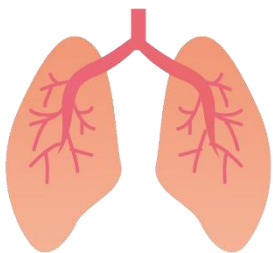


Healthy Living Focus Breathe Easy!

Hello and welcome to this week's healthy living focus! in this edition, we are looking at lung health, and how being active can keep our lungs working at their best. we will take a look at aerobic activity, managing breathlessness during exercise, and share a simple breathing technique to feel in control of our lungs.



By becoming more active, your body can use oxygen better
This helps to

- ✓ Complete day to day tasks without getting out of breathe
- ✓ Feel better in mind and body!

Aerobic activity

Aerobic exercise gets your heart and lungs working!

you should feel a bit warm and sweaty. As you get fitter, you will be able to be active for longer.

Many everyday activities are actually aerobic exercise, such as

- o walking briskly
- o dancing
- o housework
- o gardening

Anxious about exercise?

For people with a lung condition, feeling breathless can be cause for anxiety. The key is to stay calm and find ways to manage your breathing, why try this technique before starting any exercise session?

1. Sit comfortably on a chair.
2. Place one hand on your chest, the other on your stomach.
3. Breath in through the nose, out through the mouth and imagine all the tension leaving your body.
4. Try to use as little en energy as possible, making each breath slow and relaxed, feeling fully in control of your breathing.



Healthy Living Goal

Aim to complete an aerobic activity 3 times during the week.
Remembering to warm up and cool down afterwards!

Feeling breathless during exercise

It is normal to feel somewhat breathless during exercise, this means your muscles are working hard!

If you can say out loud '*this activity is great!*' with one or two pauses, this means you are working at a moderate intensity. This is your aim!

If you cannot speak, pause for breath and slow down gradually.

Warm up and Cool Down

Warming up before exercise, and cooling down afterwards helps oxygen reach your muscles, and helps vital organs such as your lungs to recover.

RECIPE OF THE WEEK

Healthy Coleslaw



Ingredients

- ½ small white cabbage (300g total weight)
- 2 carrots , coarsely grated (175g total weight)
- 6 spring onions , trimmed and chopped
- 2 tsp rapeseed oil (or olive oil)
- 2 tsp white wine vinegar
- 2 tsp wholegrain mustard
- 2 tbsp natural yogurt
- 2 tbsp half-fat crème fraîche
- 2 tbsp orange juice

Method

1. Cut out and discard the hard core from the cabbage then finely shred it. Mix in a bowl with the carrots and spring onions. Season with pepper.
2. Mix together the oil, vinegar and mustard in a bowl. Stir in the yogurt, crème fraîche and orange juice. Set aside.
3. When ready to serve, pour the dressing over the veggies, and toss together. Let it sit for 10-15 mins to blend the flavours.

Healthy Living Tips

- This side dish would be a perfect addition to a meal of chicken breast and new potatoes, or served along side a tasty summer picnic!

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

