



WINTER WELLBEING

Welcome to our Winter newsletter

Winter can be tough on our mental health, especially as the days get shorter and colder.

Though the colder, darker evenings might make us want to stay inside and do less, getting outside and staying active can be a big help for our mental well-being. Adults should aim to be active every day, with about 20-30 minutes of exercise recommended to stay healthy. A brisk daily walk can boost your energy, lift your mood, and make everyday tasks easier.

In this issue, we are sharing our tips on how to 'Get Moving' and stay healthy throughout Winter.

The My Healthy Way Team



GET VACCINATED, GET WINTER STRONG

As we head into the colder months, remember that COVID-19 and flu can be especially dangerous for those at higher risk of severe illness. Flu and COVID-19 spread more easily in winter when we spend more time together indoors and can cause serious illness.

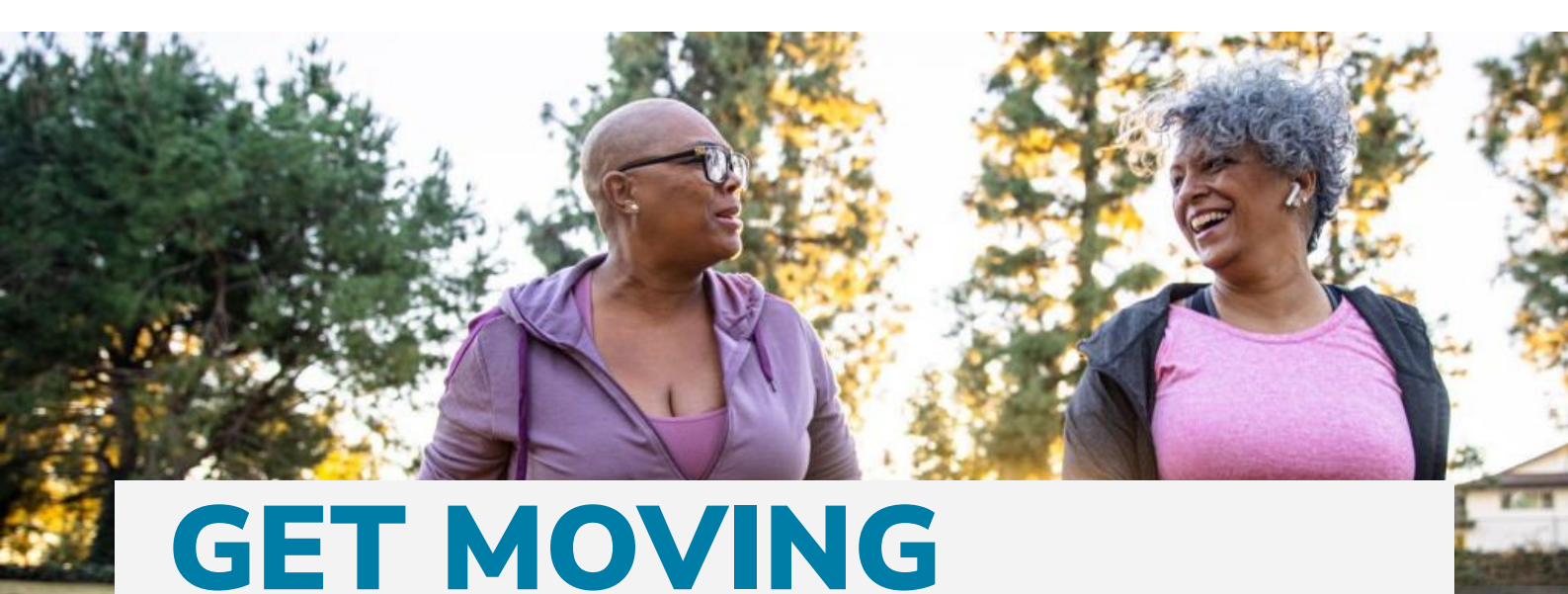
Respiratory viruses, such as flu, usually reach their peak over the festive and new year period. Nobody wants to miss out on the festive celebrations with their friends and family this winter and the vaccines provide the best possible protection.

It is important to top up your protection, even if you have had a vaccine or been ill with flu or COVID-19 before, as immunity fades over time and these viruses change each year.

All those eligible are urged to join the millions of others who have taken up their free vaccine offer to get winter strong – don't put it off, book your appointment today and arm yourself against the risk of severe illness.

You can check your eligibility and book online at <http://www.nhs.uk/wintervaccinations>

Are you willing to share your experience? The NHS are looking for case studies of people (or their children) who have been hospitalised by flu or COVID-19 to encourage others to take up the vaccine offer(s). These could be for use in the press or on social media. If you would like to find out more, get in touch at myhealthyway@parkwood-leisure.co.uk



GET MOVING

PREMIUM MEMBERSHIP

Is there a class that gets your heart pumping? Or do you love a bit of squash or badminton in the evening? Secure your spot! With a Premium Membership, you can book your favourite classes and activities 14 days in advance.

We know access to a GP can be challenging, so Premium Membership not only offers gym, swim and classes but also provides quick and easy access to a private GP through HealthHero and discounts on our nutrition courses!

Find out more about becoming a Premium member and visit our website today.

leisurecentre.com/premium

Are the colder months causing you more pain?

Find your local community Musculoskeletal Hub, offering personalised pay as you go Goodboost aqua rehabilitation programmes in a friendly environment

www.leisurecentre.com/MSK

Getting active in the outdoors with local WALX programmes. Search and find Walx activities off all types across the UK.

<https://walx.co.uk/find-walx/>

Get Moving this winter

Moving more is great for both your physical and mental wellbeing. It can give you more energy, help to make you feel happier and more connected to the places and spaces where you live. Get Moving with Sport England's top tips, advice and guidance on how to keep or get active.

<https://www.sportengland.org/get-moving>

A top-down photograph of a dark purple bowl filled with spiral-shaped pasta, topped with several halved cherry tomatoes in shades of orange and red, and fresh green basil leaves. The bowl sits on a dark, textured wooden surface. To the left of the bowl, a silver fork and knife are partially visible. To the right, more cherry tomatoes and basil leaves are scattered on the table.

EXPLORING THE BENEFITS OF RAINBOW EATING

From Registered Nutritionist, Jen McDiarmid.

In the world of nutrition, "eating the rainbow" isn't just a catchy phrase—it's a powerful concept that can transform your health and wellbeing. Rainbow eating involves consuming a diverse array of colourful fruits and vegetables, each offering a unique set of vitamins, minerals, antioxidants, and phytonutrients. Let's delve into the benefits of this vibrant approach to nutrition.

Nutrient Diversity: Each colour in fruits and vegetables corresponds to different nutrients. For example, orange and yellow foods like carrots and bell peppers are rich in vitamin C and beta-carotene, while leafy greens like spinach and kale are packed with vitamins A, K, and folate. By incorporating a variety of colours into your diet, you ensure that your body receives a broad spectrum of essential nutrients to support overall health.

Antioxidant Power: Many of the vibrant colours in fruits and vegetables come from antioxidants, compounds that help protect your cells from damage caused by free radicals. Antioxidants play a key role in reducing inflammation, supporting immune function, and preventing chronic diseases such as heart disease, cancer, and diabetes. By consuming a rainbow of antioxidant-rich foods, you can enhance your body's defence mechanisms and promote longevity.

Gut Health: The different colours of fruits and vegetables also represent a variety of fibre types, which are essential for digestive health. Fibre supports regularity, aids in weight management, and nourishes the beneficial bacteria in your gut. By including a rainbow of fibre-rich foods such as berries, legumes, and cruciferous vegetables, you can promote a healthy gut microbiome and reduce the risk of digestive issues.

Mood and Mental Health: The connection between nutrition and mental health is becoming increasingly recognized, and rainbow eating can play a role in supporting emotional wellbeing. Certain nutrients found in colourful foods, such as omega-3 fatty acids in fatty fish and folate in leafy greens, have been linked to improved mood and cognitive function. By nourishing your brain with a diverse array of nutrients, you can support mental clarity, focus, and overall mood stability.



Visual Appeal and Culinary

Creativity: In addition to their nutritional benefits, colourful fruits and vegetables add visual appeal to your meals and inspire culinary creativity. Experimenting with different combinations of colours, flavours, and textures can make healthy eating more enjoyable and satisfying. Whether you're whipping up a vibrant salad, blending a colourful smoothie, or roasting a medley of rainbow vegetables, embracing colourful foods can elevate your culinary experience.

Incorporating rainbow eating into your diet doesn't have to be complicated. Simply aim to include a variety of colourful fruits and vegetables in your meals and snacks each day. Whether you're munching on red strawberries, yellow peppers, green kiwis, or purple cabbage, every bite brings you one step closer to optimal health and vitality. So, embrace the rainbow and let your plate be a canvas for nourishing your body and delighting your senses.

Looking for something warming for those cold winter evenings? Try our hearty winter soup recipe! Serves 4.

You will need:

- 1 Parsnip, peeled and cut roughly into chunks
- 1 Carrot, peeled and cut roughly into chunks
- 1 Small butternut squash, deseeded, peeled and cut roughly into chunks
- 1/2 onion, peeled and diced
- 2 Celery stalks, roughly chopped
- 2 Cloves garlic, crushed
- 450 ml reduced salt vegetable stock
- Red wine vinegar to taste
- 10ml olive oil
- Mixed herbs
- Salt and pepper to taste

Method:

- Combine all of your vegetables in a large bowl with the olive oil, herbs and garlic.
- Pour your vegetable mix onto a baking tray and place into a preheated oven at 200 degrees.
- Once roasted (30-45 mins), pour them into a large pan, pour in the stock and bring to the boil.
- Reduce to a simmer for ten minutes.
- Puree the soup with a hand blender until smooth.
- Season with the red wine vinegar, salt and pepper - Enjoy!

The recipe can be altered to suit your personal tastes, root vegetables are in plentiful supply in winter so consider adding some turnip or swede if you like it.

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