

# Healthy habits to add to your daily routine

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**W**e are living in extraordinary times. The lockdown has done a complete 180, changing our daily lives. And it's only natural that this new normal will make us feel anxious. This is why, establishing a solid daily routine can help us focus, provide security, and enable us to build healthy habits to face each day with excitement.

## MIND AND BODY

Embrace quiet time, meditate for 10 minutes every day, and practice the ancient yogic breathing technique known as pranayama. Not only is it simple, but doing this for a few minutes every day will revitalise your body and calm your mind. Pick up that book you've been meaning to read, or perhaps turn to music—truly one of life's best medicines—and listen to anything that you love, can relax you and uplift your spirit. And remember, whatever you do, try to get some exercise in every day. Move your body, stretch your muscles, and let the energy flow. It could be yoga or just turning up the volume to your favourite playlist and dancing in your living room. Moreover, there's no better time to take the plunge and acquire a new skill. Try your hand at gardening; spending time outdoors in your balcony or garden, with some fresh air to boot, can be very therapeutic, too.

## HEALTH AND WELLBEING

Right now, we're all concerned about staying healthy and keeping our immunity at an all-time high. You need look no further than Spanish olives because they offer delicious taste and great nutritional value. Olives are packed with Vitamin E, which is a powerful antioxidant, besides being rich in minerals like iron and calcium. Along with their concentration of good fatty acids like oleic acid, olives have been shown to decrease inflammation, heart disease, and control

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cholesterol. These, and many more great inherent properties, make Spanish olives the perfect healthy snack to reach out for during the lockdown. They have a firm yet buttery texture that guarantees you'll eat more than just a few during these binges. Fortunately, they are extremely versatile and pair well with a range of condiments, to suit each palate. And guess what? The lockdown is the perfect time to experiment in the kitchen.

And remember, this too shall pass. For now, we suggest you pop that Spanish olive in your mouth and let its rich taste and velvety texture bring you joy, satisfaction, health, and comfort. Stay safe!

In the meantime, here's one delicious recipe to get you started:



## MARINATED SPANISH BLACK OLIVES WITH BASIL AND ONION

### You Need:

- Spanish black olives
- Fresh basil,
- Extra virgin olive oil,
- Onions (fresh or pickled),
- Sweet paprika (or chilli) powder,
- Vinegar
- Salt, to taste

### Method:

Finely chop the onion and the leaves of fresh basil (without the stem). Place them in a bowl or a plate, add the Spanish black olives, olive oil, sweet paprika or chilli powder, and the pickled or fresh onion. Stir well and refrigerate for 15 minutes. And voila! A simple, easy, and absolutely delicious recipe is ready in no time!