



Health & Wellbeing

July is

FITNESS Month



How much physical activity is needed to stay healthy?

Over a period of a week, adults between the ages of 19-64 should try and do at least 150 minutes (2½ hours) of moderate intensity activity e.g. 30 minute sessions 5 days a week.

Benefits of being active daily?

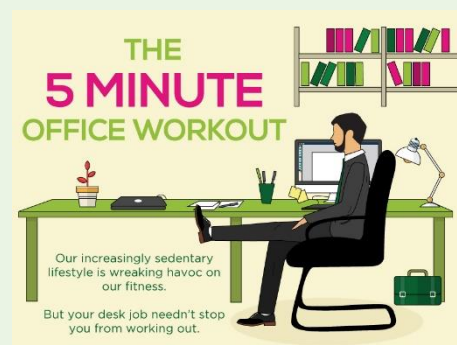
- Reduces risk of a range of diseases e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

Being ACTIVE at work

Many employees struggle to fit physical activity into their busy working days but being active for just one hour can offset the potential harm of being inactive.

Why not try....

- Walking the last part of your commute
- Taking a walk at lunch
- Taking the stairs
- Jumping Jacks
- Desk push-ups



For further details on the 5 minute office workout, go to:

<https://onlinedoctor.lloydspharmacy.com/blog/5-minute-exercise-at-work/>

More information can be found at <https://www.nhs.uk/live-well/exercise/>

Visit the **Staff Benefits Portal**, on the Hamwic Intranet, for discounts at local fitness centres, or go to: <https://het.employeebenefitsplatform.com/>