

Dear Parents/Carers



Welcome to week 13 of our Wellbeing Wednesday updates. We hope you found Week 12 on mindfulness helpful.

This week's theme is Be Active with a focus on walking. Walking is a great way to stay active and healthy, as well as benefitting your mental health. It is something the whole family can engage in.

This week's update contains the following:

1. Walking for wellbeing
2. Week 13 Quiz
3. This week's 'Challenge'
4. A new recipe to try
5. Useful websites and resources

Walking

Walking has been described as the perfect exercise, Walking for Health <https://www.walkingforhealth.org.uk/> highlight the following benefits:

Healthy bodies:

The minimum recommendation from doctors to keep your body healthy and prevent illness such as heart disease, cancer and diabetes is 150 minutes of activity a week. So you could look at that as just 30 minutes a day, 5 days a week – and you can break that down into chunks of ten or fifteen minutes at a time if you like. You don't have to walk for a long time or at a brisk pace from day one. You can build up as you go. And it won't be long before you start to see the benefits.

Healthy bodies:

A good walk can do wonders for your mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

Preventing illness:

Being physically active significantly reduces the risk of several major health conditions by between 20% and 60%, including heart disease, stroke, type 2 diabetes, colon and breast cancer and Alzheimer's disease. It also helps you maintain a healthy weight, improves cholesterol levels, reduces blood pressure, builds healthy muscles and bones, improves balance and reduces the risk of falls.

Guide to good walking

1. Always have suitable, sturdy footwear and take water and snacks with you
2. The weather can change quickly, especially on uplands and by the coast, so always take warm layers and a waterproof
3. In the summer long hours in the sun can burn and cause sunstroke, so wear sun cream and a hat
4. Always take a map and a compass - and know how to use them! GPS and phone signal can't always be relied on in rural areas
5. If you're likely to be out in the late afternoon, take a torch in case it gets dark
6. Always follow the countryside code

Brisk walking

Regular brisk walking improves the performance of your heart, lungs and circulation. It can also lower your blood pressure. And it can reduce your risk of strokes, as well as the UK's biggest killer - heart disease.

A gentle pace

Even if you're not ready to walk at a brisk pace, you can take your time and build up slowly. Walking at any pace will help you to manage your weight, reduce the risk of developing type 2 diabetes and reduce the risk of some cancers (inactive people are more likely to develop colon, breast and lung cancer than those who exercise). Walking will improve the flexibility and strength of your joints, muscles and bones too - and it'll reduce the risk of osteoporosis.

Why not join a safe socially distanced walking scheme, always ring first to check what is available:



Medway Health Walks

We run daily health walks throughout Medway suitable for walkers of all abilities

More Information can be found at:

Website: www.medway.gov.uk/healthwalks

E-mail: walking@medway.gov.uk

Call: 01634 333720

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Medway
Serving You



*Approximately

Monthly Feature Walk

Duration: Average 90 minutes over 5miles*

Date: 2nd Saturday of the month

More information available at:

Website: www.medway.gov.uk/healthwalks

Other walks can be found here: <https://www.walkingforhealth.org.uk/walk/search/>

NHS

The NHS also has a very detailed section on how to benefit from walking. The link below provides detail of how to prepare before you start walking, what a brisk walk is and other health benefits. <https://www.nhs.uk/live-well/exercise/walking-for-health/>



This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update.

1. Which of the following is the odd one out: a) Sandals, b) Wellies, c) Gloves, d) Boots?
2. Who was the second man to set foot on the Moon?
3. True or false: A centipede has 100 legs?
4. What is the layer skin at the base of a fingernail or toenail known as?
5. What is the French word for cheese?
6. $6 \times 10 \times 2 = ?$
7. What is the name of the princess who features in the story of 'The Princess and the Frog'?
8. Which dried fruit do raisins come from?
9. Which era occurred last: a) Stone Age b) Iron Age c) Bronze Age?
10. Can you unscramble the adjective in the following sentence to make it read correctly: The girl was ppayh.

The answers to last week's quiz questions are below:

Quiz Week 12 answers:

1. Greenwich Mean Time
2. Microsoft
3. The name of the country
4. 25%
5. 366
6. Europe and Asia (Eurasia)
7. 20
8. Mercury
9. Will Smith
10. German



Weekly Challenge

Summer Reading challenge:

Libraries will be opening soon. Why not have a go at this year's summer Reading challenge. Your children can sign up now online here:

<https://summerreadingchallenge.org.uk/>

This year's theme is the Silly Squad!



Weekly Recipe to try at home:

Mushroom Risotto



Easy Mushroom Risotto recipe a try! Packed with wild mushrooms and cheese.

Ingredients

2 tablespoons Olive Oil (divided, 30 mL)
4 cups Mixed Wild Mushrooms
2 Medium Shallots (finely, chopped)
2 cloves Garlic (minced)
1 ½ cups Arborio Rice
6 cups Warm Vegetable Broth (1.4 L)
½ cup Parmesan Cheese (grated, 110 g)
2 tablespoons Butter
To taste Salt and Pepper



INSTRUCTIONS

1. **Cook Mushrooms:** Heat 1 Tbsp olive oil over medium heat in a large pot. Add mushrooms and cook until they begin to sweat (release their moisture), about 5 minutes. Remove mushrooms from pan.
2. **Toast Rice:** Heat remaining 1 Tbsp olive oil in the pan over medium heat. Add shallots and garlic, cooking until shallots are translucent and soft, about 3 minutes. Add dry rice and cook, stirring frequently, for about 2 minutes, or until the rice is slightly opaque on the outside but uncooked on the inside.
3. **Cook Rice:** Slowly add the vegetable broth, adding ½ cup at a time. Wait until broth has completely absorbed before adding another ½ cup, continuing this process until rice is cooked through. Begin tasting the rice after 10 minutes or so. Once it is al dente (a little bit chewy), stop adding broth (you may not need the full amount).
4. **Serve:** Stir in parmesan, butter, and mushrooms. Taste and add salt and pepper to suit your liking.

Useful Contacts:

Mind – Being active supports mental health

<http://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/#.v72m6PkrLAU>

We hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures

Many thanks

Ms Sweetlove and Mrs Halton

