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JANUARY 2018 Health & Wellbeing Newsletter

Has the festive season affected your health?

Over the festive season, we have:

SPENT 10 BILLION HOURS SITTING DOWN & GAINED 19.5 MILLION STONE

33% OF US HAVE DONE NO EXERCISE
33% OF US HAVE COMPLETED LESS THAN 1 HOUR OF EXERCISE

It will take 5% of us until February to get back into our normal physical activity routines!

Research has shown that prolonged daily sitting time can have a negative effect on our heart health and can increase our risk of cardiovascular disease. Even those who are physically active outside work cannot escape the negative impact of sitting down all day at work.

Restricting our daily activity time has been shown to result in a reduced breakdown of fatty acids in our bloodstream, therefore increasing their accumulation in our arteries, ultimately increasing our risk of cardiovascular diseases.

In one study, it was shown that 16 hours of sitting time per day as opposed to 4 hours, resulted in a significant increase in heart health risk. Whilst this may sound like a huge amount of time to be seated, it is actually surprisingly easy to achieve, especially over the festive season:

- ▶ **Driving**
- ▶ **Watching TV, playing video games or board games**
- ▶ **Sitting at the table to eat indulgent festive feasts and dropping off to sleep afterwards!**
- ▶ **Sitting around chatting with friends over a few drinks**

The picture doesn't improve much for many of us when we return to work after the festive break: commuting to and from work + sitting down at work + mealtimes and TV watching at home afterwards...

It makes you think doesn't it? Find something you can do today to make the first step towards being more active at work. Why not go for a 10 minute walk around the block at lunchtime or park at the far end of the office car park? Make a simple change today and turn it into a habit during 2018



Fact of the month



44% of diabetes, 23% of heart disease, and between 7% and 41% of certain cancers are attributable to poor lifestyle choices and being overweight

Obesity – it's time to act

According to the University of Birmingham, obesity costs the UK economy over £3 billion a year. Obesity can lead to a variety of illnesses and can reduce life expectancy by 10-14 years.

A recent study has found that 20% of young people born at the start of this century were obese by the age of 14, with another 15% overweight. Over the last 25 years, the number of overweight and obese individuals has nearly doubled in the UK, leading to the highest rates of obesity in Europe.

Much of our time is spent being inactive (work, school, TV time etc.) and this, combined with the food choices we make, can have a huge impact on weight gain.

How can you encourage healthy food choices in your workplace? Why not replace the usual, sugary celebration cakes with more healthy, homemade alternatives? A simple change can make a huge difference.

Tip of the Month



Whatever change you wish to make, start small, keep it simple, make it regular (set up a reminder) and before you know it, it has become a habit!

Food of the Month



Ditch the sugary treats this month and replace them with homemade toasted nuts or seeds. In a frying pan, toast 2 tablespoons of your favourite nuts and seeds with a tiny amount of rapeseed oil and cinnamon. Pop them in a container and keep them on your desk for when you need a little snack!

“ This is a new year. A new beginning. And things will change ”
Taylor Swift