

# Making health a lifestyle



# Making health a lifestyle

Welcome to your Employee Health & Wellbeing magazine!

We wanted to make it easier for you to access information to maintain a healthy and balanced lifestyle. From expert tips on nutrition and fitness to mental wellness strategies, we've got you covered. Our goal is to support your well-being both inside and outside of work, helping you thrive in all aspects of your life.

Stay tuned for inspiring articles and practical advice and enjoy reading!

Your Healthoutfit team

## Table of contents

---

<b>Healthy habits for any environment</b>	<b>3</b>
<b>Emotional fitness plan</b>	<b>5</b>
<b>Boost your brain health</b>	<b>7</b>
<b>Nourish to flourish</b>	<b>9</b>
<b>Time management</b>	<b>11</b>
<b>Quit smoking repair your environment</b>	<b>13</b>
<b>Sweet potato curry with spinach and chickpeas</b>	<b>15</b>
<b>Apple and raspberry oatmeal crumble</b>	<b>16</b>
<b>Training programme</b>	<b>17</b>
<b>Body weight exercises</b>	<b>18</b>

---



# Healthy habits for any environment

Maintaining good habits while working from home, offshore, or remote locations is essential for productivity, wellbeing, and job satisfaction.

healthoutfit

Without some structure it's easy to fall into unhealthy patterns.

### **STICK TO YOUR ROUTINE**

Establishing a consistent routine is essential to maintaining good habits.

- Start your day at the same time, just as if you were heading to the office and work your usual hours.
- Stick to your morning routine whether you are working in the office or from home.
- Take your tea/lunch breaks or fresh air/stretch breaks just like you would in the office.

### **CREATE A DEDICATED WORKSPACE**

While it may be tempting to work from the couch (or bed) having a separate work 'mindspace' and physical space helps you concentrate at work and crucially switch off when trying to relax in your home. Keep your workspace tidy and organised just as you would in the office, clearing everything away at the end of the day to really help you disconnect from work.

### **SET BOUNDARIES**

One of the biggest challenges of working from home is drawing the line between work and personal life

It's important to set boundaries to prevent overworking and maintain a healthy work-life balance.

- Create a ritual that signals the end of your workday, such as shutting down your computer or closing your office door.
- If you usually walk or cycle home from the office, keep that habit even when you're working from home, offshore or remotely.
- Don't return to your workspace until the next working day, you wouldn't drive back to the office in the evening or at the weekend, so why do it at home?

### **STAY ACTIVE AND EAT WELL**

With everything you need just a few steps away it's easy to become less active when working from home. At the office it may be easy to get more physical activity in by taking the stairs, attending a fitness class during lunch or going to the gym after work.

- Tracking your daily steps in the office vs at home gives you data, you can then work on improving your activity.

- Getting out for walks, completing a home workout or virtual fitness class, running and cycling are all great ways to improve your activity when working from home.
- Consider investing in some fitness equipment that allows you to continue your training at home.
- With the kitchen so close it can be tempting to snack often – do not work in the kitchen. Plan your meals and stick to your usual mealtimes, keep healthy snacks on hand to avoid developing unhealthy eating habits. Better yet, don't buy any 'unhealthy' snacks during the week to avoid the temptation all together. And if you do buy them for others in the house, then put them in sealed and labelled containers for those members of the family.

**Establishing a consistent routine is essential to maintaining good habits**

If you would like any advice on nutrition or a home workout plan contact [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk)



# Emotional fitness plan

Emotional agility allows us to cultivate the skills we need to love and lead and parent more effectively. In her book, *Emotional Agility*, Dr Susan David says: "To truly benefit from emotional agility, we need to both show up to our emotions and be willing to respond to them".

It's too easy to get stuck on the merry-go-round of who is right or wrong or how we feel.

Being emotionally fit means being resilient, positive and focused. It means cultivating the skill to block challenges from throwing you off course; and being able to change your mindset from angry, anxious or sad to rather focus on constructive emotions and tasks. Ultimately, you're able to bounce right back and continue on your journey even stronger than you were before.

If you have trouble controlling your emotions or finding the lessons in life's trials, you're not alone.

Become empowered by asking yourself the right questions that reframe the emotion into a solvable problem: What can I learn from this? How do I want to feel? What would I have to believe to feel that way right now? What am I willing to do about it?

Whenever you feel your emotions bubbling up, Dr Susan David, Psychologist and author of Emotional Agility suggests 4 questions to help you move to and through emotions:

1. How am I feeling right now?
2. How are my feelings impacting me?
3. What are my options for dealing with this situation?

4. What is one values-aligned step I could take?

#### QUESTION 1

It sounds simple, and yet many of us don't take the time to do this in the heat of the moment.

Finding clarity on the true emotion behind your feeling is the first step to dealing with it.

#### QUESTION 2

Can you remain curious and open to learning? What are your emotions sign-posting? Usually, the first thing we feel is a symptom of a deeper, more difficult feeling we're avoiding.

Sometimes, anger is on the surface but deep down, the true feeling is rejection or not being heard. Sometimes the deeper meaning of feeling sad may be loneliness and abandonment. We may feel uninspired because we have a fear of failure.

#### QUESTION 3

Take a pause to think about all the options you have, not just the immediate knee-jerk ones.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." – Viktor Frankl.

#### QUESTION 4

Your values are what you care about and consider to be important. They are at the core of what you find meaningful in life.

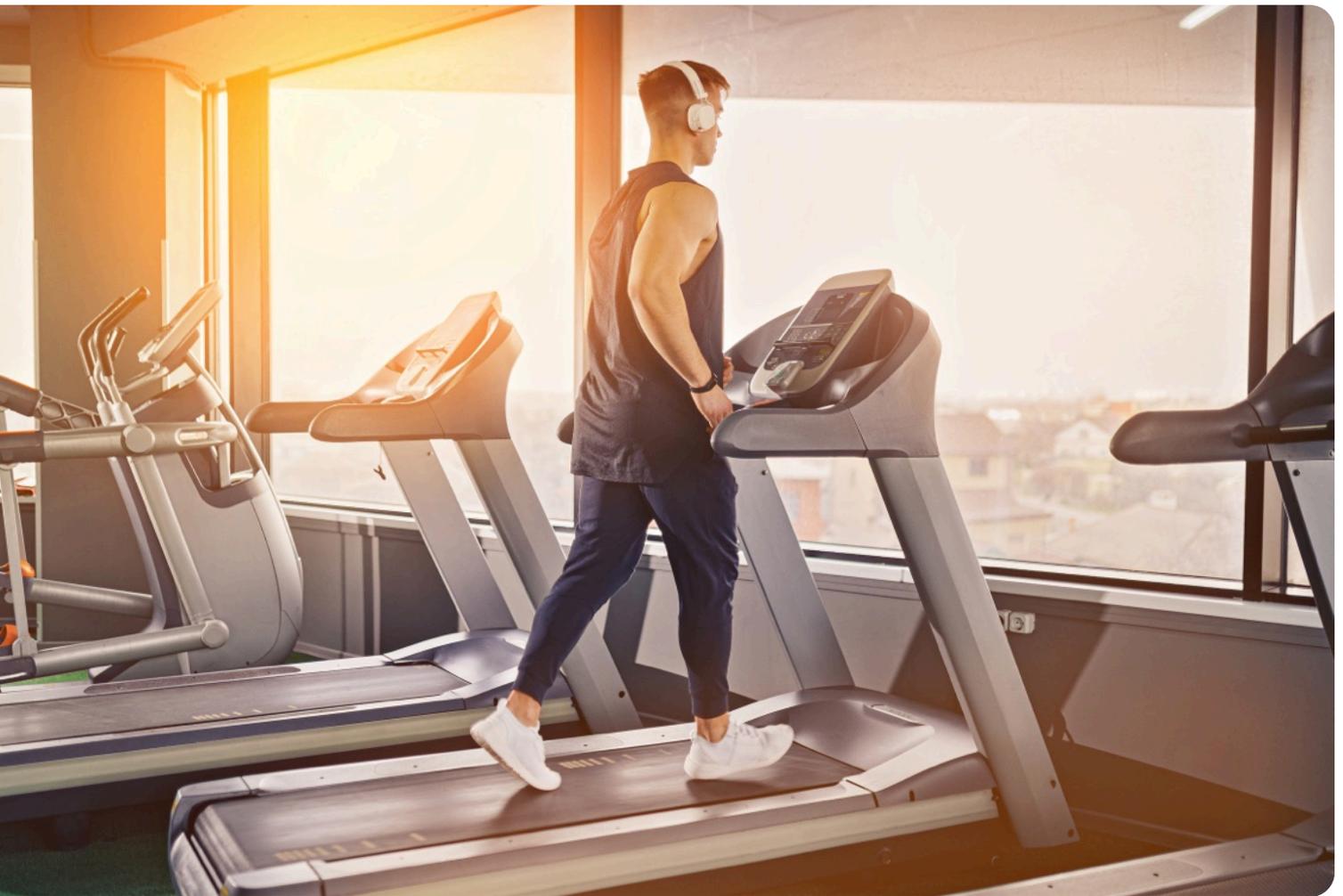
Emotions are there to help you. They are guideposts for life's trajectory, letting you know what is and isn't working. Suppressing them is never helpful – emotions have a way of coming out (like a burp or fart!), whether you want them to or not. Instead of pushing down feelings like sadness or anger, work on developing an appreciation for them.

Even if they're making you uncomfortable in the moment, know that your emotions are there to tell you something. Emotional fitness means you're willing to do the work to find out what that is.

**Between stimulus and response there is a space. In that space is our power to choose**

**Need support to develop your emotional fitness plan?**

Email: [georgie@healthoutfit.co.uk](mailto:georgie@healthoutfit.co.uk) to schedule a confidential 1:1 chat.



# Boost your brain health

When did you last run a “bubble bath” for your brain? According to Dr Wendy Suzuki, neuroscientist and professor at the New York University Center for Neural Science, exercise has significant effects on the brain.

**Here is a snippet summary from her interview with Dr Andrew Huberman (hubermanlab.com):**

### **NEUROCHEMICAL RELEASE**

Exercise, especially aerobic exercise, induces the release of several neurochemicals such as dopamine, serotonin, and noradrenaline. These chemicals enhance mood and cognitive functions. Additionally, every time we move (especially when exercising aerobically) a growth factor called brain-derived neurotrophic factor (BDNF) is released and it promotes the growth of new neurons in the hippocampus, which is crucial for memory and learning. And we definitely want to keep our hippocampus "fat and fluffy" says Dr Suzuki.

### **MOOD BOOST**

Regular physical activity improves mood and reduces symptoms of depression and anxiety. It also enhances cognitive performance, including attention and memory. Studies have shown that even short bouts of exercise, like a 10-minute walk, can improve mood and cognitive function, providing a "neurochemical bubble bath" for the brain.

Exercise that gets your heart pumping helps keep your body and brain in tip-top shape.. For most people, the goal of physical exercise should be to engage in vigorous physical activity three days per week for 15 minutes

Or, if high-intensity workouts don't work for you because of health concerns or other reasons, you can aim for 30 minutes of moderate activity five days per week to get similar brain-boosting effects.

Aerobic exercises are the ones to focus on here. That's activities like running, jogging, biking, swimming or even dancing are first prize but that doesn't mean ignoring the weight section of the gym (or your garage)! Resistance Training, like weight training or body weight exercises, where the skeletal framework is bearing a load also positively affects brain health.

The benefits of exercise on the brain are both immediate and sustained over time. After a single session of exercise, *improvements in mood and cognitive function can last for up to two hours*. These include enhanced prefrontal cortex function, better reaction times, and reduced anxiety and hostility.

Every little bit of extra activity you can get can be beneficial. In one study, researchers concluded that even among people who didn't meet the activity guidelines, each hour of light-intensity physical activity and achieving 7,500 steps or more daily was associated with higher total brain volume. This was "equivalent to approximately 1.4 to 2.2 years less brain aging."

**So get that bubble bath flowing and talk with a Wellness Coach [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk) for an exercise program that will most benefit your body - and your brain.**

**Improvements in mood and cognitive function can last for up to two hours**



# Nourish to flourish

We only get one body so we need to look after it well. Our body is our greatest asset, which many people overlook, taking their health for granted until it's too late.

healthoutfit

In order to stay healthy, we should have an active lifestyle, including plenty of exercise and good nutrition from a balanced diet, with a wide variety of colourful fresh fruit and vegetables. Fuelling ourselves up well, helping us to flourish.

Taking good care of ourselves and nourishing our body is the foundation for good health and well-being which is crucial for vitality and for us to thrive. Eating a balanced diet filled with a variety of nourishing foods from all the food groups fuels our body well and ensures it receives all the energy and necessary nutrients it needs. We need to include whole grains, lean proteins, fruits, vegetables and healthy fats, ensuring the bulk of what we consume is from unprocessed wholefoods, eaten with a wide variety to provide us with the vitamins and minerals that are essential for good health. Limiting our intake of processed and sugary foods reduces our risk of chronic health issues such as obesity, diabetes and heart disease.

We should include a variety of foods from all the food groups for a balanced diet, making mindful choices and enjoying a wide range of foods in moderation, rather than omitting food groups, depriving ourselves or imposing strict food rules on ourselves.

If we feed our body well, we will feel better and have more energy to focus on and deal with whatever challenges life throws at us.

**Remember to drink water** at regular intervals to stay hydrated if you want to help your body to function well.

**Make sleep a priority**, somewhere between 7-9 hours of good quality sleep will give your body the chance to rest, recover and repair. We always feel much better after a good sleep and are more likely to eat well and be active if we are not feeling tired.

**Find hobbies** and activities to stimulate your mind too! Pick activities you enjoy. Read a book before bed to help you fall asleep. Practice breathing and mindfulness to help you de-stress. If you eat because you are bored, engage in an activity to distract you and keep your mind busy. Get out for a walk in nature and be mindful, using your senses as you walk to take notice of your environment.

Research has shown that spending time in nature helps to reduce stress and anxiety and improve overall mood. There are lots of ways you can nurture your mind and your mental wellbeing. A healthy mind is just as important as a healthy body.

Look after yourself, nourish your body and your mind well. Give your body what it needs to flourish, stay healthy and free from disease to enjoy a long and healthy lifespan and healthspan.

**Remember to drink water at regular intervals to stay hydrated**

Need support email [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk) to schedule a confidential 1:1 chat.



Time Management

- 1.
- 2.
- 3.
- 4.
- 5.

# Time management

Have you put some professional or personal goals and dreams on hold because there is simply not enough time - or energy - to pursue them?

## ACCOUNTABILITY

Become more accountable by understanding where your time goes and why.

## IDENTIFY HABITS

Identify the counterproductive habits that are causing you the most problems and let go of these familiar, but harmful, behaviors.

## WORK SMARTER

Learn how to replace them with positive habits so you can begin working smarter, not harder.

## 4 STRATEGIES FOR ESCAPING TIME TRAPS:

- Track your time
- Eliminate time wasters
- Get organized
- Plan

There is no single, once-and-for-all solution for perfecting personal organisation and productivity

**BUT** there are simple processes that we can all learn to use that will improve our ability to deal proactively and constructively with our daily realities.

Managing **ACTION** is the prime challenge

- Make appropriate choices
- Don't feel overwhelmed, take a couple of breaths
- Many actions only require a minute or two

Get your personalised organisation hardware set up, get workstations organised, create a personal filing system, enhance your work environment.

Set aside time when you can tackle one whole area of your desk, then your office, then each part of your house.

Need support email [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk) to schedule a confidential 1:1 chat.

**Managing ACTION  
is the prime  
challenge**

## TIME MANAGEMENT TECHNIQUES AND TOOLS

Time management is the skill of using our time wisely and efficiently to achieve our goals

Effective time management involves various techniques and strategies to maximize productivity and achieve goals

By implementing time management techniques and tools, we can better organize our tasks, reduce stress, and achieve a healthier work-life balance.

Technique/Tool	Description	Benefits	Sources
Time Audit	Assessing time spent	Identifies time-wasting activities	12
Pomodoro Technique	Work in 25-minute intervals	Enhances focus and productivity	4 5
Eisenhower Matrix	Prioritizing tasks by urgency	Improves task prioritization	4 5
SMART Goals	Setting specific, measurable goals	Clarifies objectives and tracks progress	13
Time Blocking	Allocating specific time slots	Reduces distractions and increases focus	4 5



# Quit smoking repair your environment

Quit smoking - Find out how quickly you'll notice the benefits



## 20 minutes

**20 minutes** - Blood pressure and pulse rate return to normal.

## 8 hours

**8 hours** - Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

## 24 hours

**24 hours** - Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

## 48 hours

**48 hours** - There is no nicotine in the body. Ability to taste and smell is greatly improved.

## 72 hours

**72 hours** - Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

## 2-12 weeks

**2-12 weeks** - Your circulation improves.

## 3-9 months

**3-9 months** - Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.

## 5 years

**5 years** - Risk of heart attacks falls to about half compared to a person who is still smoking.

## 10 years

**10 years** - Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.



## Sweet potato curry with spinach and chickpeas

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 25-45MIN

### Ingredients

- 1 sweet potato (about 250g), peeled and cut into small chunks
- 2 tsp sunflower oil
- 1 small red onion, chopped
- 1 clove garlic, crushed
- 1 fresh red chilli, seeded and finely chopped
- 1cm piece fresh root ginger, peeled and finely chopped
- 1 tsp medium or hot curry powder
- ½ tsp cumin
- ½ tsp turmeric
- 227g can chopped tomatoes
- 100ml vegetable stock
- 215g can chickpeas, rinsed and drained
- 115g fresh baby spinach leaves, rinsed
- Cooked rice, to serve

### Method

1. Cook sweet potato chunks in a pan of boiling water for about 7 minutes or until tender. Drain and set aside.
2. Heat oil in a non-stick saucepan, add onion and cook gently for about 5 minutes until softened.
3. Add garlic, chilli and ginger, cook gently for 3 minutes, stirring occasionally.
4. Stir in ground spices, cook gently for 1 minute, stirring.
5. Stir in tomatoes, stock, chickpeas and sweet potato chunks.
6. Bring to boil, reduce heat and simmer for 5 minutes, stirring occasionally.
7. Stir in spinach, cover and cook gently for 2-3 minutes or until spinach has wilted.
8. Serve with cooked hot rice (cook according to pack instructions).

**Per serving (sweet potato curry only):**

**Energy (kcal) – 330 | Carbohydrate – 51g | Protein – 13g | Fat – 9.7g**



## Apple and raspberry oatmeal crumble

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 20-45MIN

### Ingredients

- 85g plain flour (or wholemeal)
- 55g medium oatmeal
- 55g unsaturated margarine
- 70g light soft brown sugar
- 1 teaspoon of ground cinnamon
- 3 eating apples, peeled, cored and thinly sliced
- 225g fresh raspberries
- 2 tbsp unsweetened apple juice
- 1 tsp clear honey
- Low fat custard or ice-cream, to serve

### Method

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Put flour and oatmeal in a large bowl and stir to mix.
3. Add margarine and lightly rub in until mixture resembles breadcrumbs.
4. Stir in sugar and cinnamon.
5. Place apples and raspberries in an ovenproof dish.
6. Mix together apple juice and honey and pour over fruit.
7. Spoon crumble mixture evenly over fruit so that it is completely covered.
8. Bake in oven for about 45 minutes, or until golden-brown.
9. Serve hot or cold with low fat custard or ice-cream.

**Per serving:**

**Energy (kcal) – 198 | Carbohydrate – 38.7g | Protein – 3.3g | Fat – 4.7g**

# Training programme

## BEGINNER

**Warm up:** 5-10mins light cardio on any cardio machine

**Bike 10 – 15 Mins:** Maintain heart rate between 65 – 80% of max HR, Steady Pace

**Treadmill 10 – 15 Mins:** Brisk Walk with high incline for 1 min then slow walk with low incline for 2 mins Or Jog for 1 min /walk for 1min

**Resistance Training:** 2 sets of 15 reps, 30 seconds rest in between sets.

- Chest Press
- Lat Pulldown
- Leg Press
- Leg Curl
- Leg Extension
- Shoulder Press
- Plank (body weight exercise)

**Cool Down:** – 5 mins light cycle

## INTERMEDIATE

**Warm up:** 5-10mins light cardio on any cardio machine

**Rower:** 2000m , Resistance level 7 , Moderate Speed

**Treadmill 10 – 15 Mins:** Interval training-30 – 60 seconds fast run, 30 – 60 seconds slow walk

**Resistance Training:** 3 sets of 12 reps , 30 seconds rest in between sets.

- Press Up (body weight exercise)
- Lat Pulldown
- Lunge (body weight exercise)
- Leg Curl
- Leg Extension
- Russian Twist (body weight exercise)
- Plank (body weight exercise)

**Cool Down:** – 5 mins light cycle

## ADVANCED

**Warm up:** 5-10mins light cardio on any cardio machine

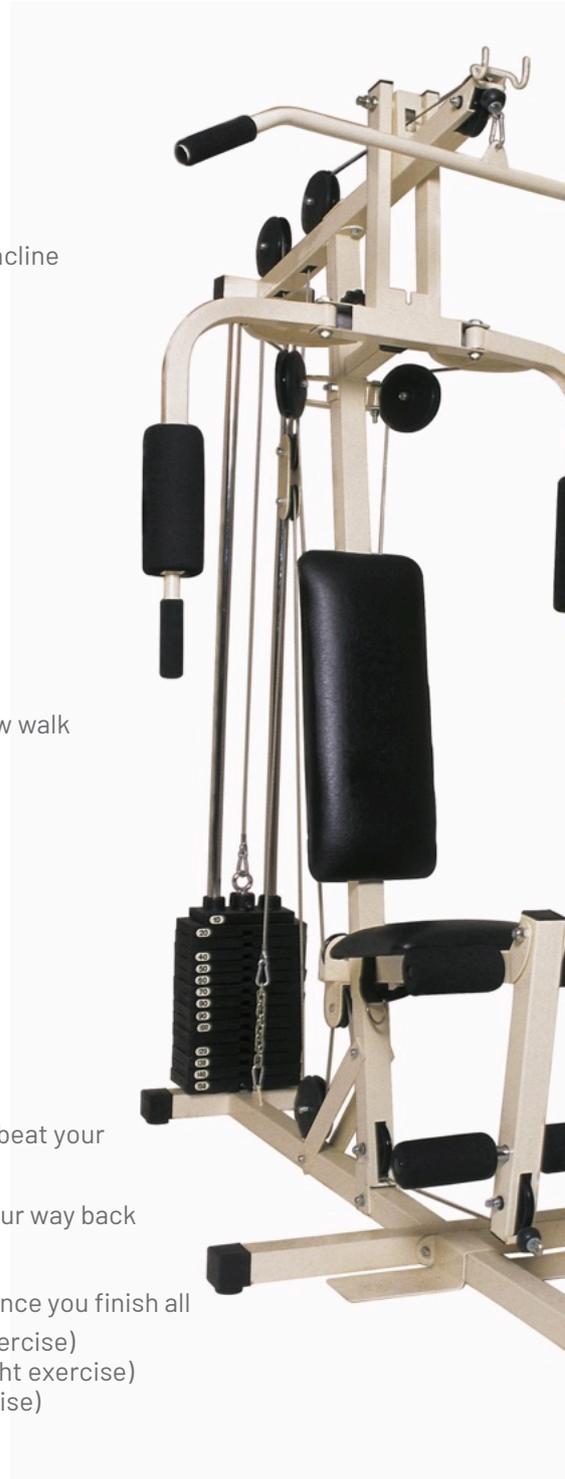
**Rower:** 10 – 15 Mins - 30 seconds as fast as you can , 30 seconds rest, next set aim to beat your distance achieved in last interval.

**Treadmill Pyramid Training:** 2min jog – 1min fast run – 30second sprint , then work your way back down without rest. Aim for 2 sets

**Resistance Training (circuit)-** 3 sets of 45- 60 secs, Do each exercise back to back , once you finish all exercises have a 60 sec rest and start again.

- Press Up/Jackknife (body weight exercise)
- Pull up or Body Row (body weight exercise)
- Lunge (body weight exercise)
- Burpees (body weight exercise)
- Russian Twist (body weight exercise)
- Plank on Swiss Ball (body weight exercise)
- Leg Raises (body weight exercise)

**Cool Down:** – 5 mins light cycle



# Body Weight Exercises

## BEFORE YOU START

Ensure you have enough space that is clear from any obstacles or trip hazards.  
To avoid injury and get your body ready to exercise, warm up for 5-10 minutes before you start e.g. a light jogging on the spot.  
Stay hydrated during exercise, particularly in hot environments.  
Remember to cool down after your workout to safely lower your heart rate and stretch out the muscles you have used.



### Lunge

Stand upright with feet together. Step forward and plant your foot securely on the floor. Bend down as if going on to one knee. Stop just before your knee hits the floor. Pause then push up off the front foot and back to the original starting position. Repeat.



### Pull Up

Hold onto a bar high enough up that your feet do not touch the ground when in a full hanging position. Grab the bar with both hands, palms facing you, about shoulder width apart. From the hanging position pull yourself up until your chin is just above the bar height. Slowly lower back down and then repeat.



### Plank

Position the body on all fours. Rest down onto the forearms and extend the legs out pushing up on the toes. Ensure you keep a straight back and tight core and do not let the hips drop down or push up. Hold for the given time frame.



### Press Up

Position the body on all fours. Extend the legs out behind and push up on to the toes (this can be done on your knees also). Keep a straight back and tight core, do not let the hips drop down or rise up. Hands should be placed out wide, wide enough so that when your arms bend they form a 'goal post' (90° angle at the elbow, wrists under elbow and arms in line with shoulders). Slowly lower yourself down to the 'goal post' position, maintaining the ridged body throughout. Pause and raise yourself back up to the start position by straightening back out the arms and pushing up. Repeat.



### Press up/ Jack knife

Adopt the press up position described previously but this time place your feet (at the laces) on a Swiss ball. Perform a full press up manoeuvre before bringing the knees into the chest and extending back out to the starting position. That equals one repetition. Repeat.

### Burpee

Standing upright, crouch down to touch the floor with both hands. Jump both feet out behind you, so you end up in a press up position, then jump them back in to the crouch position before performing a straight jump up in the air - arms up. That is one Burpee.



### Plank on Swiss Ball

Adopt a position whereby your feet are resting on the Swiss ball and you are balancing on your hands. Either the top of the feet should be flat against the ball or, to make it more difficult; you can go up on your toes as in a standard plank. Hands should be flat on the floor and directly under the shoulders. Body should be flat, straight and tight as in a standard plank.



### Russian Twist

Sit on the floor holding a medicine ball (or whatever you have as an alternative); lean back slightly keeping a straight back and tight core. Lift the feet (if possible) up in front of you at about a 45° angle; you can cross your feet if more comfortable. From there rotate the upper torso to allow you to touch the ball off the floor at one side of the body and then rotate fully to touch it at the other side. That is one repetition



### Leg Raises

Lying flat on the floor, keep your legs together raising them up until feet are pointing upwards. Knees should be straight but not locked and arms should be by your sides. Slowly lower the heels back toward the floor stopping just before they touch the ground. Repeat. To make this exercise harder raise the head and shoulders up to a crunch position for the entirety of the exercise or by crossing the arms over the chest.