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APRIL 2018 Health & Wellbeing Newsletter



Staying healthy outdoors this spring and summer

With the warmer months on the horizon, we've put together a few tips on how to make the most of your time in the sun whilst taking care of your health.

Stock up on your Vitamin D:

Exposing our skin to sunlight is our main way of obtaining Vitamin D, which is necessary to help us absorb calcium and maintain healthy bones. However, we know that too much exposure to the sun can cause skin cancer. The safest time to be in sunlight in the summer months is before 11am and after 3pm, when the UV rays are at their lowest, and ensure you only go without sunscreen for a few minutes (10-15 minutes is the widely recommended maximum).

Stay hydrated:

One of the most important aspects of summer health is making sure we stay hydrated, particularly on hotter than usual days. Dehydrating by only 2% can lead to fatigue, a drop in concentration and poor cognitive performance. Snack on frozen fruits, keep your water bottle to hand at all times, and take note of the colour of your urine to monitor your hydration throughout the day. If your urine is dark, you need to hydrate.

Heat-induced illness:

If you're working in a hot environment you could be at risk of heat exhaustion or heat stroke, which can be very harmful and potentially fatal. Ensure you drink extra fluids, protect yourself from direct sunlight, take extra breaks in the shade if working outside all day, and if you're in a hot office block, try to improve air circulation in your work area. If you start to feel dizzy, faint, or generally unwell speak to your supervisor to treat these early warning signs of heat-induced illness before they cause more serious issues.

Stroke Prevention

Over 100,000 strokes occur each year in the UK, making it the 4th most common cause of death in the UK.

The two main types of stroke are:

'Ischaemic' - due to a blocked vessel in the brain – 85% of all strokes

'Haemorrhagic' - due to a burst vessel causing bleeding in the brain – 15% of all strokes

Some good news is that between 1990 and 2010, stroke incidents in the UK fell by 19%.

Some of the main causes of stroke are:

- ▶ High blood pressure
- ▶ Diabetes
- ▶ High cholesterol levels
- ▶ Atrial fibrillation (abnormal heart rhythm)

Tips to help prevent the above conditions and your risk of stroke:

- ▶ Be more physically active
- ▶ Don't smoke
- ▶ Avoid excessive intakes of alcohol
- ▶ Make sure your diet is healthy and balanced
- ▶ Maintain a healthy weight

It's important to know your numbers with regard to your blood pressure, cholesterol, and glucose levels in order to identify your health risks. You can then start to change your lifestyle habits, if necessary, to reduce your risk.

Quote of the month

“ Don't underestimate the power of your environment. Surround yourself wisely, in a way that supports the action or habit you want. This includes both people and things. ”

- Anon

Tip of the month

Replace your afternoon sweet treat with some tinned fruit salad for a quick and easy sweet alternative, which will also help boost your hydration at the same time! Always choose fruit in natural juice rather than syrup to avoid added sugars.

Food of the Month



Blueberries: 1 serving a day provides nearly 25% of your daily Vitamin C needs. They may help prevent a build-up of plaque on your artery walls, reducing your risk of stroke and heart attack.



Facts of the month

10% of cases of fatigue and tiredness presented to GPs in the UK were linked with dehydration.