



“Motivation is what gets you started. Habit is what keeps you going”

- Jim Ryun

In this month's newsletter:

**Let's get physical:
National Fitness
Day**

**Measure. Modify.
Manage. Know
Your Numbers!**

**Fact & Tip of
the month**

Let's get physical:

This year's annual event takes place on Wednesday 21st September and provides the opportunity to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in assisting us to lead healthier lifestyles.

**NATIONAL
FITNESS
DAY**

Physical activity has the ability to bring people together and to positively impact on all of our physical, mental and social wellbeing.

Fitness gives us mental strength as well as physical strength; it can make you happier, improve your sleep, help you switch off, connect with other people, raise your energy levels, and increase your productivity.

Not only this but being physically active regularly throughout the day can:

- Reduce the risk of non-communicable diseases and mental illness by 35%
- Support good physical and mental function, and improve sleep
- Alleviate symptoms associated with musculoskeletal conditions
- Offset the risk that comes with prolonged sedentary behaviour both in and out of work

We all know that exercise is important. But many of us still don't meet the recommended guidelines.

In fact, **only 6 in 10 adults currently achieve the recommended 150 minutes of physical activity per week.** 24.6% of adults in England are classed as inactive, meaning over 11 million people are doing less than an average of 30 minutes activity a week.

Government guidelines state that **being active reduces your chance of type-2 diabetes by 40%, cardiovascular disease by 35%, joint and back pain by 25%, colon and breast cancer risk by 20% and can reduce the risk of mental illness by 30%.**

Adults who spend 8 hours a day sitting (such as those in an office/desk job) are up to 60% more likely to die early from diseases such as cancer and heart disease. But this risk is reduced with regular, moderate physical activity.

Find something that you enjoy – whether it's walking, dancing, swimming or yoga and use this year's National Fitness Day to start investing in yourself and in your health.



Measure. Modify. Manage.

Is the theme of Know Your Numbers 2022!

Measure your blood pressure to see if it's under control

Modify your lifestyle if necessary

Manage your blood pressure and your health to beat 'the silent killer'

Why?

Because high blood pressure can lead to heart attacks, strokes and other illnesses and once you know your numbers, you can get support to bring your blood pressure under control and prevent these diseases.



1 in 2

strokes and heart attacks are the result of high blood pressure

1 in 3

adults in the UK have high blood pressure

FACT: Regular exercise can reduce your risk of major illnesses, such as coronary heart disease, stroke, type 2 diabetes and cancer, and can lower your risk of early death by up to 30%

1 in 2

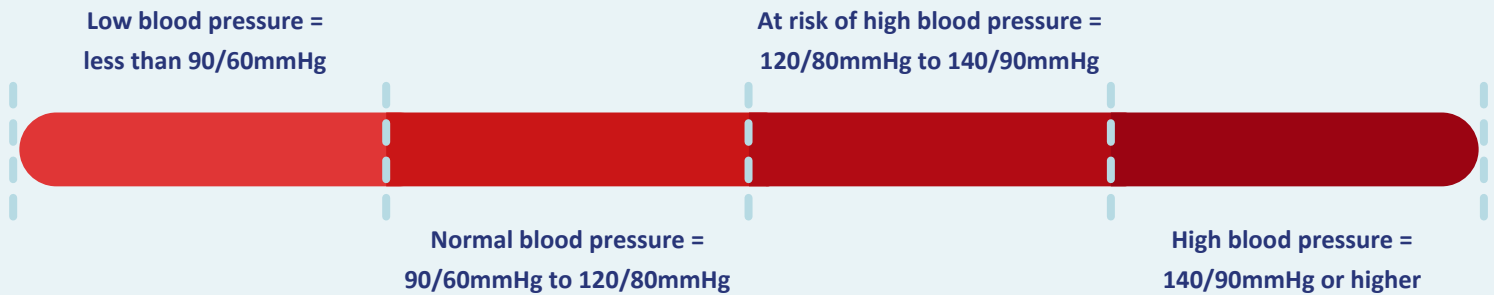
adults with high blood pressure don't know they have it

6 mil

people in the UK alone have high blood pressure and don't know it

TIP: drinking too much, too often, can increase your blood pressure, so practice moderation

Measure: where does your blood pressure sit?



Modify: what changes can you make?

There are changes you could make to your lifestyle if you are experiencing high blood pressure. Some of these will lower your blood pressure in a matter of weeks, while others may take longer.

- Cut your salt intake to less than 6g a day – roughly one teaspoon
- Eat a low-fat, balanced diet including plenty of fresh fruit and vegetables
- Be active
- Cut down on alcohol
- Lose weight and maintain a healthy weight if you aren't already
- Drink less caffeine
- Stop smoking

By making these changes as soon as you are aware of a high blood pressure reading, you may be able to avoid needing medication to treat the condition in the future.

You can find out more about preventing high blood pressure [HERE](#).

Manage: how can you keep your blood pressure at a normal level?

If you don't live the healthiest of lifestyles, making one small change at a time, to ensure its sustainability is the best way to manage your blood pressure.

If you aim to do all of the above immediately, you won't be able to maintain it. However, if you start off by making small daily changes and continue doing so until they become a habit, this is when you can begin to change your lifestyle for the better.

Try switching out your daily chocolate bar for some strawberries or get outside for a 30 minute walk on your lunch break each day!

If after making lifestyle changes, you still have a high blood pressure, it's best to speak to your GP for further advice.