

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

RE-ENERGISE YOURSELF IN 2020

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

Re-Energise
Challenge 

**Lloyd's
Wellbeing
Centre**

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- **Another year has passed, another year older** - Can you cheat the ageing process?
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Welcome

Welcome to FIT4, your Lloyd's marketplace 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



RE-ENERGISE YOURSELF!



Join our fun 28-day Nutrition Challenge

- Would you like to wake up every day feeling clear headed, calm and ready for the day ahead?
- Would you like consistent energy levels throughout the day and avoid energy and concentration dips and irritable moods?
- What about achieving your ideal weight, and easily maintaining that weight?



Marcelle Dubruel,
Nutrition Health Coach



The Re-Energise Challenge is for you if you want to...

- ✓ boost your energy
- ✓ improve your health and wellbeing
- ✓ enjoy healthy eating
- ✓ understand which foods are best for you
- ✓ improve your stress resilience
- ✓ achieve the right weight for you
- ✓ try a new way to be healthier in 2020, and have fun along the way!

Find out more & book your place today
lloydswellbeingcentre.co.uk/challenge

We understand that life can be busy, demanding and at times, downright stressful. However, we believe that everyone can have the energy to do all the things that are important to them. Having the right “fuel”, together with healthy daily habits, is the winning formula to achieving the physical and mental wellness that we all need for a thriving and fulfilling lifestyle.

“Success is nothing more than a few simple disciplines, practiced every day, while failure is simply a few errors in judgement, repeated every day”

Jim Rohn, Entrepreneur

Success lies in making small, incremental changes to your daily habits. The theory of marginal gains is all about the small changes in any process adding up to a significant improvement when accumulated over time. Thinking in terms of your health and energy, an accumulation of positive daily habits - over time - can make you feel more energised.

KICK START YOUR CHALLENGE

The first steps of the Re-Energise Challenge include:

- Welcome lunchtime talk about the Challenge
- ‘How do you rate your energy and health right now?’ Self Assessment
- Metabolic Analysis – take home your print out
- 1-2-1 personal overview with your Nutrition Health Coach to help you get started.



We think the Re-Energise Challenge is a fantastic idea, and the Lloyd's Coffee House and Restaurant supports this initiative all the way!

On a daily basis we offer the Lloyd's Community a selection of tasty, nutritionally balanced meals and snacks – all 'Re-Energise Challenge' friendly!



Kevin Colclough-Noble
General Manager - Hospitality & Catering, Lloyd's



General Manager - Hospitality & Catering, Lloyd's

The Lloyd's Wellbeing "28 day Re-Energise Challenge" includes:

- ✓ Kick-start workshop outlining the Challenge principles and how it works
- ✓ Meal plan including breakfast, main meals and snacks, following the 'balanced plate' principles
- ✓ Guidance on "Challenge acceptable choices" at local eateries in the EC3 area
- ✓ Daily bite-size nutrition knowledge & Challenge tips; a new challenge unlocks each day
- ✓ Self assessment of your energy and health at the beginning and end of the Challenge
- ✓ Optional body composition statistics taken at the beginning and end of the Challenge
- ✓ Optional 1-2-1 mini session with your Nutrition Health Coach to help make the Challenge work for you
- ✓ Access to online App for Challenge content and (optional) group chat
- ✓ Contact with the Nutrition Health Coach privately throughout the Challenge with any questions that you may have
- ✓ Peer support and encouragement throughout the Challenge.



Challenge delivery:

Once you have signed up, you will receive an invitation to create an account in our online client portal. All the Challenge content is delivered through your personal portal account.

From your account you can communicate and message your Nutrition Health Coach privately AND you have an option for group messaging to have fun connecting with your fellow Challengers.

MINI HEALTH CHECKS

'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 15-minute 'Know Your Numbers' health check is one of the easiest and quickest ways to 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 measurements
- BMI (Body Mass Index)
- Lifestyle mini-review

Want to be notified about our next "Know Your Numbers" days?

Register your details at
lloydswellbeingcentre.co.uk/healthcheck

Onsite employee health checks can 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 pricing and availability on info@lloydswellbeingcentre.co.uk

Find out more and how to book:

The Challenge is open to anyone in the Lloyd's marketplace. Give this a go NOW (because deep-down, you know there is never a perfect time)!

Re-Energise Challenge start date: Monday 3rd February 2020

Price: £95 + VAT (we welcome employer contributions – your employer may be able to subsidise your place)

More information and online booking:
lloydswellbeingcentre.co.uk/challenge



CAN YOU CHEAT THE AGEING PROCESS?

Another year has gone and we have all aged that little bit more!

For millennia we have been searching for miracle cures to reduce the signs of ageing, sometimes spending fortunes. But what scares most of us about the ageing process is the pain, suffering and dependence that is often associated with chronic disease that can creep up on us as time goes by. We've long been aware of the "blue zones" of the world; regions where instead of experiencing debilitating disorders as they age, people continue to be fit and active well into their nineties. Although it's not easy for city-dwellers to avoid pollution and stress, the effects of good diet and activity are attainable and with less effort than you might think.

The immediate response to hearing that your friend is going on a diet is usually to reassure them that they don't look overweight. What's missing from this conversation are the massive benefits, beyond that of someone's external appearance, of a healthy diet. Food and weight are related very much to our mental and physical health. For example, midlife onward obesity (a Body Mass Index figure of over 30) is one of the major modifiable risks linked with serious cognitive impairment and dementia.

Type 2 diabetes is another potential consequence of a poor diet. This occurs when the body doesn't produce enough insulin to function properly, or the body's cells stop reacting to insulin. This results in glucose staying in the blood and not being used as fuel for energy. Diabetes is a major cause of premature mortality; however type 2 diabetes can often be managed effectively with changing to a healthy diet. Five million people in the UK are at risk of developing type 2 diabetes. Simply put, as a nation we're eating far too much of the wrong things (highly processed foods, which are generally high in sugar, salt and fat content). Over the years, portion sizes have increased and we are not helped by the fact that we tend to underestimate the amount of calories that we consume. In addition, our homeostatic mechanisms that are meant to keep our weight stable are not as efficient as we would like them to be and are influenced by other factors such as desire and lack of willpower.

Diet is only one part of the problem. According to countless studies, physical activity undoubtedly ameliorates the ageing process, demonstrated in an early key study reported in *The Lancet* which

looked at the health of London bus drivers and conductors. The sedentary bus drivers were found to be more likely to suffer heart disease than bus conductors who moved around more. This landmark study led the way to further modern research, confirming the huge benefits of physical activity to our health.

Muir Gray, former Chief of Knowledge for the NHS, calls the decline of our functional ability, due to lack of activity, the 'fitness gap'. He asserts that the gap between those who keep fit and those who don't, opens up as early as our thirties and increases gradually with age. Inactive people are far more likely to descend into dependency with age, than those who keep active.

"IF EXERCISE WAS A PILL, EVERYONE WOULD BE TAKING IT"

Undoubtedly, the hardest part in the fight for fitness is motivation and many people are daunted by the prospect of trying to increase their fitness level. Amateur endurance cyclist, Norman Lazarus said – when being interviewed for the book 'Extra Time' – "If exercise was a pill, everyone would be taking it".

It need not be so daunting! A comprehensive study around lifestyle and health, the Caerphilly Cohort Study by Peter Elwood, tracked the weight, diet, exercise, smoking and drinking habits of 2500 men over 35 years, all from a town with a shockingly high incidence of heart disease. Those who consistently performed well on 4/5 criteria suffered from 70% less diabetes, had 60% fewer heart attacks, and were 60% less likely to experience cognitive impairment or dementia. In Elwood's follow up calculations, he predicted that if every person took up only one healthy habit, the UK would see 12% less diabetes, 6% fewer heart attacks and strokes, and 13% fewer people with dementia.

Improving your health is a mole hill, not a mountain. Overdoing it doesn't massively extend lifespan; Olympians gain only about 3 years of additional life compared to normal people. However, making several small changes towards advancing your health, such as simple diet alterations and gradually increasing physical activity, will empirically slow ageing and maintain your health and wellbeing through middle age and into your advanced years.

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FIT4 is a newsletter publication developed by the Lloyd's Wellbeing Centre and brought to you by Thrive4Life, dedicated to improving the health and wellbeing of working people.