



WORKFORCE HEALTH PROJECT

Making You Happier and Healthier At Work



At first it felt like I was making sacrifices but once I got a bit more adventurous with the spices I didn't miss the foods at all

I felt so much better that I was feeding the kids healthy foods and not creating problems for them in the future

We find sitting down together to have a meal is enjoyable and a great time to catch up on everyone's day

It's really satisfying to know that what I'm now consuming isn't full of chemicals

10 Top Tips for Healthy Eating



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Aim to eat a minimum of 5 portions of fruit and vegetables per day. Aim for a 'rainbow' of colours on the plate.



Planning your meals for the week will allow you to shop more economically.



Home prepare healthy snacks and lunches for work.



Use a blender to make healthy soups and don't over cook the vegetables.



Use herbs, spices and lemon juice instead of salt to add taste to blander food.



Don't go food shopping when you're hungry.



Try to eat at least 2 portions of fish per week, 1 should be oily.



Read food labels and watch out for high levels of salt, fat and sugar. These may be shown as 'red' on the traffic light labelling system used by many manufacturers.



Avoid processed and refined foods such as white breads, white pasta and white rice. Replace these with wholemeal and brown variety.



Replace fatty sausages and burgers with lean poultry and leaner cuts of meat. An imitation meat such as quorn is a low fat alternative to meat.

I realised that a year from now, I was still going to wish I'd started changing today

It wasn't easy but it was so worth it

It's the best thing I've ever done for myself

I get satisfaction thinking of all the damage I'm reversing!

10 Top Tips to Stop Smoking



40 Top Tips to Stop Smoking



Quitting smoking is the best thing you can do for your health.



70% of smokers want to quit, 80% of smokers wish they'd never started smoking.



Know your motivations for quitting, list them and remind yourself of them.



On average, quitters are 4 times more likely to kick the habit using stop smoking resources. Pick up your free quit kit from a pharmacy today or go online and order one.



Choose a quit date and work towards it. Making a plan can really help.



Get rid of any smoking-related items that may be lying around.



Smoking is dehydrating and can make your skin look 10-20 years older than it is!



Imagine yourself saying 'no thanks' to a cigarette. It'll make it easier next time you're offered one.



Recognise what your smoking triggers are (e.g. going to the pub) and try to avoid them.



If you relapse, don't give up, examine how and why it happened and set a new quit date.

Because you can't see it, you don't tend to think about it but when I saw how much it impacted my health I knew I had to do something.

My dad had a heart attack; that was my warning shot

I had to realise that my past lifestyle doesn't dictate the person I can be in the future.

Once the decision was made I kept doing things - no matter how small - towards achieving what I wanted

10 Top Tips for Cholesterol



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Top Tips for Cholesterol



Know your number, an ideal cholesterol is less than 5 mmol/L.



Cut down on foods containing saturated fat which is solid or gooey at room temperature.



Changing to a healthy diet can reduce your cholesterol by over 10%



Fatty cuts of meat, pastries, biscuits, full fat dairy products and processed foods contain large amounts of saturated fats.



Cut down and replace the saturated fats with healthier mono and poly unsaturated fats that are mostly liquid at room temperature.



Monounsaturated fats found in olive oil, avocados, nuts and seeds are good for lowering your cholesterol.



Polyunsaturated fats found in sunflower and soya oil as well as omega 3 fats found in oily fish such as salmon lower cholesterol. Aim for 2 - 3 portions of oily fish per week.



Regularly eat high fibre like oats, pulses, beans and peas. Fruits such as apples and pears can help lower your cholesterol.



Regular moderate exercise will raise your HDL cholesterol, known as the 'good' cholesterol, and help clear the excess 'bad' cholesterol out of your blood vessels which helps lower your risk for heart disease and stroke.



Don't smoke! Smoking lowers the 'good' cholesterol that protects your blood vessels.

Due to the strain that high blood pressure was putting on my optic nerve, my vision improved dramatically when I improved my readings.

It was scary to think there were no obvious symptoms, I'm glad I had it checked.

I'm not taking a host of medicines every day now that my blood pressure is in order.

I didn't realise how much mental stress could affect my blood pressure.

10 Top Tips for Blood Pressure



10 Top Tips for Blood Pressure



140/90



120/80

Know your numbers, 140/90 are the upper limits. Try and improve your lifestyle so that your readings are closer to 120/80.



Smoking damages blood vessels and raises blood pressure. There are no safe smoking limits.



Reducing salt in the diet can reduce blood pressure. An adult should aim for less than 6 grams or roughly 1 teaspoon per day.



Aim to eat at least 5 portions of fruit and vegetables per day. These foods contain potassium that balances out the negative effects of salt and can help regulate heart beats.



Being overweight and obese can raise blood pressure. Aim to keep your BMI within the recommended range i.e. <25.



Losing 5kgs of weight may reduce your blood pressure by 5 mmHg for both the systolic and diastolic pressures.



Physical activity keeps your weight in check and your heart exercised and healthy.



Manage pressure. Stress hormones can raise blood pressure.



Keep your alcohol intake within the safe recommended levels.



Limit your consumption of caffeinated drinks such as coffee, energy drinks and tea as caffeine can increase your blood pressure and cause irregular heart beats.

My confidence has improved so much that I'm going for a new job.

I can move around so much more than I used to and have fewer aches and pains.

I've started thinking of myself as turning into the person I want to be. People are commenting on how much better I look.

I look and feel so much better and can fit back into jeans that I haven't been able to get in for years!

10 Top Tips for Weight Management



10 Top Tips for Weight Management



Be active whenever possible and try to move around regularly if your job entails sitting down most of the day.



It takes 20 minutes for your brain to know your stomach's full so slow down, chew each mouthful and leave time between the courses. You may not want the desert at the end.



Avoid processed foods and pay attention to whether the food you eat has been preserved with salt and chemicals.



Eat smaller, regular meals, always include breakfast and avoid eating late in the evening. Snack on seeds, nuts and dried fruit that slowly release their energy and make you feel full.



Increase the portion size of vegetables on your plate. You could also reduce the size of the plate you eat off and pile vegetables first.



Look at the calorie content on the food labels and watch out for high levels of sugar, salt and fat which may be labelled as 'high' or 'red' on the 'traffic light'.



Be aware of fad diets. Reduce body weight gradually aiming to shed no more than 1 - 2 lbs per week through a combination of healthy eating and regular activity.



Watch out for hidden calories in alcohol. 15 pints of a 5% beer (2 pints per night) may contain up to 3500 calories (which is sufficient calories to create 1lb of fat).



Keeping your weight in check helps reduce the risk of Type 2 Diabetes, musculoskeletal problems, certain types of cancer and metabolic disorders.



If you eat in front of the TV or 'on the go' you might not appreciate you've eaten. Food is there to be enjoyed so make time to sit down and eat.

In order to think clearly about what I wanted for my health, the first thing was to recognise the unnecessary pressures I was putting on myself; and then let go of them!

I was able to get my perspective back on what's important in life

I didn't realise what a support network I had in my friends and family.

The stress hasn't gone away; I've just gotten much better at dealing with it.

10 Top Tips for Managing Pressure



10 Top Tips for Managing Pressure



Get to bed early and wake up refreshed.



Don't rely on caffeine to get you through the day.



Get organised and use a diary and plan your day.



Keep hydrated. Aim for 8 glasses of water per day.



Enjoy a healthy diet and eat at regular intervals. Eat foods high in Vitamin B such as whole grain cereals that keep your nervous system healthy.



Don't use alcohol in excess to relax. It's fattening, a depressant and can disturb your sleep.



Avoid sugary snacks that give highs and lows in your energy levels.



Build rest and relaxation into your daily schedule.



Being active is great for your overall health and is particularly effective for managing stress.



Voice your concerns with friends and family and don't be afraid of saying NO to things that will put you under pressure.

My breathing feels much easier than it has done for a long time

The kids have said that I'm far more fun than I used to be!

I've learnt that discipline is about remembering what I want!

I'm sleeping much better now that I regularly exercise

10 Top Tips for Physical Activity



10 Top Tips for Physical Activity



Aim to build up to 30 minutes of moderately intense activity per day. Short 10 minutes sessions all add up and if you are in a sedentary job, make sure you get up and walk around at least every hour.



Use stairs instead of lifts and escalators.



Look into joining a sports club or fitness class. Exercising with others can make it more social occasion and enjoyable.



Be active on your commute, walking and cycling whenever possible



Get off the bus or train a stop earlier and park further away from the supermarket.



Be prepared for bad weather, carry an umbrella and wear shoes that are comfortable to walk a reasonable distance in.



Complete everyday household tasks and chores with vigour.



Enquire about subsidised 'cycle to work' schemes. Many employers run these.



Enquire about showering facilities and locker space in your workplace.



Ask whether your employer has a subsidised gym membership scheme or a sports and recreation club. And don't forget to check out your local authority services which can often be used on a pay per use basis.

It may seem difficult when so much today is geared towards instant gratification, however, good cardiovascular health is about taking a slightly longer term view of yourself and your life.

Staying on top of the lifestyle factors that can contribute towards cardiovascular disease is definitely helping me maintain a good mental health

At the same time as looking after my lifestyle, I'm also bringing right down the risk of developing certain forms of cancers.

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Top Tips for Managing Risk of Cardiovascular Disease



10 Top Tips for Managing Risk of Cardiovascular Disease



Know your numbers. Get your blood pressure, cholesterol and blood sugar level checked.



There are no safe smoking ranges. Smoking doubles your risk for cardiovascular disease.



Keep your weight in check, try to keep your body mass index (BMI) under 25.



Watch your waist measurement. Under 37 inches is a low risk for men, under 32 inches for women.



Cut down on solid and gooey saturated fats. These are often found in foods such as full fat dairy products, fatty cuts of meat, pastries and processed foods.



Replace saturated fat with liquid unsaturated fats such as olive, vegetable and fish oil.



Dry stir fry, grill and steam food.



Increase fibre in your diet by including pulses such as peas, beans and whole grain cereals.



Get active. Aim for a minimum of 30 minutes of moderate intensity activity per day.



Keep alcohol units within the recommendations. Men should aim for less than 3-4 units, women less than 2-3 units per day with at least 2-3 alcohol free days a week.

My skin's been much more hydrated since I cut back on the drink. It's only since I changed that I've realised what a drying effect it was having.

I've saved so much money since I reduced the amount I was spending on alcohol

I had no idea that cutting down the amount I drink would have such a big effect on my weight!

I was increasingly having mood swings which calmed down significantly when I stopped drinking as much alcohol.

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Top Tips for Alcohol



10 Top Tips for Alcohol



Keep alcohol units within recommendations. Men should aim for less than 3-4 units, women less than 2-3 units per day with at least 2-3 alcohol free days a week.



Drinking within the safe lower limits can reduce your risk for some forms of cancer, heart problems and liver damage.



kcal/g

Alcohol has nearly as many calories per gram as fat (Alcohol = 7kcal, fat = 9kcal)



1 pint of extra strong 8% beer may contain 4 units and approximately 400 calories.



Being involved in 'rounds' can often encourage higher levels of drinking.



Avoid situations where you're likely to drink.



Calories from alcohol are 'empty' and have little nutritional value.



Alcohol slows down your brain and is a factor in up to 1 in 4 workplace accidents.



Your blood alcohol concentration is affected by how much and how quickly you drink, your body size, how much you have eaten, your gender and your emotional health.



Each unit of alcohol takes approximately 1 hour to metabolise.

Learning that diabetes is preventable, yet not curable and that I was at high risk of developing the condition really gave me the motivation to question my lifestyle.

I was amazed how full I felt when I ate more slowly. I found I didn't have the extra helping.

Since being diagnosed with Type 2 diabetes, I've found the condition is a real burden to live with. I wish I'd taken action sooner.

My life tomorrow is a result of my actions today. It helped to think of my future self as a person who's dependent on my actions in the here and now.

10 Top Tips for Diabetes Risk



10 Top Tips for Diabetes Risk



Ensure you get enough sleep. Aim for 7 hours per night as a minimum.



Start the day with a healthy breakfast, good choices might be porridge, beans on wholemeal toast, poached or scrambled egg.



Coffee, tea and energy drinks may cause your energy levels to fluctuate wildly so moderate your intake.



Avoid snacking on sweet, sugary drinks and refined foods that quickly release their energy.



Snack on seeds, nuts and dried fruit that slowly release their energy.



Manage your pressure, stress hormones release fuel causing highs and lows of energy levels.



Aim to drink 4 pints (8 glasses) of water per day.



Keep active, any exercise is beneficial.



Eat foods containing vitamin B that help release energy from food. Good sources might be lean cuts of meat and poultry, low fat dairy products and wholegrain cereals.



Consuming too much alcohol reduces your ability to make energy. So not only is it fattening with empty calories, it helps the body store more fat.

I feel so much more energised and less sluggish since I started focusing on getting good sleep

Frequent exercise and regular sleep pattern seem to go hand in hand

Giving myself a break from screens in the evening after spending all day at a desk helps me get a better night's sleep

My workplace productivity improves drastically when I'm sleeping well.

10 Top Tips for Sleep Health



10 Top Tips for Sleep Health



Avoid stimulants found in coffee, tea, energy drinks and don't smoke.



Don't go to the gym or exercise too close to bedtime



Eating too much before bed can be uncomfortable and cause heart burn



Don't drink excessive amounts of alcohol, you won't sleep properly and you may have to wake up to use the toilet.



Have a warm milk based drink to help you sleep.



Enjoy a hot bath, listen to relaxing music and have a sleeping routine.



If you have things on your mind write them down and prioritise them so you can deal with them the next day.



Ensure your mattress is supportive and comfortable.



Switch off electrical devices that emit blue light such as mobile phones and computers long before bed. These can stimulate brain activity making it more difficult to sleep.



Use low lighting before sleep and black out and sound proof your room for the ideal sleep conditions.

My stress levels improved dramatically when I got a handle on how much 'me time' I was allocating

I found myself able to easily make important decisions after sorting out my work/life balance

When I started planning my evenings and meals I found myself eating better and relishing my free time.

Getting a diary that I could keep on my person was really helpful

10 Top Tips for Work Life Balance



10 Top Tips for Work Life Balance



Don't commit to unrealistic targets



Plan to make most of your day



Set simple achievable goals



Don't say yes to everyone and stretch yourself too thinly.



Be organised, you'll be more effective at home and at work.



Keep in regular contact with friends and relatives.



Get away from your desk to stretch your legs at least every hour and get some fresh air when possible.



Try to get your work done at work and avoid taking it home.



Make the most of valuable time spent with your family and friends.



Have some 'me' time. Get a hobby or interest that distracts you from life's pressures.