



Health Matters

February - Heart Month



Physical activity can help reduce risks of heart disease. It can also help you control your weight, reduce blood pressure & cholesterol, and improve your Mental Health - helping you to look and feel great.
(BHF, 2016)

Below Are Nine Ways To Stay Active

1. Start small

Break your bursts of activity into 10 minute chunks to start with, and build up from there. Aim for at least 150 minutes of activity a week.

**start small
but start**

2. Be realistic about your goals

Set yourself realistic goals that are specific and achievable.



3. Make exercise part of your day

Plan a time to do some physical activity that fits in with the rest of your day.



4. Keep moving

Remember, everyday activities count, so look out for opportunities to be active during the day.



5. You don't have to go it alone

Involve friends and family, or join an exercise class.



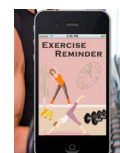
6. Make sure you get plenty of variety

Make a list of enjoyable activities, such as dancing and walking, and place them in a jar. Pick a different activity to do when you are ready to exercise.



7. Set reminders where you can see them

Prompt yourself to be more physically active by keeping reminders around the house.



8. Keep an eye on your progress

Consider investing in a pedometer to count the number of steps you walk each day. It's easy to use.



9. Reward yourself

Recognise when you achieve your goals. Think of things that you could reward yourself with, for example a new pair of shoes, or a massage.



Recipe of the Month - Broccoli & Garlic Noodles

Prep time: 2 minutes/ Cooking time: 10 minutes

Adapted from a Weightwatchers recipe

Ingredients

200g broccoli florets, 5 - 6cm/ 2 1/2 inches long
Minimal amount of oil
1 onion, thinly sliced
2 garlic cloves, thinly sliced
2 chillies, finely chopped
2 teaspoons ginger, peeled & crushed
1 tablespoon unsalted peanuts, crushed
2 tablespoons dark soy sauce
1/4 teaspoon black pepper, coarsely ground
1 teaspoon Demerara sugar
1 teaspoon sesame oil
200g/7oz noodles



Method

1. Wash the broccoli in cold water, then cook in boiling water for 2 minutes - drain well.
2. Heat the oil in a wok, or large heavy-based pan. Add the onions and stir-fry for 1 minute.
3. Add the garlic, chillies and broccoli, and sauté over a medium heat for 5 minutes.
4. Stir in the ginger & peanuts. Add the soy sauce, black pepper, sugar and sesame oil. Mix well.
5. Meanwhile, cook the noodles following the manufacturer's instructions.

Drain the noodles and quickly mix with the garlic and broccoli mixture. Serve immediately.