



eat well, move more



Newsletter May 2017

Welcome to the spring 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 Solihull Active Health Trainers have been busy working in schools and out and about in the local community. Spring Term schools that completed the EWMM programme are St. Andrews, Windy Arbor, Forest Oak, St John the Baptist, Peterbrook and Smiths Wood. Some of the feedback we received from the spring term schools:

"An excellent programme that should be made part of the curriculum and rolled out to all age groups."

"I now eat carrot sticks"

"I have no sugary cereal anymore"

"I am eating less sugary cereal and stopped eating salt"

The EWMM community programme has started at St Mary's Church Hall, Hobs Moat for children aged 7-11 years. Call 0121 704 8207 to find out more.



For more info visit:

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

5 a day



"Forget five a day, eat 10 portions of fruit and veg to cut risk of early death," The Guardian reports. A major review found people who regularly ate 800g of fruit and veg a day – 10 portions – had a significantly lower risk of chronic diseases, such as heart disease.

Seasonal fruit and vegetables are usually cheaper and better tasting, click [here](#) to use this table to find out what is in season. Don't forget frozen and tinned also count towards your 5 a day, just be aware fruit in syrup has lots of added sugar look for fruit in juice.

Top Tips from Health Trainer Joe: Hydration



Whatever your goal water intake is one of the most important things to consider, there is no better alternative and the benefits of proper hydration include aiding weight loss, increased energy, healthy skin and reduced stress!

Top 3 Tips

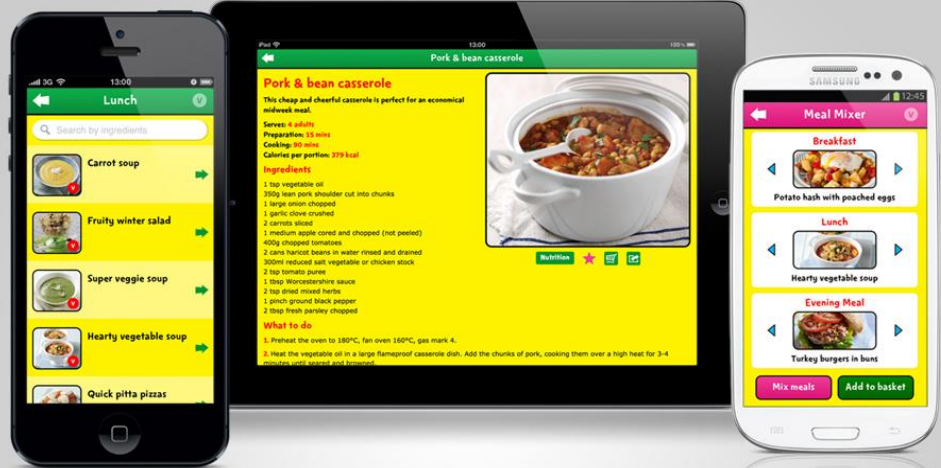
- Prioritize water – Try and drink water first thing in the morning and before each meal.
- "Eat your water" - eat vegetables and fruit with high water content such as celery, cucumber, grapefruit, strawberries, and watermelon. You will increase your water intake as well as increasing vitamins, minerals and fibre.
- Don't like the taste? Try making your own fruit and veg infused water! Use citrus fruits and combine with mint or ginger for a refreshing boost. You will save money and also reduce sugar from alternatives like flavored water, some of which have up to 30g of sugar per 500ml!

Find out more by visiting the British Nutrition Foundation website [here](#).





Download the improved Change 4 Life Smart recipes app [now](#). With 160 quick and tasty ideas to choose from, you're bound to find something the whole family will love.



Quiz – How healthy are you?

1. How much exercise do you do in a week?

- a) Less than 150 minutes a week
- b) Around 150 mins a week
- c) More than 150 mins a weeks

2. How many portions of fruit and veg do you have in a day?

- a) Less than five
- b) Five
- c) More than five

3. How many snack foods – such as chips, chocolate or cake – do you usually eat in a day?

- a) Three or more a day
- b) One to two a day
- c) None

4. How much time do you usually spend watching TV, playing computer games, sitting or using smart phones?

- a) More than two hours a day
- b) Between one and two hours a day
- c) No more than one hour a day

5. How often do you spend time doing active things with your family (like playing at home, walking the dog, cycling or swimming)?

- a) Never
- b) Once or twice a week or less
- c) More than twice a week

Check below to see your health score

Recipe... Traffic Light Omelette

Ingredients

- 2 tsp vegetable oil
- 1 red pepper
- 1 yellow pepper
- 6 spring onions
- 8 eggs
- 4 tbsp skimmed milk
- 1 pinch black pepper



Method

Heat 1 tsp vegetable oil in a non-stick frying pan. Add the peppers and spring onions and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.

Beat the eggs and milk together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.

Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.

Repeat with the remaining mixture to make four omelettes. Serve seasoned with black pepper.

This recipe is for 4 adults. If cooking for children use 1 egg per child and 2 per adult. For nutritional info visit [here](#).

Quiz Results: If you have answered mostly a's and b's click [here](#) for tips on how to improve your lifestyle

1. Adults should be doing a minimum of 150mins moderate activity each week, for children and young people aged 5-18 the target is 60mins each day.
2. Evidence shows there are significant health benefits to getting at least five 80g portions of a variety of fruit and vegetables every day. That's five portions of fruit and veg in total, not five portions of each.
3. These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often in smaller amounts.
4. Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. Tips to reduce sitting include; avoid long periods sat in front tv/computer, stand up and move during advert breaks, stand or walk while on the phone, use the stairs as much as possible.
5. Spending more time being active with friends and family is an easy way to increase weekly activity and also have a lot of fun. If you are looking for ideas click [here](#) and search for activities.

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