



# Your Health

## What's top of your list of New Year's resolutions for 2018?

Eat better? Do more exercise? Spend more time with your family? Take that holiday to the US? Buy that car you have always wanted?

We might not be able to help with New York or a Ferrari, but we can certainly point you in the right direction to feeling better and looking healthier!

However, eating well and exercising are not only important for looking and feeling good.

Over the long term, healthy eating can help reduce your risk of heart disease, strokes, diabetes and certain types of cancer.

And exercise has been shown to boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

## New Year: New You

Everyone should aim for a well-balanced diet. Faddy crash diets in the New Year (remember the cabbage soup diet?) may not provide the **balance of nutrients you need**. Try to eat:

- **Lots of fruit and vegetables** – try for at least five portions a day: fresh, frozen, dried or tinned. Even unsweetened fruit juice and baked beans count as a portion but only one of your five a day
- **Plenty of starchy foods** (complex carbohydrates) such as bread, rice, potatoes and pasta (preferably wholegrain)
- Only a small number of foods and drinks high in **fats and/or sugar** – try to have healthy fats like olive oil, rapeseed oil, sunflower oil, vegetable oil, almonds, unsalted cashews
- Some **dairy products** including milk
- Some meat, fish, eggs, beans and non-dairy protein sources like avocado or, walnuts, sunflower seeds and oily fish
- Choose foods that are **lower in fat, salt and sugar** whenever you can
- Eating too much salt can increase the risk of developing high blood pressure.



### Tips to help with healthy eating

- *Plan regular meals to eat more healthily and stop you snacking in between meals*
- *Make sure you eat breakfast*
- *Portion control! It's very easy to eat too much so check labels for recommended portion sizes and don't go back for seconds*
- *Keep healthy snacks like fruit and low fat yoghurt nearby*
- *Drinking enough liquid is an important part of keeping healthy so aim for around six to eight drinks a day. Avoid fizzy, sugary drinks and remember too much alcohol can be harmful.*
- *When shopping, take a list, check the labels and avoid tempting offers on unhealthy foods*
- *Plan what you're going to eat in advance and say no to extra salt, cheese, mayonnaise, dressings and sauces when you are eating out.*

## One-Inch Challenge!

Modern life can make it easy to eat and drink more than we realise and do little physical activity. The result is often extra weight. To lose weight, we need to change our current habits. This means eating less – even when eating a healthy, balanced diet – and getting more active.

Once you stop the regime, you're likely to return to old habits and regain weight. **Start now by aiming to walk 10,000 steps a day!**

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| <i>A slice of pizza<br/>Approx. 210 calories<br/>20 mins brisk cycling</i>        | <i>Can of soda (330ml)<br/>Approx. 240 calories<br/>55-60 min brisk stroll</i>    | <i>Glazed doughnut<br/>Approx. 190 calories<br/>30 mins cutting the grass</i>      | <i>Cupcake<br/>Approx. 248 calories<br/>25-30 mins brisk run</i>                    |

Adults should try to do 30 minutes per day/150 minutes per week of moderate physical activity. Moderate physical activity means you should be working hard enough to sweat and raise your heart rate.

Examples of moderate intensity activities include:

- Walking briskly
- Going for a jog or a run
- Riding a bike
- Playing tennis.

Evidence shows that even short sessions, (10 minutes or more) of moderate to vigorous physical activity can be good for your health and is a great starting point if you're struggling with time.

To complement physical exercise, it is also important to include muscle strengthening exercises which can be any activity that makes your muscles work harder.



### Health Facts:

- You can reduce your risk of colon cancer by up to 50% through regular physical activity
- Regular exercise can reduce your risk of type 2 diabetes by up to 50%
- Too much sitting lowers the body's metabolism which can lead to weaker bones and muscles
- The NHS currently spends £5bn on treating conditions linked to obesity such as diabetes

Sources: StopColonCancerNow, Diabetes.co.uk, NHS

### Fitness Checklist

- ✓ Footwear: Try and make sure you are using a pair of cushioned shoes appropriate for the activity - most people have a pair of trainers and this will ensure your feet are comfy during any activity you do
- ✓ Pedometer: Make sure you keep your pedometer on you all day. This is how you will be able to keep track of the distances you are covering
- ✓ Weather-Wise: Check the weather before you set off making sure you are prepared for the conditions.