

Keeping you **fit for business** and **fit for life**

YOU ARE WHAT YOU EAT

Re-Energise Challenge

- Establish healthy eating habits
- Increase & sustain energy
- Shed unwanted pounds
- Build resilience to stress
- Improve sleep & mental clarity



**Lloyd's
Wellbeing
Centre**

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Inside this issue

- ◆ **You Are What You Eat** – tips and tactics for a healthier diet
- ◆ **Sugar Swaps** – combat the cravings!
- ◆ **JERF** – Just Eat Real Food!
- ◆ **Caffeine** – The bitter reality
- ◆ **“Know Your Numbers”** mini health checks at Lloyd's

Welcome

Welcome to FIT4, your Lloyd's Community fitness, health and wellbeing newsletter brought to you by the Lloyd's Wellbeing Centre. Every issue brings you interesting health and wellbeing articles, guidance and opinion. Something for everyone, from information to inspiration!

Our Wellbeing Centre is conveniently located in the Lloyd's Building (Upper Basement level) and is open to everyone – whether you are a Lloyd's pass holder or not. We provide a comprehensive range of wellbeing and healthcare services dedicated to improving the lives of people working in the City of London.

Janice Kaye
Director, Lloyd's Wellbeing Centre



Have you heard of JERF?



A growing healthy-eating (but anti-diet!) food movement

JERF, or to give it its full name '**Just Eat Real Food**', is a growing food movement. The philosophy behind JERF is simple and goes beyond labelling what you eat as a 'special' diet. In many ways JERF is an 'anti-diet' that embraces the growing wellness trend, and helps unite people's desire to eat not only for enjoyment, but also for good health.

JERF is not about cutting out food groups or following the latest fad diet but instead focuses on eating real food made using quality ingredients and avoiding processed or pre-packaged foods. If food comes pre-packed it should contain whole food ingredients only, for example nuts and seeds.

Dr Aseem Malhotra is a Consultant Cardiologist leading a campaign against excessive sugar consumption. He recently said at a conference, "*Any (pre-packaged) foods that are marketed as 'healthy' are not good for you*". Although this is a bit of a sweeping statement it can be argued that many foods that are marketed as being healthy/light/diet, etc. provide little in the way of positive nutrition. For example, a healthy-looking flapjack may have healthy ingredients such as oats and nuts, however they are also laden with butter and sugar. A snack like this will give you an instantaneous sugar rush, but quickly leave you unsatisfied and looking for the next meal or snack.

Keeping things as simple as possible, we should be looking to pack as many nutrients into each calorie we eat - a term known as nutrient density. JERF embraces this philosophy and allows us to feed our bodies and leave us feeling satisfied and not reaching for that packet of 'baddies' later in the afternoon!



William Cook, BSc PHD
Head of Nutrition and Dietetics, Elior

JERFing does not need to be time consuming or expensive. We encourage JERFing wherever we can at the Lloyd's Restaurant. Check out our fantastic salad bar, the range of fresh fruit and our seasonal menus to support your healthy food choices.

JERF top tips:

- Keep it simple. You don't need to buy the latest trendy super-food or ingredients. Go back to basics and use traditional vegetables and wholegrains.
- Love imperfect fruit and vegetables. Many supermarkets are now selling 'ugly' fruit and veg cheaply and whilst they may not look as pretty as their perfectly formed cousins, nutritionally they are exactly the same!
- Buy in season. We may be able to get every ingredient all year around, but this comes at a cost. Often when foods are out of season they are more expensive so try to eat with the seasons, when foods are more easily available and kinder on your pocket.
- Shop the perimeter. When shopping in the supermarket you can save time (and money) shopping in the outer sections of the store alone. Most of the food you need - fruit, vegetables, meat, fish, beans, pulses and dairy - can be found around the perimeter. You can also try shopping at local markets instead of big supermarkets.
- Be organised. Without wanting to nag, write a list and stick to it! Make sure you only buy what you need when you go shopping (and also don't forget what you actually went for!) Don't even think about going food shopping on an empty stomach! Subconsciously you'll reach for sugar and fat rich food.

Lunch at Lloyd's – Providing a fantastic variety of 'real food' options.



When was the last time you felt 100%?

Are you *tired* of feeling tired?

Do you suffer with *energy slumps* during the day?



The stresses and pressures of modern life have left many of us feeling exhausted, overwhelmed and with little time or energy to take care of our health and wellbeing. Sure, that chocolate bar or cappuccino might give you a quick energy fix but that soon wears off and you crash and burn feeling even more drained.

The solutions to modern-day problems of fatigue, obesity, diabetes, heart disease, dementia and other chronic disease are strongly linked to our food and lifestyle choices.

Most of us want to do the right thing but find ourselves putting it off until we have more time, for example after a work or home project is completed, kids are older etc. We talk ourselves into thinking we will start taking care of our health and wellbeing one day soon.

Even then, it is difficult to know what the right choices are. The media is full of confusing and conflicting messages and it's not surprising that many people flip-flop between the latest fad diets.

What we now know is that low fat diets and calorie counting are certainly not the best ways to stay healthy, enjoy vibrant energy levels and maintain stable weight. We also know the diets which eliminate whole food groups are difficult to sustain in the longer term. An approach to eating that balances your physiology and blood sugar throughout the day contributes to sustainable energy, stable moods and supports weight management, without deprivation or feeling hungry.

The Lloyd's Wellbeing Centre is running a series of free "Re-Energise" talks including tips and guidance on exactly what to do to boost your energy levels, manage stress and end the year on an energy high!

Visit lloydswellbeingcentre.co.uk/discover for further information and to book a place.

Marcelle Dubruel

P.S.—Don't forget to check out the new 'Re-Energising' healthy snacks available at the Lloyd's Coffee House cafeteria.



Marcelle Dubruel is an experienced Nutrition Health Coach at the Lloyd's Wellbeing Centre

Marcelle's top tips for getting started!

The first step to boosting your energy is a **healthy, nutrient rich diet**. Your body needs nutritious food as fuel to work efficiently. So that means **reducing sugary foods** and **filling up on lots of protein and whole grains**, which take longer for your body to break down ensuring you have a consistent supply of energy throughout the day.

Should you find yourself requiring a snack between meals, I recommend ensuring you have energising and healthy snacks available at home, at work, in the car....anywhere your snack craving might kick in! Being prepared is key.

Particularly important for the "hangry" amongst us! Or to avoid that "afternoon energy dip"!

Try these easy to assemble energising snacks:

- ◆ Crudités (small pieces of raw vegetable) and hummus
- ◆ Nut butter (with no added sugar) and oat cakes
- ◆ Celery sticks filled with nut butter
- ◆ Boiled eggs
- ◆ Nuts and seeds
- ◆ Low sugar snack bars
- ◆ Apple / pear with 1 tablespoon of pumpkin seeds.

Something sweet:

- ◆ Greek yoghurt / coconut yoghurt with fresh strawberries and a sprinkle of crushed hazelnuts
- ◆ 2 squares of 75% dark chocolate with 2 Brazil nuts.

Re-Energise Challenge

lloydswellbeingcentre.co.uk/challenge

Do you want to increase your energy, improve your health and wellbeing, and have fun along the way with a group of like-minded people?

The Lloyd's Wellbeing Centre has launched a fun **28-day Re-Energise Challenge**. The Challenge is designed to empower and support you, with a focus on improving healthy eating and lifestyle habits. It aims to boost energy levels, build resilience to stress and to improve your general physical and mental wellbeing.

Benefits to you:

- **Increase & sustain energy**
- **Shed unwanted pounds**
- **Build resilience to stress**
- **Establish healthy eating habits**
- **Improve sleep & mental clarity**

'KNOW YOUR NUMBERS'

Regular health check-ups are important for maintaining your physical wellbeing, and giving you a 'heads-up' on underlying health conditions that you may not have been aware of. Conditions such as hypertension or high cholesterol may seriously affect your health in the long term, but can be effectively managed with the help of your GP.



A 'Know Your Numbers' 15-minute health check is one of the easiest and quickest ways that you can understand your level of general health & fitness, and discover any potential risks or issues that you may have. Results are confidential and are given to you during the appointment.

Your health check includes:

- ◆ Blood pressure
- ◆ Cholesterol (total, good & bad, ratio)
- ◆ Blood glucose (diabetes)
- ◆ Weight, height & waist measurement
- ◆ BMI (Body Mass Index)
- ◆ Lifestyle mini-review

Our next
"Know Your Numbers"
Health Check is on
the **5th December**

Book for £22 at
[lloydswellbeingcentre.co.uk](http://lloydswellbeingcentre.co.uk/healthcheck)
/healthcheck

Onsite employee health checks can also be arranged at your workplace by your HR Department*.

*If your HR Department would like to know more about running in-house mini health checks, ask them to contact the Lloyd's Wellbeing Centre for prices and availability on info@lloydswellbeingcentre.co.uk



The bitter reality

Caffeine. The oil of the office. The go-to fix for the under-slept professional. What starts with a quick-fix buzz and a rush of alertness ends with a come-down and most probably another cup, and so the cycle continues. For a habit which exists amongst so many workers for so many years, it is important to consider the long-term effects of consuming caffeine.

What we don't appreciate about caffeine is that it has created an epidemic of addiction, which is now so widespread that it is considered normal. Caffeine is a psychoactive drug, meaning it alters perception, mood, consciousness and behaviour. It is also toxic to the body, and as soon as you ingest it, the body makes it a priority to filter it out of your system. The reason coffee gives you a positive 'supercharge' is mainly because it over stimulates and kills off dopamine neurons in the brain, which may contribute to premature ageing of the brain.

Caffeine also stimulates your sympathetic nervous system, the system which prepares your body to react to stressful or emergency situations. This speeds up heart rate, increases muscle tension and sweating by primarily adjusting levels of adrenaline and cortisol. When this system is fired up, the bodily functions required when not under stress, such as digestion, growth and repair, remain inactive.

Many of us may say that we need a coffee to 'wake up' in the mornings. But that is the true illusion of caffeine. Instead of raising our energy levels, caffeinated drinks such as tea and coffee simply deliver higher peaks and troughs of energy. We also often try to get through a 'low' by having another

hit later in the day, which delays the wall you will hit later.

Caffeine keeps you feeling awake by blocking adenosine receptors to the brain. This is a hormone which builds up during the day and makes you feel more and more tired. The problem is two-fold; firstly, caffeine simply delays the signal of the amassing adenosine so when it wears off you feel worse than you did before, and secondly the body adjusts to this by creating more adenosine receptors. This means if you come off caffeine, you will feel the effects of adenosine more acutely, leading to lethargy and dependence on caffeine to keep you alert.

Now this may seem rather intimidating, as well as a problem that may not be solvable. So we have collated several recommendations to help you kick or reduce your caffeine habit, and live a livelier, less stressful life.

Kick or reduce your caffeine habit!

- ◆ Decrease your caffeine consumption gradually
- ◆ Switch to decaf
- ◆ Increase your water intake (to fight off any withdrawal headaches)
- ◆ Read the food label, watch out for caffeine in drinks and food
- ◆ Try an alternative such as chicory coffee, golden milk, herbal teas, etc.
- ◆ Brew tea for a shorter amount of time to reduce the amount of caffeine in it
- ◆ Instead of a large cup of coffee, next time order a small
- ◆ Mix it up. Alternate one cup of coffee with one cup of a non-caffeinated drink.