



Radford Healthy Living 50+ Newsletter

JULY 2016

Our Health Awareness Project has been running for over 10 years. Our project enables our clients to access information, advice and physical activities in a safe and friendly environment.

Nottingham City Homes has given us a grant which enabled us to put on some yoga classes. They have also lent us a bowling and archery set. Participants also took part in walking golf and walking netball which was designed for older people.



Funded by  **Nottingham
City Homes**
Creating homes and places where people want to live

In Radford we have many places of interest where you can get fit and active for free.

RADFORD LIBRARY GARDEN

Many may not be aware but recently the space behind the library has been converted into a beautiful garden. There are spaces where local residents are entitled to grow their own flowers, vegetables or general plants. Benches have been installed with wonderful views over the flower beds and a nature arch has been created to encourage local wildlife. It's been established about two years now, and everyone is very welcome to come have a look.

RADFORD RECREATION GROUND

This is on the doorstep of Radford Visiting Scheme. It has recently been upgraded with facilities for picnic tables, a new play area, a walking trail, and a very popular outdoor gym. They also hold family events, such as Curry In The Park and other activities with the Park Rangers.

THE FOREST

This is well known as the place where Goose Fair is held. However, it is also a great green place with walking trails, outdoor gym and a place to take your grandchildren. It also has a new café HomeMade containing all sorts of wonderful culinary delights.



DID YOU KNOW?

The articles below may be of interest to you.

TAI CHI

Tai Chi may improve the health and well being of people with heart disease or high blood pressure. New research also suggests the exercise could help stroke victims recover. Doctor Yu Liu, of shanghai stated “Traditional Chinese exercises are a low risk, promising intervention that could be helpful.

OLD ARE TRAPPED

More than 2 million elderly people feel trapped in their homes. One in five over 70s are unable to go up and down the stairs and almost a third avoid using their kitchen. Pauline Houchin, surveyors Care UK said” This has a knock-on effect on health and wellbeing.”

Articles from New Day newspaper May 2016.

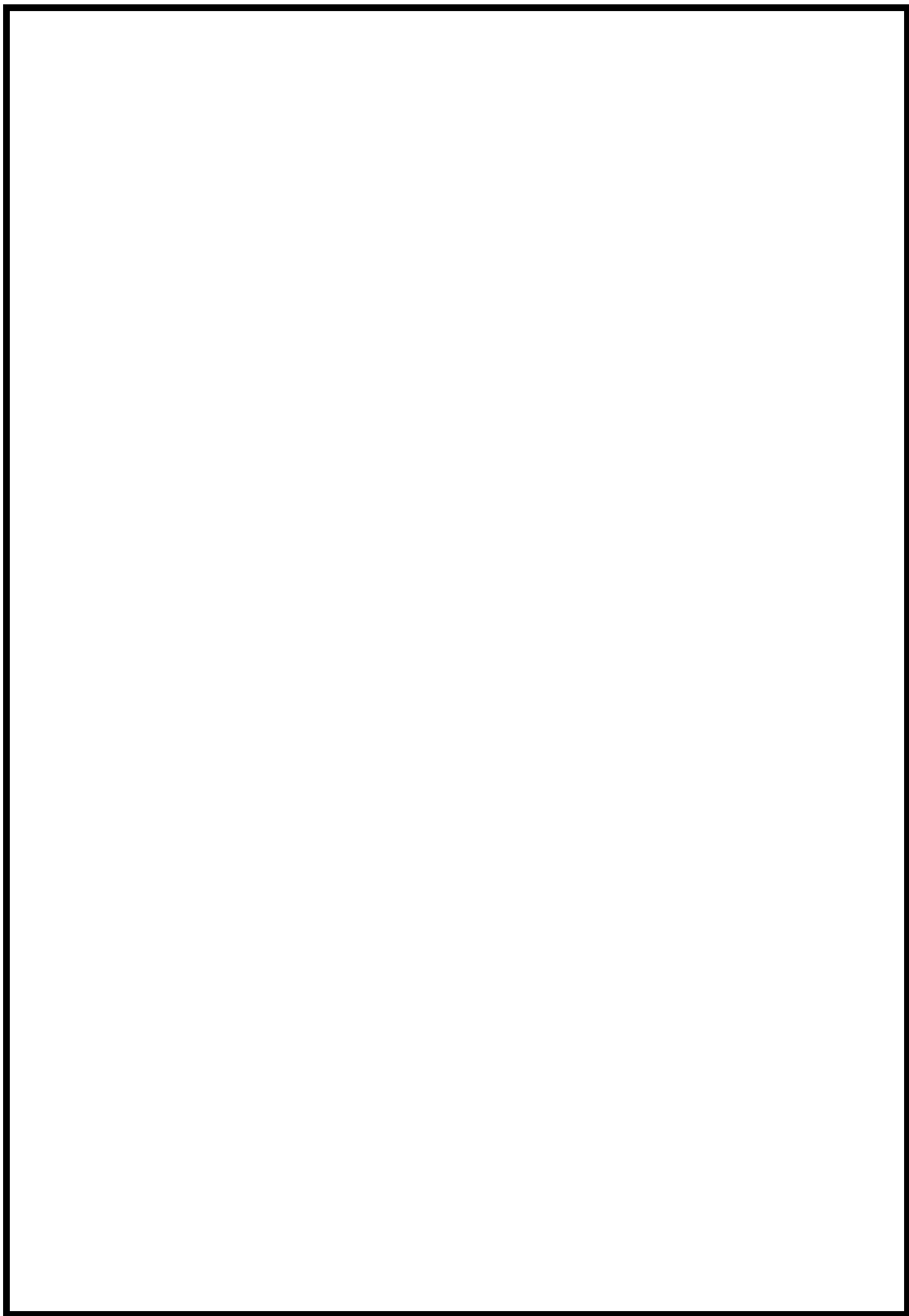
DANCE YOURSELF DIZZY



Dance has profound health benefits. Evidence shows activities like dancing can improve mobility and memory in the elderly, reduce the risk of heart problems, depression and lead to an improved quality of life.

Activity of movement helps improve muscle tone, joint mobility and heart health. Being active is one of the most important things anyone can do to improve their health and well-being.

Article from Evening Post December 2013.



- Walk



on anything heart-related call the BHF:

0845 70 80 70

Very common, heart attack symptoms

- Central chest pain
- Pain in your arms, neck or jaw
- Feeling sick or sweaty
- Feeling short of breath

The key to preventing coronary heart disease is to make sure your cholesterol level is low and your blood pressure remains normal.

You can do this by reducing your saturated fat intake, eating a healthy diet, getting some exercise, stopping smoking, limiting alcohol intake and reducing stress levels

Low heart you bet avoid h

Factors contributing to coronary heart disease

- smoking
- being overweight
- lack of exercise
- family history of heart disease
- high cholesterol
- high blood pressure
- diabetes

If heart disease runs in your family, it is vital to watch your weight and diet, and take regular exercise

1/3 of British women are overweight and 23% are obese.

Excess weight raises cholesterol levels, puts a strain on the heart which increases your risk of developing diabetes.

Losing just a few inches from the waistline can reduce your heart disease risk around the

good for your body and mind

Lower your cholesterol




Easy-to-cook Recipe...

Spicy Penne Pasta

Here is a healthy recipe for a healthy heart from The British Heart Foundation:

Spicy Penne Pasta – Serves 8

INGREDIENTS:

450g penne pasta	400ml/14fl oz liquidised tomatoes	
1 tablespoon olive oil	1 grated medium cooking apple	
1 teaspoon cumin seeds	2 teaspoons cumin coriander powder	
1 large chopped onion	½ teaspoon chilli powder	
2 teaspoons chopped garlic	½ teaspoon ground black pepper	
225g/8oz button mushrooms	½ teaspoon ground cinnamon	
100g/4oz canned/frozen sweetcorn		

2. Drain pasta well
3. Heat a large non-stick pan. Add the oil followed by the cumin seeds and onions and cook for 3 minutes
4. Add the garlic and mushrooms and continue to cook for a further few minutes
5. Add the remaining ingredients, bring to the boil and then reduce the heat and simmer for 5 minutes.
6. Stir in the pasta and serve hot!



NUTRITIONAL INFORMATION:

Per serving:

Energy	257kcal
Fat	3.5g
Saturated Fat	0.5g
Carbohydrate	51.5g
Total sugar	6g
Protein	9g
Fibre	3g

Funded by the Big Lottery Fund

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