



eat well, move more



Newsletter August 2017

Welcome to the Summer Eat Well Move More (EWMM) newsletter. The Eat Well Move More Newsletter is jam packed with lots of exciting information, recipes, top tips and ideas for you and your family to enjoy.

What's new...

The healthy lifestyle school programmes will start in September 2017 at Cheswick Green Primary, Forest Oak School, St John the Baptist, Peterbrook Primary School and Widney Junior School. The pupils will be learning about healthy eating and taking part in fun activities including tasting different recipes, making healthy breakfasts, scavenger hunts and loads more!

Come and speak to the team at Chelmsley wood market on the 14th and 16th of August.

Join us on the 23rd August (12-3pm) for an activity sports day at Castle Bromwich youth and Community Centre hosted by the ENGAGE team.



For more info visit:

www.solihullactive.co.uk
or call 0121 704 8207

Public Health England Press Release

The number of children meeting the recommended amount of physical activity for healthy development and to maintain a healthy weight (60 minutes a day) drops by 40% as they move through primary school.

A new survey from Public Health England and Disney looking at the effects of physical activity on children's emotional wellbeing, found:

- being active made the majority of 5 to 11 year olds feel happier (79%), more confident (72%), and more sociable (74%), according to their parents
- nearly all children said they liked being active (93%)
- the main motivations for kids to be more active was having friends to join in (53%) and having more activities they liked to choose from (48%)
- children's overall happiness declines with age; 64% of 5 and 6 year olds said they always feel happy, compared to just 48% of 11 year olds
- 19% of children said they were less active due to a lack of sports or activities they enjoyed

Currently, just 23% of boys and 20% of girls meet the national recommended level of activity. Furthermore, 1 in 5 children start primary school overweight or obese, rising to more than a third by the time they leave.

For the full article click [here](#).

Change4Life 10 minute shake up

To help kids do more activity throughout the summer holidays, Change4Life has launched its national 10 Minute Shake Ups programme with Disney and schools across the country. Click [here](#) to see all of the fun Disney related games and activities.



Top tips from health trainer Joe: Physical Activity



There are many studies showing that physical activity improves health and wellbeing and with the information presented in the study by Public Health England it's more important than ever to get ourselves and our young people active.

Top tips

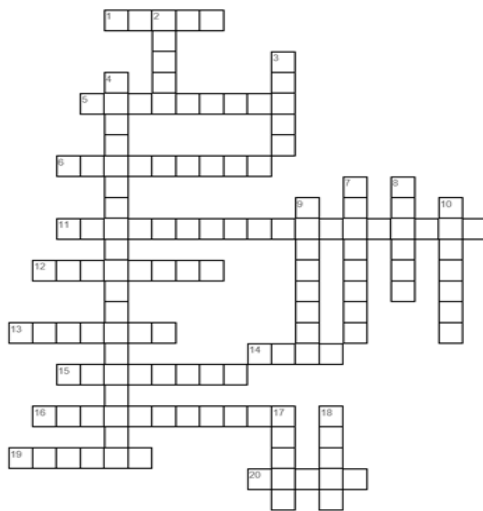
"Little and often" - It can be difficult to commit 60 solid minutes a day to activity, remember that children like most adults can sit for the majority of the day. Doing regular bursts of activity can reduce anxiety and improve mood as well as increase blood flow to the brain, joints and muscles. The longer we sit during the day the more lactic acid and waste builds up, we need movement to stimulate the lymphatic system to help remove these harmful toxins.

"Daily minimum" - Having a daily minimum standard of activity is a great way to incorporate exercise into a demanding schedule. Things like walking or cycling to work/school, 10,000 steps each day, active breaks away from desks or work stations, active family time, the [daily mile](#) is another great option for children.

"Play" - the best way for children (and adults) to exercise is to do something that they find engaging and fun. When the goal is to have fun rather than "exercise" motivation is higher and you may be doing more than you think.

Stuck for ideas? Check out Solihull active - [activity finder](#).

Food Knowledge Crossword



Across

- 1 You should eat this colour rice.
- 5 The most important meal of the day.
- 6 Bananas are known for having a lot of this.
- 11 The healthy fat found in peanut butter.
- 12 This is a healthy cooking oil because it is high in healthy fat.
- 13 The nutritional component important for muscle growth.
- 14 A healthy, low fat form of milk.
- 15 This type of fat lowers your good cholesterol and increases your bad cholesterol.
- 16 Most of your carbohydrates should be:
- 19 This dairy product should be eaten in small portions because of its above average fat content
- 20 Meat should be _____ instead of fried.

Down

- 2 This type of fat is found in fish and helps heart function.
- 3 One of the more overlooked nutritional components, this should be consumed daily in liquid form.
- 4 The food group you should be getting the most servings from.
- 7 Orange juice is very high in this vitamin
- 8 Having too much of this on your french fries can increase blood pressure.
- 9 This leafy green vegetable is high in fiber and vitamin C
- 10 An important component found in milk that helps bone growth.
- 17 This is the quickest type of carbohydrate to digest, and should be ate sparingly.
- 18 Vegetables and All Bran are full of _____, that may lower cholesterol and keeps you full for longer.

2 - Omega, 3 - Water, 4 - Fruits and vegetables, 5 - Breakfast, 6 - Potassium, 7 - Vitamin C, 8 - Sodium, 9 - Broccoli, 10 - Calcium, 11 - Fiber, 12 - Olive oil, 13 - Protein, 14 - Skim, 15 - Trans fat, 16 - Whole grains, 17 - Cheese, 18 - Baked Down
 Across
 1 - Brown, 5 - Breakfast, 6 - Potassium, 11 - Monounsaturated fat, 12 - Olive oil, 13 - Protein, 14 - Skim, 15 - Trans fat, 16 - Whole grains, 19 - Cheese, 20 - Baked

Crossword answers

Recipe... Pizza Calzone

Ingredients

- 1 red pepper, deseeded and thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 150g closed cup mushrooms
- 4 tomatoes chopped
- 3 tsp dried Italian missed herbs
- 4 wholewheat tortillas
- 80g reduced fat cheese
- 4 handfuls mixed salad leaves
- 1 carrot, grated
- 2 celery sticks
- 1 pinch ground pepper



Method

Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4-5 minutes, turning once.

Add the tomatoes and herbs, then season with black pepper.

Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top.. Cook over a medium heat for about 30-40 seconds until melted.

Add a quarter of the vegetable mixture to one side of the tortilla and fold in half. Cook for 10-20 seconds and serve.

For nutritional information click [here](#).

Smoothie Ice Lolly



Try this easy alternative as a snack on a hot summers day, it counts towards your 5 a day and is low in sugar. All you need is a few simple ingredients and ice lolly molds.

"Ice lolly" Ingredients

- Banana
- Mango
- 200ml orange juice
- Handful of ice cubes

"Ice cream" Ingredients

- 250g frozen summer berries
- 200ml milk/milk alternative
- Or
- 200g natural yogurt
- Handful of ice cubes

Instructions

- Blend ingredients thoroughly
- Pour evenly into ice lolly mold
- Freeze 30 minutes (once frozen store in freezer)
- Serve as healthy alternative



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