

FIT4

ISSUE 1

KEEPING YOU FIT FOR BUSINESS AND FIT FOR LIFE

YOUR DEDICATED LLOYD'S
COMMUNITY HEALTH, FITNESS
AND WELLBEING NEWSLETTER

IN THIS ISSUE

- > WHAT WORKS FOR YOU
- > WORD FROM THE EXPERT
- > STRESS MANAGEMENT
- > NUTRITION
- > DON'T SHOOT THE MESSENGER

SPECIAL
TREATMENT
OFFER INSIDE

LLOYD'S
WELLBEING
CENTRE



WELCOME

WELCOME TO FIT4, YOUR QUARTERLY LLOYD'S COMMUNITY FITNESS, HEALTH AND WELLBEING NEWSLETTER BROUGHT TO YOU BY THE LLOYD'S WELLBEING CENTRE. OUR WELLBEING CENTRE IS CONVENIENTLY LOCATED IN THE UPPER BASEMENT, LLOYD'S BUILDING AND PROVIDES A COMPREHENSIVE RANGE OF WELLBEING AND HEALTHCARE SERVICES DEDICATED TO IMPROVING THE LIVES OF WORKING PEOPLE.

Each issue will bring you interesting health and wellbeing articles, guidance, opinion and latest offers plus success stories from people around our great Lloyd's community. Something for everyone then, from information to inspiration!



Janice Kaye
Director of Clinical Services

TO KICK THINGS OFF, LITERALLY



WHAT WORKS FOR ME?

There have been many prominent women throughout history who have enjoyed large degrees of success; Queen Boudicca, Joan of Arc, Eleanor Roosevelt, Emily Pankhurst and Margaret Thatcher, to name but a few. One thing they all shared was the ability to bring out their 'inner warrior' in themselves in order to accomplish their goals. I think it is also fair to say that they were all pretty busy ladies too.

Let's be clear, I am not comparing myself with these ladies, however I like to think that I am a busy individual with a fair share of the variety of stresses that life can, and often does, throw my way.

In my quest to find my 'inner warrior', I discovered kickboxing. For context, I am 5ft 3" and somewhere in my middle years, so you can imagine my initial concerns. Now here's the thing, I aim for three x 1

hour training sessions per week at my local Spirit Martial Arts Club, Surbiton. In each one-hour training session I get my dose of 'mindfulness'; I am completely focused on being 'in the now' (there is no space for mind wandering). I also get two/three times the exercise intensity of the gym, practise self-defence, release any pent-up aggression and get to work out day-time stresses. And the result? I continue my day feeling strong, calm and in control. I feel totally 'in the driving seat' of my life and ready for anything. The training improves the quality of my sleep, sharpens my focus and gives me a terrific confidence to take on any of life's challenges. Training involves an element of sparring or "practice fighting" with the aim of training skills and improving fitness, sometimes using boxing gloves or other appropriate attire, but it's all very controlled, enjoyable and fun. What you need to know, is that you can practise kickboxing purely for fitness training purposes and don't have to compete.

Today's celebs, Angelina Jolie Pitt, Ellie Goulding and Victoria's Secret models are all kickboxing enthusiasts. Whilst they may not be taking on the Romans or running a country, I think we can all agree they are pretty busy ladies determined for success.

Obviously this analogy works for you guys too and Alexander Ubchev (right) a Property Treaty Underwriter at Antares is the proof.

MY AIM IS TO INSPIRE YOU ALL TO FIND SOMETHING THAT WORKS FOR YOU AND IN THE COMING ISSUES I HOPE TO DO JUST THAT!

Janice Kaye,
Director of Clinical Services, Lloyd's Wellbeing Centre

“ I have been involved with kickboxing and Muay Thai (Thaiboxing) for around 12 years now and even though I don't compete any more I still think that there is no better workout. 'Pumping iron' in the gym or mindlessly running on a treadmill simply doesn't do it for me. It's just too boring! Kickboxing training gives me a serious workout that always leaves me feeling fit and strong and allows me to interact with friends at the same time. I've learnt self-defence tactics, which give me the confidence to know that I could defend myself if I ever needed to. I totally de-stress during training and am left ready to tackle anything City-life has to throw at me.

But what really keeps me going back for more is that "drug-like" great feeling I get every time after a hard training session. Beware, it can be addictive! ”



Alexander Ubchev
Property Treaty Underwriter, Antares

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WORD FROM THE EXPERT – CONSULTANT ORTHOPAEDIC SURGEON, SIMON MOYES



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PLAY IT SAFE ON THE SLOPES THIS WINTER

How to stay out of harm on your winter sports holiday.

53 per cent of skiers and snowboarders have injured themselves whilst on a winter sports holiday, according to new independent research*. With millions of Britons expected to hit the slopes over the coming months, it's important for those planning a holiday to begin their exercise regime well in advance, says Simon Moyes.

Ahead of the winter sports holidays, Simon Moyes, Consultant Orthopaedic Surgeon at The Wellington Hospital,

discusses the rise in skiing and snowboarding injuries, most common causes and tips to reduce injuries: "The winter sports fatality rate is approximately at one per million skiing/snowboarding days. Serious injuries such as paralysis, serious head injury or other serious injuries are again relatively low.

However, minor injuries in winter sports are quite common as is evident by the influx of patients during the ski season to doctor's clinics, orthopaedic surgeons and sports medicine consultants. An audit performed by a well-known ski travel company recorded injury rates as high as 1 in 20 for their clients visiting the Alps for winter sports. It is my opinion that skiing and snowboarding per hour is much less dangerous than other sport such as horse riding, football etc.

The most common causes of snow sports injuries are collisions, poorly adjusted bindings, bad conditions such as ice or poor visibility and skiing or snowboarding out of control.

The most common types of injuries of snow sports, particularly for skiing are knee injuries whereas for snowboarders it is mainly upper limb injuries. Shoulder, wrist and ankle injuries are also associated with snow sports.

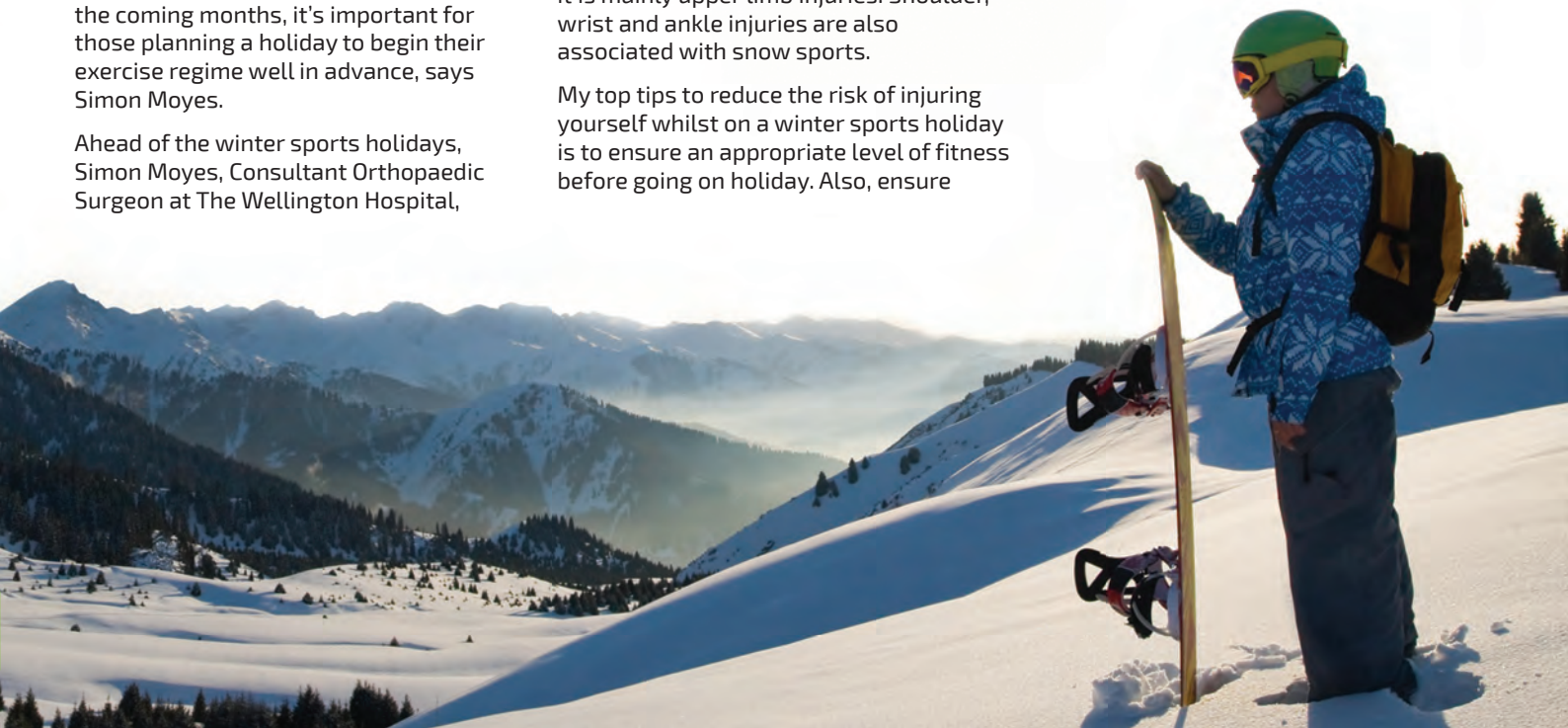
My top tips to reduce the risk of injuring yourself whilst on a winter sports holiday is to ensure an appropriate level of fitness before going on holiday. Also, ensure

bindings are correctly adjusted, ski runs that are within your capability and be very aware of the conditions, particularly visibility and ice. It is very important to be aware of other skiers and snowboarders on your slope in order to reduce the risk of collisions and serious injuries to yourself and others.

My advice regarding quickly assessing whether an injury is serious or not is the level of pain that someone is in, but also whether there is rapid swelling of the injured area, which is usually an indication of a more serious injury.

I would certainly advise to start exercising eight weeks before your winter sports holiday in order to strengthen up and particularly your quads and improve your cardiovascular fitness. Many specialists recommend regular sports lunges a month or two ahead of the holiday to prepare and strengthen the muscles which I concur with if you are not particularly fit to begin with."

*Independent survey of 1,000 UK respondents in December 2015





STRESS MANAGEMENT

COGNACITY

5 Top Tips for Starting the New Working Year Stress-Free

73% of employees in the UK will suffer from work-related stress upon returning to work after the festive period, according to recent research from MetLife Employee Benefits. While many spent the holidays relaxing with family and friends, most of us have felt stress about our ability to readjust to our normal working schedule, and about the sheer volume of work that was waiting for us to catch up on.

Cognacity is a team of stress-management and resilience-related experts. We have come up with 5 Top Tips for returning to work stress-free and avoiding the post-holiday blues.

1. TURN OFF PUSH EMAIL NOTIFICATIONS

Are you still trudging through the mountain of post-holiday emails that were awaiting your return to the office? While email is an effective communication tool, it can also be a huge source of work-related stress. As most of us are connected to our email all day, we find it difficult to ignore incoming messages from colleagues, even if they are not urgent. This can be a massive distraction to more pressing tasks. We suggest turning off the push-notification feature of your email periodically throughout the working day, and only use emails when you are actively reading and replying. This will minimise distractions whilst working on other tasks, making you work more efficiently and accomplish more at work. Do not feel guilty for switching off work emails when you return home in the evening, and learn to assess the urgency of each email you receive before dropping everything to reply.

2. PRIORITISE

Feeling overwhelmed by the workload you have to catch up on after returning to work? Just like it is useful to assess the importance of each email received, it can be very helpful to prioritise your tasks every day before you begin work. Create a to-do-list in order of task urgency or separate tasks into 'Need-to-do' vs. 'Want-to-do.' This can be especially helpful when returning to work after time off, when high workloads and catching

up may be causing you to feel particularly stressed. Sometimes just having everything written down and organised on paper can relieve the stress of a heavy workload. We then recommend working through your 'Need-to-do' list, using the Pomodoro technique. This involves setting yourself a timer for 25 minutes, and for the full 25 minutes you must work on your chosen task, and only that, with no interruptions. When the timer goes off, you must take a 5-minute break before returning to that piece of work. You will be amazed about how quickly you will race through your to-do-list!

3. SAY 'NO'

Now that you have determined what tasks are high-priority, it is important to focus on those until they are complete to a good standard. Before taking on extra duties or projects, assess your time and ability to complete this extra work. If you attempt to pile too much work on yourself, you may soon feel overwhelmed and stressed, which can impede your productivity at work. Feel confident to say 'no' to co-workers or supervisors who ask you to add to your current workload, if you feel that you already have enough on your plate. Do not feel guilty about turning down or postponing duties that are not deemed urgent.

4. RETHINK THOSE NEW YEAR'S RESOLUTIONS

Already faltering the resolutions you set for yourself at the beginning of January? At this time of year, many people set themselves up for failure by setting unrealistic resolutions. Resolutions can become a huge source of stress and disappointment, rather than improving our lives as we intended. Instead, we advocate using '1 Point Gains' - setting small and practical goals for yourself that are personally achievable in your everyday life. For example, committing to a brisk lunchtime walk may be a more realistic goal than hitting the gym six days a week. Small lifestyle changes are more sustainable, leading to greater success in forming positive habits and breaking bad ones. Although small, these changes can lead to huge benefits down the line.

5. MAKE THE MOST OF YOUR TIME OFF

Have you come back to work not feeling truly rested or ready to jump into 2016? While holidays can be a great time to unwind, it is important that we make the most out of our time off. Even during times of enormous pressure, people have an incredible ability to manage their stress levels by engaging in activities that they get joy from. Do not feel guilty about taking regular breaks during the working day, turning off emails at night, and disengaging from work at home to enjoy the activities and hobbies that you are passionate about. This allows you to rest and recover, so that you can perform at your peak performance when you are at work. Without recovery, your energy and engagement levels can drop tremendously, meaning that you cannot be fully productive in the office. Think of recovery as the key to performance.

COGNACITY IS STRATEGICALLY PARTNERED WITH THE LLOYD'S WELLBEING CENTRE FOR THE PROVISION OF STRESS MANAGEMENT AND RESILIENCE TRAINING SERVICES.

For further information on developing sustainable high performance in organisations, teams and individuals please email info@lloydswellbeingcentre.co.uk or phone 020 7327 5341.



NUTRITION

SMALL CHANGES CAN MAKE BIG DIFFERENCES

Welcome to this first article on nutrition in Fit4. My name is Hanne Kristiansen and I am a qualified nutritionist, working at Lloyd's Wellbeing Centre.

Firstly, let me emphasize that "a healthy diet" means different things to different people. Unfortunately, many professions including doctors, nurses, physiotherapists and fitness instructors, have often little formal training in nutrition. Therefore, it is important to seek nutritional advice from a qualified and trained consultant, who will tailor the interventions to your individual lifestyle and goals. It is important to understand that there is no "one-size-fits-all" approach to dietary changes, although it is regularly presented this way by the media.

"Nutrition" has been a hot topic for decades. We are constantly given nutritional advice, voluntarily and involuntarily. Especially in these post-Christmas-times, the television, the radio, newspapers, magazines, our friends, family and colleagues are regularly talking about nutrition – good or bad. The public's nutritional knowledge appears to have increased in recent years, and yet the prevalence of chronic diseases related to nutrition is rapidly increasing worldwide (WHO, 2016).

WHERE DO YOU START? AND WHY IS IT SO HARD TO GET IT RIGHT?

I claimed in the title of this article that "small changes can make a big difference". It has been proven that

environmental factors, including diet, are important causes for many chronic degenerative diseases that lead to health issues and death in developed countries. Now I know that diet and lifestyle changes are challenging. We are all caught in a "time squeeze" where we are too busy to prepare all our meals ourselves and to work out regularly – you know the excuses. But isn't it encouraging that dietary changes alone can considerably reduce the risk of developing several of these diseases?

LET US TAKE DIABETES AS AN EXAMPLE

Type 2 diabetes is a metabolic disorder that results in hyperglycemia (high blood sugar levels). 80%* of the cases of Type 2 diabetes can be delayed or totally prevented by making simple lifestyle changes. Below is a list of four lifestyle changes proven to reduce the risk of developing Type 2 diabetes. Have a read, and get inspired - It's never too late to start!

KEEPING A HEALTHY WEIGHT

If you are overweight, (BMI 25 – 29.9) losing just 5% of your body weight will greatly reduce your risk of developing Type 2 diabetes. Every kg you lose reduces your risk by up to 15%. A qualified doctor or nutritionist can help you manage a weight loss in a healthy and safe way.

PHYSICAL ACTIVITY

Getting more regular exercise helps lower blood sugar levels and increases the sensitivity to insulin, which will help keep blood sugar levels within a normal range. Try and be active for at least 30 minutes 5 days a week.

A HEALTHY DIET

The following four dietary changes can have a big impact on the risk of developing Type 2 diabetes:

- i. Choose whole grains and whole grain products over highly processed carbohydrates.
- ii. Choose water over sugary drinks.
- iii. Increase your intake of good fats such as avocado, olive and rapeseed oils, lean meat and lower fat dairy products.
- iiii. Limit your intake red meat and avoid processed meat; choose poultry or fish instead.

NOT SMOKING

Smokers are roughly 50 % more likely to develop Type 2 diabetes than non-smokers, and heavy smokers have an even higher risk. GPs are happy to help people who have decided to quit smoking.

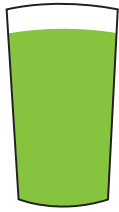
It all comes down to you making informed, conscious choices throughout your day. Individually tailored nutritional information and advice may ease your decision-making and help you plot a clearer path to your goals. When it comes to nutrition – balance is the key to getting it right.

Hanne Kristiansen,
Qualified Nutritionist,
working at Lloyd's
Wellbeing Centre.



HANNE KRISTIANSEN, QUALIFIED NUTRITIONIST WORKING AT THE LLOYD'S WELLBEING CENTRE

For further information on one-to-one nutritional consultations, group workshops and seminars please email info@lloydswellbeingcentre.co.uk or phone 020 7327 5341.



1 Pint of Beer
(ABV 5.2%)
3 units



1 Can of Beer
440ml (ABV 4.5%)
2 units



1 Single Whisky
25ml (ABV 40%)
1 unit



1 small glass wine
125ml (ABV 12%)
1.5 unit

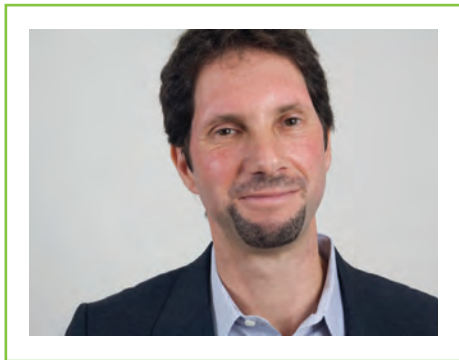


1 large glass wine
250ml (ABV 12%)
3 units



Alcopop
275ml (ABV 5.5%)
1.5 unit

DON'T SHOOT THE MESSENGER – NEW ALCOHOL GUIDELINES RELEASED



Don Shenker
Director, Alcohol Health Network

I spend a lot of time talking to employees about alcohol and one of the most frequent questions I'm asked is how much is it safe to drink?

We get bombarded with so much advice on health these days that its not surprising people get confused about this – it also creates a degree of cynicism when doctors pass on yet another missive about how to avoid being overweight or unhealthy.

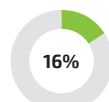
So I can fully understand why the news of new alcohol guidelines created such a stir in the press. It came as a bolt from the blue to hear that we are now being advised to drink less alcohol than before – not exactly a cheerful start to the New Year!

In reality we just need to get our heads around something we probably already know – there is no safe level of drinking, other than not drinking.

That was the headline message from the Chief Medical Officers for the UK, having taken a two-year review of all the new health research on alcohol over the past 20 years – and the main reason for the new message is due to a much better understanding about the relationship between alcohol and cancer.

One in three of us will get cancer at some point in our lives and we now know that even drinking 1.5 units of alcohol a day increases the risk of cancer of the mouth, throat, bowel and in women, breast. Drinking 6 units a day increases the risk of liver and pancreatic cancer.

This is because the carcinogenic nature of alcohol (be it wine, beer, spirits or cider) causes damage to cells, making them more likely to become cancerous. The more you drink, the greater the risk:



Women regularly drinking **2 units** a day increase the risk of breast cancer by **16%**



Women regularly drinking **5 units** a day increase the risk of breast cancer by **40%**



Men regularly drinking **2 units** a day increase the risk of liver cirrhosis by **57%**



Men regularly drinking **5 units** a day increase the risk of liver cirrhosis by **207%**

Source: Alcohol Guidelines Review: Report from Guidelines Review Group to the UK Chief Medical Officers (2016).

I haven't put these statistics up to scare anyone – although they are quite scary – it's just for information. Everyone will make his or her own judgement as to how to use it.

The new guideline to keep the risks from drinking as low as possible is to drink no more than 14 units per week – but don't save these up for one or two days. Spread your units over 3 days or more.

One tip would be to switch to lower strength drinks, lowering the unit content – or adding a mixer to dilute the alcohol. But you knew that, right?

Alcohol Health Network provides alcohol awareness training, resources, online tools and counselling for employees.



ALCOHOL HEALTH NETWORK IS STRATEGICALLY PARTNERED WITH THE LLOYD'S WELLBEING CENTRE FOR THE PROVISION OF ALCOHOL AWARENESS TRAINING.

For further information on training, resources, online tools and employee counselling please email info@lloydswellbeingcentre.co.uk or phone **020 7327 5341**.

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