



Sign up to Brighton & Hove Workplace Health Newsletter to stay up to date on local support, events, training, resources and health campaigns. *Email the team to be added.*

Sign up for free support with the Healthy Lifestyles Team around:

Physical activity, healthy eating, weight management, stop smoking and to reduce alcohol.

Attend your NHS healthcheck appointment with your GP for

adults aged 40 to 74. It can spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. A Health Check helps find ways to lower this risk.

UK, research found that 75% of taxi drivers have struggled with their mental health in the past year



Complete How Are You quiz and get your **free personalized health score** only takes 10 minutes! Answer questions about your current health, sleep, fitness, alcohol intake and more. And receive tips on how to improve your health accordingly.



Access health and wellbeing at work themed webinars such as 'How to keep yourself well at work for self-employed' next session: 4th July 1.30 - 2.15pm

Taxi driver Sean Moran changed his life since his heart attack at the age of 40.

Determined to change his life he done just that, by becoming more active, eating healthily, losing weight and cutting back his working hours. He says: "I am fitter than I have ever been."

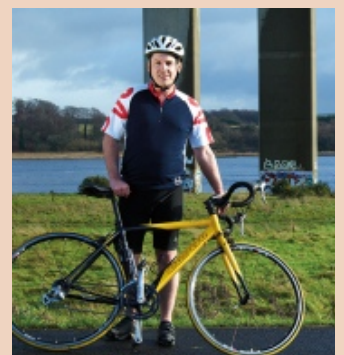
"I used to feel bad if I wasn't working now I feel bad if I'm not getting out and about outside my taxi"

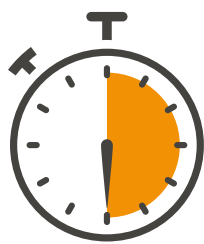
It was cardiac rehabilitation that made him realise that he needed to change his lifestyle. "Out of my cardiac rehab class of eight people, three of us were taxi drivers and they told us how a sedentary lifestyle can contribute to your risk of heart disease." Sean realised this applied to him and that there were other unhealthy habits like working long hours. He said "I was afraid to stop working for an hour because I thought I might miss out on a pound or two. You are sitting down all day, you often eat on the go things like bacon and sausage rolls, and I wasn't doing any exercise to burn it off."

Now Sean:

- Eats more fish, chicken and vegetables and buys reduced-salt options
- Reads food labels making healthier choices
- Moves more when working

"I get out of the taxi and see if people want their bags putting in the boot, or I get out and talk to the other taxi drivers. People think you'll be really restricted in what you can eat, but there are lots of things you can have."





We are **recommended** to:

- Aim for **150 minutes of moderate intensity activity a week** or **75 minutes of vigorous activity**
- And to do **strengthening activities at least 2 days a week**

Spread exercise over 4 to 5 days a week and break up long periods of not moving.

You might feel exhausted after a day's or night's work but here are a few tips to help you:

- **Get up and walk around during work breaks** even a 10-minute stroll can be beneficial.
- **Be as active as possible on your days off** walk to the supermarket or be active with others.
- **Find an exercise you enjoy** as this will inspire you to stick at it.
- **Actively travel** where you can or get off public transport a stop earlier.
- **After work** you might feel tired but a brisk walk will help you to wind down.
- **Exercise before work** giving you energy and increasing your alertness during your shift.
- **Consider doing 75 minutes of intense activities** over the week such as: walking upstairs, running, swimming, cycling, aerobics, martial arts, or sports.

Benefits of being active:

- Reduce stress, boost self esteem and improves mood
- Maintain a healthy weight and strong muscles and bones
- Reduces your risk of: heart disease, stroke, diabetes, cancer and dementia and Alzheimer's
- Improves your sleep
- Boosts your energy
- Helps with back or joint pain

Active for Life & Healthwalks Programme
Spring - Summer 2023
Hello from Brighton & Hove city's **Healthy Lifestyles Team**
We are a local service providing support to anyone who wants to lead a healthier lifestyle.

Welcome to the Active for Life programme where you can find a variety of fantastic activities to help you become or stay active

All the activities included in this guide are:
"Free" "Beginner friendly"
"Local and accessible" "For all ages and abilities"

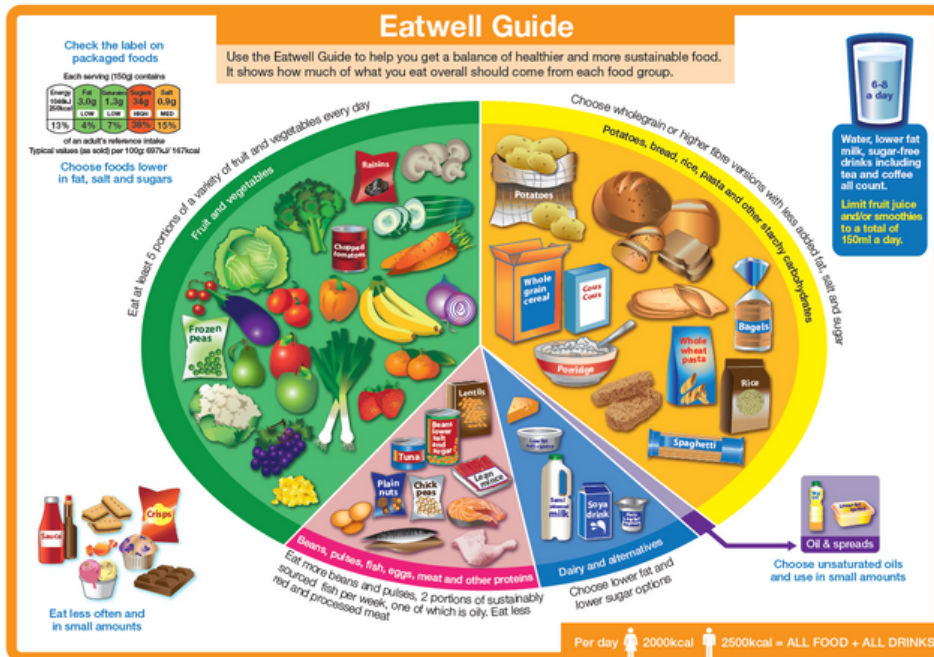
The team can also offer help and advice on all aspects of living a healthy lifestyle, including being active, eating well, stopping smoking, drinking less alcohol and improving your wellbeing.

Any questions about becoming active?
Contact us for help & advice Healthy Lifestyles Team: 01273 294589
email: healthylifestyles@brighton-hove.gov.uk
www.brighton-hove.gov.uk/activeforlife
Twitter: @BHhealthylife
Facebook: facebook.com/healthylifestyles

Our team deliver FREE walks and physical activity sessions across the City for all ages and abilities. Contact the team to **get your free programme** and or visit our [youtube channel](#) for free exercise videos.



Check out the NHS Better Health free apps couch to 5k, Active 10 and the **Get Active Page**.



The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal.

There are also vegetarian and vegan guides available email the team to get yours.

A common challenge drivers face when hungry on the road is to grab something fast. When you have little time it can be hard to make healthy choices. Here are a few tips to help you:

- **Have breakfast** choose oats that will keep you fuller for longer.
- **Make extra food** when cooking or prepare some meals in advance to take with you.
- **Take a lunch break** skipping meals can lead to unhealthy choices, get out of the car for lunch.
- **Stay hydrated** to help you stay full and improves your concentration (6 - 8 cups per day).
- **Add fruit and vegetables** to your meals for good nutrients and keeps you fuller.
- **Choose:** wholegrain and unsaturated fats.
- **Avoid high sugary foods** and choose fibre-rich foods to keep you full for longer such as: Fruit, vegetable sticks, unsalted nuts, rye crispbread, or wholemeal pitta with houmous.



Download the free food scanner app and check out the **NHS Better Health website** to help you make healthier swaps.

Get in touch with the team for your free copy of our **Eating Well for Work** recipe guide. And check out our teams **Youtube channel** for more recipe ideas.





Taking these 5 steps will improve your mental health and wellbeing, help you feel more positive and able to get the most out of life.

5 ways to Wellbeing

Think of the phrase CLANG as a way to remember what the 5 ways are: **C**onnect, **L**earn, **b**e **A**ctive, **t**ake **N**otice and **G**ive.

- C** **Connect** - Reach out to your local community, neighbourhood, colleagues, family and friends.
- L** **Learn** - Learning new things can be fun and can improve your confidence. Set a challenge you will enjoy achieving. Share what you have done with others.
- A** **be Active** - Exercising makes us feel good. If you can get outside, try and go for a walk everyday. Discover a physical activity you enjoy and that suits your level of mobility and fitness.
- N** **take Notice** - Look out as well as in. Notice your senses and what's around you. Pay attention to the present moment. Some people call this awareness "mindfulness".
- G** **Give** - Acts of giving and kindness can help improve your wellbeing by creating positive feelings and a sense of reward, purpose and self-worth. They also help you connect with other people.



Driving can be stressful, you could find yourself dealing with tricky customers, gridlock traffic or faults with your vehicle. We need to learn how to cope with stress triggers. In addition to the above:

- **Take regular breaks** during your shift, get out of the vehicle and walk about.
- **Take leave** and don't work too many days on the trot, use or give yourself a holiday allowance.
- **End your shift with something you enjoy**
- **Get enough sleep** it is recommended to get at least 7 - 9 hours per day for people aged 18-65.
- **Take a few deep breaths after stressful situations.** Sussex mindfulness have free taster sessions 24 April 6-7pm or 22 May 6-7pm.



Get your free mind plan

Answer 5 simple questions to get your personalised mental health action plan with tips and advice to help you be kind to your mind. Check out the Every Mind Matters webpage for more support and resources.



Low cost healthy lifestyles

HELPFUL
TIPS

Food: buying, cooking and energy saving tips

- Reduce the flame when boiling starts (saving 25% of fuel)
- Put the lid on saucepans- saves heat and cooking time
- Pour water from a boiled kettle into a thermos to use later
- Microwaving food is more efficient to heat up and use a slow cooker/ steamer
- Cook more than one thing in an oven or make one pot meals
- Batch cook meals and or buy on special offer and freeze
- Buy frozen or tinned, seasonal or grow your own fruit and vegetables
- Choose more pulses and lentils over meat
- Plan your meals in advance & make your own sauces and dressings
- Sign up to the healthy start scheme if eligible for free fruit, veg, and milk
- Contact the team to get your free 'eating well for work' and 'family recipe' booklets

Getting and keeping active tips

- Attend Active for Life and Healthwalks activities (free across the city)
- Sign up to Freedom Leisure discount card if eligible & Under 18 free swimming
- Exercise in parks by going for a walk, use green gyms or join a park run
- Swim in the sea if you are a confident swimmer (use a life guarded beach & check weather and tide in advance)
- Travel actively around the City and use the free Better Points app
- Use free Apps such as: Couch to 5k, Active 10, or Stretch minder

Mental health and wellbeing

- Self care with the 5 ways to wellbeing (connect, learn, active, take notice and give)
- Complete the free mind plan quiz with every mind matters
- Go outside in nature and try to get enough sleep
- Find ways to relax with something you enjoy

Stop smoking 20 a day smoker could save £93.10 per week!

Reduce alcohol intake

Support and resource:

Contact the team for healthy Lifestyle support:

01273 294589 or email HealthyLifestylesTeam@brighton-hove.gov.uk

Subscribe to our Youtube channel: [@Brighton&HoveHealthyLifestylesTeam](https://www.youtube.com/@Brighton&HoveHealthyLifestylesTeam)

Check out:

www.nhs.uk/better-health & www.nhs.uk/every-mind-matters

www.brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/financial-advice



Subscribe to the teams [Youtube channel](#) to help keep you healthy. We have:

Physical activities for work:

- 20 minute seated Yoga
- 20 minute seated exercise in the park
- 25 minute stretch class
- 30 minute relaxation
- 30 minute full body circuit
- 30 minute pure cardio
- 30 minute body strength using a chair
- 30 minute full body mobilisation
- 45 minute resilience Yoga

Healthy eating for work:

- Rainbow wrap
- Veggie meatballs
- Leftover sub roll
- Potatoe and leek soup
- Overnight oats
- Breakfast smoothie
- Warming winter salad
- Tomato vegetable pasta
- Banana oat bars

Quizzes:

- Healthy Eating
- Physical Activity
- Hydration
- Smoking
- Alcohol
- Sun Safety

.. AND SO MUCH MORE!



Live in Sussex with a long-term health condition ? Take up Nordic walking for free !

From April to September, a free programme of taster sessions, beginner courses and weekly instructed Nordic walks/refresher sessions in Stanmer Park, Brighton, are available for booking if you live in Sussex with a long-term health condition:

- **Have defined health risk factors or self-reported health problems**
e.g. overweight, high blood pressure, back pain, stress, anxiety, depression, including if you are a carer or bereaved
- **Live with certain long-term/progressive conditions,**
e.g. diabetes, cancer, heart disease, osteoarthritis, osteoporosis, asthma, Parkinson's, Multiple Sclerosis & fibromyalgia
- **Are recovering from medical treatment/rehabilitation,**
e.g. for cancer, heart disease, stroke and joint replacement & similar operations

For more information on sessions [click here.](#)



For more information on anything in this newsletter email:
Workplacehealth@brighton-hove.gov.uk

