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Healthy Living Focus

Arthritis and joint pain!



Tips to exercise with painful joints

* Try a low impact sport such as walking, yoga or tai chi.
* Try swimming; water on painful joints can be soothing.
* Move gently giving your joints time to warm up.
* Trust your instincts and go at a pace that you are comfortable with. Slow down if you feel pain or redness and swelling.

Tips to manage arthritis pain

Regular exercise: This can reduce pain and stiffness, improve posture, and reduce stress.

Eat a healthy diet: Stick to low-fat, low-calorie foods and plan your meals and snacks to be sure you're getting lots of fruits and vegetables.

Keep track of your weight: extra weight causes more strain on joints. Aim to be a healthy weight.

Avoid alcohol: alcohol may be a quick fix to deal with pain but this will cause problems longer term, and contribute to weight gain.

Eat plenty of vitamin C: studies have shown vitamin C can help improve imflamation in the body.

Healthy living goal

Get a daily boost of vitamin C by enjoying an orange as a mid morning snack!

Did you know?

The knee Is the most likely place to experience joint pain.

how to ease pain and swelling

* avoid standing for long periods of time
* use an Ice pack such as a bag of frozen peas wrapped In a tea towel, for 20 minutes, every 2-3 hours, or after exercise.
* see a GP If the pain doesn’t Improve after a couple of weeks.

What is arthritis?

Arthritis is a common condition that causes pain and inflammation in a joint. In the UK more than 10 million people have arthrisis or other painful joint conditions.

Hello and welcome to this week’s healthy living focus! In this edition we are looking at arthritis and joint pain. We will discuss the best ways to exercise with painful joints, and share tips to manage joint pain, as well as finding ways to make changes to our diet; which can help with Inflamation. We hope you also enjoy this weeks tasty recipe!

Vitamin C rich food

* oranges and orange juice
* peppers
* strawberries
* blackcurrants
* broccoli

brussels sprouts

potatoes

* Visit [**https://www.arthritisaction.org.uk/living-with-arthritis/self-management/diet-and-arthritis/**](https://www.arthritisaction.org.uk/living-with-arthritis/self-management/diet-and-arthritis/) for further tips on managing a healthy diet when living with arthritis.



150g basmati rice

1 tsp of each:

ground turmeric, ground cumin, ground coriander, mild chilli powder, ground ginger

3 tsp ground/lazy garlic,

200g block paneer, cubed

2 tsp vegetable oil

1 onion, chopped

1 tin chopped tomatoes

large handful of spinach

100g frozen peas

a squeeze of lemon juice

1. Mix together the spices on a plate, then roll in the paneer, ensuring every cube is well coated.
2. Heat the oil in a deep non-stick frying pan and fry the paneer and onions for 4-5 minutes, Scoop out onto a plate.
3. Add the garlic and ginger into the pan with any remaining spices from the plate. add the tomatoes in to the pan. Simmer gently for 2-3 minutes.
4. Put the rice into a pan with enough water to cover, and bring to the boil. Simmer gently for 10 minutes. Remove from the heat, drain excess water, then fluff up with a fork ready to serve.
5. Add the paneer back in to the pan, along with the spinach, frozen peas and 250ml of water.
6. Cook for 5 minutes until the peas have cooked through and spinach has wilted, finally, add the lemon juice and serve with the rice.

Method

Ingredients

* This, add any herbs or spices Healthy Living Tips
* Don’t be put off by the long list of Ingredients, most of these are cupboard stables and spices that mix into the pan requiring little effort!
* How about cooking off some lean bacon medallions and adding to the dish?

Paneer and Tomato Curry

Healthy Liv

ing Top Tips:

**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](mailto:healthyliving@nortonhousingandsupport.org.uk)

**Recipe Of The Week**