

# Healthy Living Focus

## Healthy Lifestyle, Healthy Heart



Hello and welcome to this week's healthy living focus, in this edition we focusing on heart health. As February is National Heart Month what a better time to take a look ways to keep our heart fit and healthy. We will look at high cholesterol, share top tips for looking after your heart, as well as tips to eat less salt and exercise more, all of which help to make your heart healthier!

### What is high cholesterol?

High cholesterol is when there is too much of a fatty substance called cholesterol in the blood. It can be caused by

- eating fatty food
- not exercising enough
- being overweight
  - smoking
- drinking alcohol
- run in families

Too much cholesterol causes heart problems, but we can tackle this by making healthy lifestyle changes such as eating healthily and exercising more!

75% of the salt we eat is in everyday products such as bread and ready meals!

### Tips To Eat Less Salt

- Opt for reduced salt baked beans and sauces (ketchup / BBQ sauce).
- Choose fresh snacks rather than prepacked.
- Avoid adding salt when cooking.
- Check food labels for the salt content.

### Top tips for looking after your heart

**Give up smoking**- if you're a smoker this is the best thing you can do for your heart!

**Get active**- Aim for 30 minutes of activity 5 times a week.

**Look after your weight**- maintaining a healthy weight is key to having a healthy heart.

**Eat plenty of fibre**- choose wholemeal bread, cereals and pasta instead of white.

**Cut the fat**- opt for home cooked meals instead of fatty takeaways or ready meals.



### Healthy Living Goal

Aim to cut down on salt by cooking a delicious home cooked meal, how about our recipe of the week?

### Exercise More!

- ✓ Set small realistic goals
- ✓ Fit it in where you can, such as getting off the bus two stops early
- ✓ Make it fun, maybe walk with a friend or join a fitness class such as dance or yoga.
- ✓ Not only is being active good for your heart, it is a proven mood booster too!



- ✓ Visit <https://www.nhs.uk/live-well/healthy-body/> for further tips and advice on heart health.

# RECIPE OF THE WEEK

## Chinese Sea Bass with Pak Choi



### Ingredients

2 sea bass fillets

1 red chilli

1 tsp root ginger

300g pak choi

2 tsp olive oil

1 tsp sesame oil

2 garlic cloves

2 tsp soy sauce (low salt)

### Method

1. Preheat the oven to Gas Mark 6/200c/180c Fan.
2. Place the bass in the centre of a large piece of foil and sprinkle with the chilli, ginger and a pinch of salt.
3. Wrap the foil to form a parcel around the fish and place in the oven for 15 minutes.
4. While the fish is cooking, place the pak choi in a steamer for 10 minutes.
5. Heat the oils in a small frying pan, add the garlic and gently fry.
6. Serve the fish on top of the pak choi with the garlic oil and soy sauce sprinkled on top.

### Healthy Living Tips

- Enjoy this Chinese inspired dish, in the knowledge it is 'heart healthy' and perfect for a quick supper.
- Serve with ½ a pouch of microwave wholegrain rice for an extra filling meal.

**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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