

# Healthy Living Focus

## Winter Wellness:

### Part 2



Hello and welcome to this week's healthy living focus, in this edition we are taking a look at winter wellness: part 2. In this edition we will look at the importance of being active in winter, find out ways to embrace the cold weather, and share some top tips on staying safe in the darker months.

#### Move as much as you can!

It can be hard to find motivation when it's cold outside, but exercise is a great way to fight off winter blues.

Aim to do 30 minutes of exercise 5 times a week.

Try to find something you enjoy, such as walking, yoga, or dancing and keep it up through the winter months!

**Just Dress Up: Don't feel like exercising today? Put on those exercise clothes anyway. Chances are good that once you're dressed, you're also motivated and ready to go!**



#### Embrace the cold weather!

Try to see winter as something to be enjoyed!

Take advantage of things you can only do for a few months each year such as building a snowman, or walking on crunchy leaves!

Give your body all it needs to fuel the winter workouts:

- Have at least one hot meal a day.
- Drink plenty of warming drinks, such as, chamomile tea.

#### Have you considered meditation?

Meditation can fire up the bodies natural relaxation response.

Research shows it may help to:

- ✓ lower blood pressure
- ✓ boost immunity
- ✓ reduce PMS symptoms
- ✓ promote a positive mood

#### Exercising after dark

To stay stay safe and prevent injuries follow our top tips:

- ✓ Be aware of your surroundings
- ✓ wear bright clothing
- ✓ exercise in a well-lit and familiar area
- ✓ avoid wearing headphones

#### Healthy Living Goal

Plan what exercises you would like to try over the next few months, and how you can make them happen!



- ✓ Visit <https://onbetterliving.com/winter-wellness-tips/> for top tips on all things well being in winter.

# RECIPE OF THE WEEK

## Oaty Apple Crumble



### Ingredients

#### For the filling:

7 Braeburn apples, chopped  
4 tsp granulated sweetener  
1tsp cinnamon  
100g blackberries  
50ml water

#### For the crumble:

60g porridge oats  
120g plain wholemeal flour  
40g muscovado brown sugar  
2tsp granulated sweetener  
1tsp cinnamon  
75g low fat spread

### Method

1. Preheat the oven to 200°C/180°C fan.
2. Peel the apples and chop them into 2cm chunks. Place in a sausan, and sprinkle on 4 teaspoons of sweetener and 1 teaspoon of cinnamon, then cover and stew in 50ml water on a medium heat until the apples soften.
3. Check and stir every few minutes. Once softened, leave to cool.
4. Whilst the apples are being stewed, prepare the crumble. mix the porridge oats and plain flour together in a bowl. Add the sweetener, cinnamon and brown sugar, then mix thoroughly.
5. Using your fingertips, add the spread and rub into the flour and oat mixture until it resembles breadcrumbs.
6. Pour the stewed apples into an ovenproof dish, stir in the blackberries and sprinkle the crumble topping over it, then bake for 25 minutes until golden on top.

### Healthy Living Tips

- Serve on it's own for an occasional healthy pudding, or enjoy with a low fat custard.

**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

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