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**OCTOBER 2017** Health & Wellbeing Newsletter



# Move for Movember

Since 2003, the Movember Foundation have been tackling some of the biggest health issues faced by men: prostate cancer, testicular cancer, mental health issues and suicide prevention.

During this time, they've funded over 1,200 men's health projects worldwide, and by 2030 they aim to reduce the number of men dying prematurely by 25%.

One of the biggest challenges amongst men is getting them to talk and take action with their health and any health issues. So as part of the multiple fundraising efforts for the month of

November, The Move Challenge aims to get your workplace active and raise funds for men's health.

Team activities are a great way to get everyone together and talking outside of normal work chat, as well as building team morale in your workplace. So sign up online, nominate some Movember champions, and organise a big team event or a multiple team competition.

Help to spread the word about men's health issues. Head to the Movember Foundation website for some event inspiration:

<https://uk.movember.com/events/>



## Food of the Month - Sirloin Steak

One of the leaner cuts of beef, sirloin steak is a great source of protein, iron, and B vitamins, whilst also being much lower in saturated fats compared to other cuts such as rib eye or porterhouse.

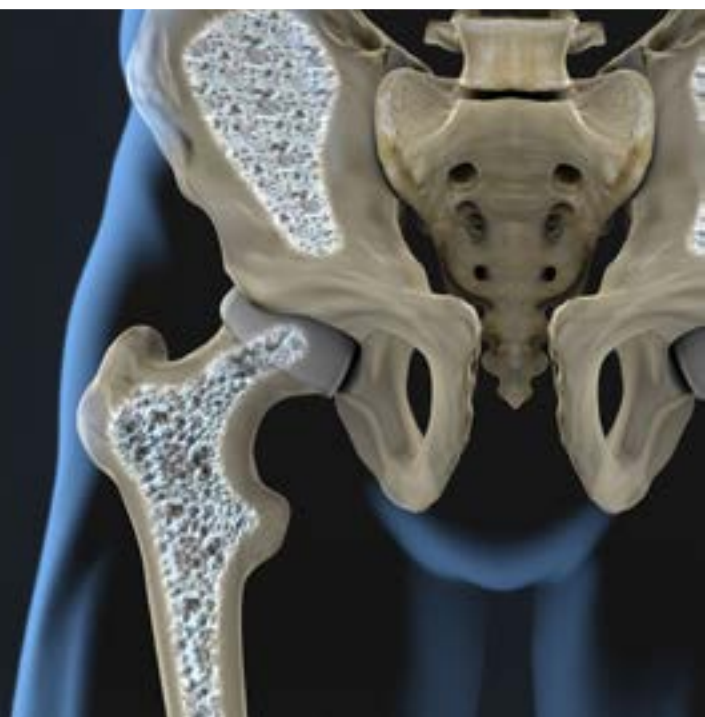
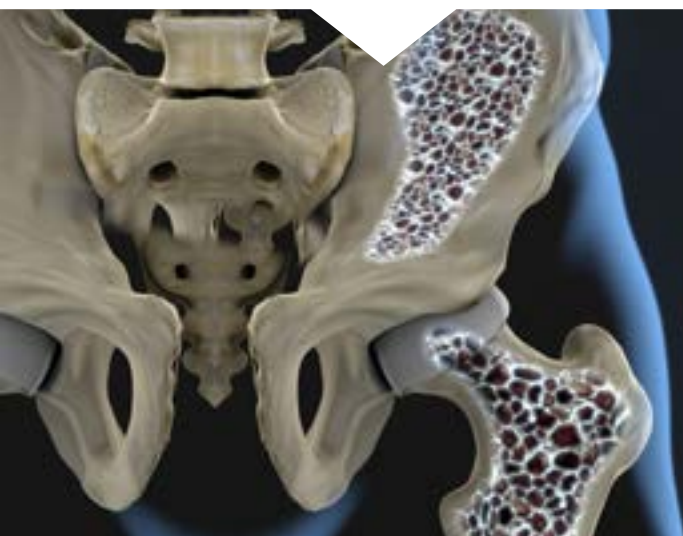
## Tip of the Month

Add tofu, broccoli, chopped nuts or sesame seeds to your stir-fry to boost your non-dairy calcium intake.

“ To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. ”  
Buddha

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## World Osteoporosis Day – October 20th

Taking place on October 20th each year, World Osteoporosis Day (WOD), aims to raise awareness around the prevention, diagnosis and treatment of osteoporosis and other metabolic bone diseases. Although 1 in 3 women over 50 will suffer from osteoporotic fractures, only 10% of older women with fractures actually receive osteoporosis therapy.

But it is not only women who are affected, with 1 in 5 men also suffering a fracture related to bone density issues. The best thing to do is be proactive, and try to look after your bones as best you can.

The International Osteoporosis Foundation's 5 steps to healthy bones and a fracture free future are:

- ▶ Exercise Regularly: Weight-bearing, muscle-strengthening, and balance-training exercises are best.
- ▶ Make sure your diet is rich in bone-healthy nutrients such as calcium, vitamin D and protein. Getting 15 minutes of 'safe' sunshine during April to September will help you get enough Vitamin D for the year.
- ▶ Avoid negative lifestyle habits: Maintain healthy body weight, avoid smoking and steer clear of excessive drinking.

- ▶ Find out whether you have risk factors and bring these to your doctor's attention, such as family history or if you're taking certain medications e.g. Corticosteroids.
- ▶ Get tested and treated if necessary, especially if you are at high risk.

For more information on WOD, visit <http://worldosteoporosisday.org/>

### Fact of the Month

**A 250ml glass of milk will provide around 30% of an adult's daily calcium needs.**

**The British Dietetic Association daily calcium guidelines:**

Group	Calcium Requirements (mg)
19 to 50 years	700
50+ years	700
Osteoporosis	1000
Women post menopause	1200
Breastfeeding mothers	1250