exercise! We will look at how physical activity can improve health, ways to get active, and see just why the power of exercise is so beneficial to our physical and mental wellbeing!

Staying Active

Physical activity can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great.

How does physical activity improve health?

- Helps blood pressure stay at a healthy level.
- Reduces high cholesterol.
- Exercise can gradually help to lower blood sugar levels.
- Exercise burns calories! This can help to lose weight or maintain a healthy weight!

Get active and enjoy these benefits



Have more energy



Feel more relaxed



Achieve a healthier body weight



Sleep better



Have better concentration and memory



Feel more confident

You can reduce your risk of heart and circulatory diseases by

35%



Exercise can also help to boost mood, self-esteem, and melt away stress!

Many health problems can be improved by exercise. Even simple activities such as walking each day, climbing the stairs more often, and sitting less all add up!

Set yourself a goal

How about going for a walk each day?

Start small and aim high!

Start by doing 10 minutes of exercise each day, building up to 30 minutes a day to really benefit from the power of exercise!

Try writing a list of everything you do in a day, and see where you can fit in a 10, 20 or 30 minute burst of exercise.

Can you try one of these ideas?



Walking



Gardening



Housework like vacuuming



Taking the stairs instead of the lift



Swimming



Cycling



Expert Advice

Visit <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/8-ways-to-get-active-every-day> to find out why exercise is so beneficial for heart health and tips to get active every day!

Many downloadable leaflets available online too!

Recipe of the Week!

Chicken and Couscous One-Pot

Ingredients

- 8 skin on chicken thighs
- 2 tsp turmeric
- 1 tbsp garam masala (or mild curry powder)
- 2 tbsp sunflower oil
- 2 onions, finely sliced
- 3 garlic cloves, sliced
- 500ml chicken stock (from a cube is fine)
- large handful green olives (stones removed)
- zest and juice 1 lemon
- 250g couscous
- small bunch flat-leaf parsley, chopped



Healthy Tip: Remove the chicken skin before eating, or use chicken breasts instead for a lower calorie meal.

Method

- Toss the chicken thighs in half the spices until completely coated.
- Heat 1 tbsp oil in a large pan with a lid. Cook chicken, skin-side down, for 10 mins until golden brown, turn over, then cook for 2 mins before removing from the pan onto a side plate.
- Add a splash of oil into the pan, then fry the onions and garlic until golden. Stir in the rest of the spices, then cook for 1 min longer. Pour over the chicken stock and scatter in the olives.
- Bring everything to the boil, turn down the heat, then sit the chicken, skinside up, in the stock.
- Cover the pan with a lid, then simmer gently for 35-40 mins until the chicken is tender.
- Put the kettle on, then lift the chicken onto a plate and keep warm.
- Take the pan off the heat. Stir the lemon juice and couscous into the onions in the pan and top up with enough boiling water just to cover the couscous. Place the lid back on the pan, then leave to stand for 5 mins until the couscous is cooked through.
- Fluff through half the parsley and the lemon zest, then sit the chicken on top. Scatter with the rest of the parsley and zest before serving.

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

healthyliving@nortonhousingandsupport.org.uk

