

Words of Wellness



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LET'S GET MOVING!

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What is Let's Get Moving? It's a free website. <http://letsgetmoving.org.uk/>

"Let's Get Moving is an exciting health and well-being service that helps you to lead a healthy, more active lifestyle. It is completely free to take part and the support you receive will be completely tailored to your needs."

Get going every day

Many of us aren't too keen on the idea of exercise. It might be that we're too busy or we simply can't face the thought of it. But most people are not getting the amount of activity they need to stay healthy. And sitting down for hours – maybe at work, watching TV or playing computer games - can also increase the risk of poor health.

Building activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing your stress levels and lifting your mood if you're feeling down.

That means:

- Adults need to be active for at least 150 minutes each week
- Kids aged five to 16 need to be active for at least 60 minutes each day
- Kids under five need three hours of activity

Do it your way

Try a 15 minute walk!

Green fingers

You don't need to go to the gym to get active, why not swap the living room for the garden? Gardening is a great way of getting outdoors and being active – you could even have fun growing your own veggies too!

Don't worry, you don't have to do it all in one go! As long as you're getting your heart rate up for 10 minutes or more, it will count towards your 150 active minutes a week. Just 20 or 30 minutes a day will keep you on target.

- Go for it when you do the housework! Using the smallest attachment when you do the vacuuming and plenty of elbow grease when you clean the windows means you'll work up a sweat.
- Pet-tastic! Surprise the dog by taking it for a walk twice a day or a much longer walk than usual – you'll both benefit!
- Valet value: clean the car by hand yourself using a bucket and sponge, rather than taking it to the car wash. Good for you and your wallet and you could even get the kids to help!
- Get on two feet: try to walk or cycle if you can, instead of driving or taking public transport.

<http://www.nhs.uk/change4life/Pages/get-going-every-day.aspx>

Books:



Let's Get Moving Recipe! - German Chocolate Protein Bar – makes 12

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| 1 cup oats or oat flour | 1/2 cup soy or whey protein powder |
| 1/4 cup cocoa powder | 2/3 cup dates, pitted |
| 1/3 cup + 2 tbsps pecans | 1/2 cup + 3 tbsps shredded unsweetened coconut |
| 1 tsp vanilla | 6 tbsps brown rice syrup or maple syrup |
| 1/2 tsp salt | |

In a food processor grind up the oats until they are fine as flour. Add protein and cocoa powders, 1/3 cup of pecans, 1/2 cup of shredded coconut, and salt and combine well. Add dates, brown rice syrup, and vanilla. Mix until the dry ingredients are fully hydrated, scraping down the sides as needed. Dough should be tacky, but not too sticky. If the dough is too dry and won't come together add a little bit of water.

Once well combined, scrape dough onto a cookie sheet covered in wax paper or a silicone mat. Place another piece of wax paper on top and roll out to 1/2 inch thick, shaping into a square as you roll.

Place bars in the refrigerator and allow to harden before cutting into 12 equal pieces. Store in refrigerator for 5 days or up to a month in the freezer.