

# Making health a lifestyle

M A G A Z I N E

What's  
inside!

Learn how to bulletproof  
your sleep and make  
delicious oats for  
breakfast



# 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>Fit and Fearless</b>	<b>3</b>
<b>Gratitude is the gravy</b>	<b>5</b>
<b>Bulletproof your sleep</b>	<b>7</b>
<b>Taking control of your wellbeing</b>	<b>9</b>
<b>Progress over Perfection</b>	<b>11</b>
<b>Wellness journey tips</b>	<b>13</b>
<b>Breakfast: caramelised banana porridge</b>	<b>15</b>
<b>Dinner: chilli bean soup</b>	<b>16</b>
<b>Upper Body workout exercises</b>	<b>17</b>

---



# Fit & Fearless

**Steve McIntosh Managing Director**

We are often caught between the demands of work, family, and personal goals. But in the chaos of daily life, one truth remains universal: fitness isn't just about aesthetics; it's about becoming the strongest, most resilient version of yourself—both mentally and physically.

To embody fitness and fearlessness is to embrace a lifestyle that empowers you to face challenges head-on. It's not about being perfect but about showing up, pushing limits, and consistently striving to improve.

### The Mindset of Fearlessness

Fearlessness begins in the mind. As renowned strength coach **Brett Bartholomew** says, "Confidence isn't something you're born with; it's a skill you develop through effort and discipline."

This means stepping outside of your comfort zone regularly—whether that's lifting heavier, running further, or trying something completely new, like cold plunges.

A key aspect of fearlessness is embracing failure. Each missed lift or challenging workout is a lesson, not a setback. Remember, it's not about avoiding discomfort but learning to thrive in it.

### Building Physical Resilience

The foundation of a fearless physique is a balanced approach to strength, endurance, and mobility. Here's how you can structure your training to maximize results:

**Strength Training:** Focus on compound movements like squats, deadlifts, and bench presses. These exercises engage multiple muscle groups and replicate real-world functional strength. Aim for 3–4 sessions per week, gradually increasing weight while maintaining proper form.

### Cardiovascular Conditioning:

Fearlessness requires stamina. Incorporate High-Intensity Interval Training (HIIT) into your routine twice a week. Short bursts of effort followed by rest not only improves heart health but also prepares you for unexpected physical demands.

**Mobility and Recovery:** Being strong is useless if you're immobile or injured. Dedicate time to stretching, foam rolling, and yoga to enhance flexibility and prevent injuries. "Recovery isn't optional; it's what keeps you in the game," emphasizes Dr Kelly Starrett, a mobility expert and author.

### Nutrition: Fuelling Fearlessness

What you put into your body directly impacts your performance and mental output. Aim for a diet rich in lean protein, complex carbs, healthy fats, and an abundance of vegetables.

Meal prepping can eliminate decision fatigue and ensure you're consistently fuelling your goals.

Hydration is another key pillar. Dehydration affects everything from energy levels to mental focus. A simple rule, drink half your body weight in ounces of water daily and adjust based for activity level and environment.

### Overcoming Mental Barriers

Fearlessness isn't the absence of fear—it's taking action despite it. This applies not only to fitness but also to life's broader challenges. Visualization techniques, positive thoughts, and consistent personal routines can help you break through barriers and create habits.

### The Payoff

Being fit and fearless doesn't happen overnight, but the journey is worth it. You'll gain more than physical strength, you'll build discipline, resilience, and the courage to tackle life's toughest challenges. So, lace up your shoes, grab those weights, and commit to the process. The best version of you is waiting on the other side of your effort.

True potential is not just about reaching goals—it's about embracing the journey by becoming stronger every step of the way.



# Gratitude is the gravy!

**Georgina Howden Wellness & Lifestyle Manager**

As the saying goes: Gratitude is like gravy, pour it on everything! Psychologists have found that expressing gratitude can help us build relationships, improve physical health, boost self-esteem, increase empathy, reduce aggression, build resilience, sleep better and feel better overall.

But we tend to reserve gratitude for the moments when circumstances and people deliver the exact experience we expect, and when we do this, we give someone else or an external event the responsibility for our own happiness.

Think about that for a moment. Is that something you have done in the past? Or perhaps still do?

**Tony Robbins**, world renowned Life & Business strategist, believes that when you're grateful, you can't be worried or fearful or angry.

Tony says: "Most people want to be happy, but their habit is to be worried or pissed off or frustrated or stressed. And so they've got a highway to stress and a dirt road to happiness."

Practising gratitude helps us take responsibility for our own happiness – from the inside out. It's a skill we can learn, practice and develop into a habit – even in trying times.

Gratitude is an amazing tool that offers benefits in almost every aspect of life.

So how can we cultivate this muscle?

**Here are a couple of prompts to get you started, answer at least 3 of the questions below, at the end of every day:**

**1.**What made you laugh or smile today?

**2.**What are 3 luxuries or conveniences you take for granted?

**3.**What is something you are looking forward to in the future?

**4.**Who makes your life easier?

**5.**What is the kindest thing someone has done for you this week?

**6.**I am truly lucky because\_\_\_\_\_

If you look at your answers to questions **1, 4** and **5** how long would it take you to scribble a quick note to that person to say thank you?

What kind of effect would it have on them? And on you?

If you are a highly visual thinker, another idea you might want to try is photo journaling.

Pause for a few minutes, at least once a day, to be grateful for something or someone, take a picture and create a photo journal. It's something that you could look back on if you find yourself having a tough time.

There is so much to be grateful for in every hour of every day, imagine what life would be like if we took the time to pause and be grateful?

What ripples of love, kindness and connection could we create?

Write it down, take a pic, whisper it to a loved one, hold it privately in your thoughts or whatever feels best for you.

May you recognise all the goodness tucked into your days as you build your highway to happiness and leave stress in the dirt!

"Gratitude unlocks the fullness of life. It turns what we have into enough" – **Melody Beattie**, Author

**Practising gratitude helps us take responsibility for our own happiness**



# Bulletproof your sleep

**Craig Sandilands Wellness Coach & Offshore Lead**

Tired of tossing and turning all night? I've been on a journey to improve my sleep over the past year and a half, and I'm excited to share my top tips with you. Who knows, maybe just one small change can make a world of difference to your sleep quality.

## Let's talk about sleep hygiene

It's all about our habits, practices, and environment that contribute to good sleep. Here's what I've done to improve mine:

### Be consistent with your sleep schedule

Aim to go to bed and wake up at the same time every day. This helps our bodies fall asleep and wake up naturally. I know it's tough to stick to a strict schedule on weekends, but I've found that having the same sleep duration as I do during the week (7 hours works for me) helps me feel more rested.

### Create a relaxing pre-sleep routine

It's important to find a way to relax and wind down before bed. This could be anything from taking a warm bath or shower, practicing deep breathing, meditating, listening to calming music, reading a book, or doing some gratitude exercises. Try out different things until you find what works best for you and stick with it. This is also a great opportunity to limit your screen time before bed - at least 30 minutes of screen-free time before bed.

### Create a sleep-conducive environment

A cool, dark, and quiet room is ideal, but that might not be possible for everyone.

If you live next to a busy road or often travel offshore, I'd recommend using an eye mask and earplugs. Both have helped me sleep better at home and on the go.

### Tips to help you get a better night's sleep

#### Exercise regularly, but not too late

Exercise can improve your sleep, but it's best to do it earlier in the day. I know it can be hard to find time to exercise when you're working offshore, but plan to squeeze it in during the day.

#### Cut off your caffeine and sugar intake

If you're sensitive to caffeine or sugar, limit your intake to the morning. I love my coffee in the morning, but I avoid it after noon. Caffeine can stay in your system for hours, sugar will give you a burst of energy and either might be a reason why you're having trouble sleeping.

#### Don't get comfortable!

I know it can be tempting to fall into a routine that's keeping you from sleeping well, but you can break free from it. You might even have to change the way you sleep. I used to think I was just a bad sleeper, but I learned to sleep on my back, which is much more comfortable.

It took some effort, though - I had to get a new pillow and use mouth tape to prevent snoring. And yes, I really do tape my mouth shut every night!

Getting enough quality sleep is vitally important for both your physical and mental health. Got a top tip to share with others?

Tried one of mine that worked? I'd love to hear from you!

[craig@healthoutfit.co.uk](mailto:craig@healthoutfit.co.uk)

**It's all about our habits, practices, and environment that contribute to good sleep.**



**HEALTH**

EXERCISE

*Wellness road*

NUTRITION

REST

# Taking control of your wellbeing

**Chelsea Page Phillips Team Leader**

It can sometimes feel impossible to maintain a sense of wellbeing in today's fast-paced world. Work focus, family responsibilities, and digital distractions, make it easy to overlook self-care. However, taking control of your wellbeing is not only achievable but essential.

By focusing on the three key pillars—physical activity, healthy eating, and mental fitness—you can create a sustainable and balanced approach to your wellness.

### **Physical Activity: Moving your way to wellness**

Regular exercise is one of the most beneficial ways to improve your physical and mental health. It aids in strengthening the heart, posture and building muscle, helping reduce the risk of chronic diseases such as heart disease, diabetes, and obesity.

Exercise also plays a crucial role in our mental health. When we exercise, we release endorphins, commonly known as the “feel-good” hormone, which have a positive impact on negative emotions, stress or worry.

A simple 30-minute brisk walk, yoga class, or home workout can make the world of a difference. One of the most important aspects of maintaining a regular routine is finding an activity you genuinely enjoy.

Whether it's cycling, dancing, or swimming, incorporating movement into your daily life shouldn't feel like a chore. The key is consistency.

### **Healthy Eating: Eating for energy and vitality**

We know that fat loss, muscle gain and maintenance is dictated by 'energy in vs energy out'.

Burning less, more or equal to what you expend through exercise, daily movement and rest. But the quality of what you eat has a profound impact too. A balanced diet provides the necessary nutrients to fuel your body and boost immunity.

Consuming whole foods, such as fresh fruits, vegetables, lean proteins, and whole grains, helps regulate metabolism and reduces the likelihood of weight gain and illness.

Equally important is staying hydrated. Water is essential for digestion, circulation, and brain function. Drinking enough water each day can help prevent fatigue, improve concentration, and aids in digestion.

Certain foods, like oily fish rich in omega-3, leafy greens high in antioxidants, and nuts packed with healthy fats, are particularly beneficial for brain health.

A highly processed diet loaded with sugar and saturated fats can contribute to sluggishness, low mood, and long-term health issues. It's more than just about how much you eat, it's what you eat.

### **Mental Fitness: Training your mind to thrive**

Mental fitness is just as critical as physical health, yet often overlooked. Developing a resilient mind helps manage stress, builds confidence, and improves emotional wellbeing.

Mindfulness is a powerful tool and taking just 5 minutes each day to practice deep breathing or mindful reflection, can significantly reduce stress and improve overall mood.

Journaling, engaging in creative activities and spending time in nature also promote relaxation and clarity.

Mental fitness can also be enhanced by building your 'social fitness'. Build a support system that can provide reassurance during challenging times and enhance life satisfaction.

Taking control of your wellbeing is a lifelong journey, not a quick fix. By integrating regular physical activity, wholesome eating habits, and mindful practices into your daily routine, you can achieve a balanced and healthier lifestyle.

Small, consistent changes lead to satisfying results, allowing you to take charge of your happiness and overall wellbeing.



# Progress over Perfection

**Gillian Smith Wellness Coach**

Progress over Perfection – Building a great body takes time!

Building a great body that is healthy, fit and strong takes patience, effort and time. It is way more than just aesthetics. To achieve a great body and maintain it, focus on being consistent with small sustainable habits and a positive mindset rather than being occasionally perfect.

Every step forward, no matter how small, is a step in the right direction towards the end goal. Enjoy the journey, keep learning, keep progressing and adjusting as you go!

Setting realistic goals will lead to lasting results. Define what a great body means for you. Do you want to build muscle, lose body fat, improve your performance or feel healthier?

Set measurable, realistic goals for what you want to achieve and structure a plan tailored to your goals which will help you make consistent progress. Track and monitor your progress using a journal or app to record your workouts and nutrition, aiming to improve slightly each week. Take progress photos and measurements and if you hit a plateau, adjust your training plan or nutrition to keep you moving steadily forwards.

If you're not sure how to go about this, contact us at: [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk) and our wellness coaches can help you!

Aiming for consistent progress ensures you are building habits and creating routines that fit in with your life rather than striving for perfection and becoming frustrated or burnt out when progress is slower than you are expecting.

Perfectionism can lead to anxiety, stress or disordered eating and can harm mental health.

Building muscle, losing body fat or improving endurance are biological processes that rely on steady adaptation over time.

Patience and consistency, are needed, allowing the body time to recover, grow and adapt efficiently.

Expecting rapid results or overtraining may lead to injury or dissatisfaction and lead to you giving up.

Prioritise recovery, aim for 7-9 hours of quality sleep per night, have rest days and active recovery days to maximise recovery, performance, and flexibility, regulate hormones and allow your muscles to repair, grow and recover.

Being consistent and focussing on progress keeps your levels of motivation higher, reduces stress and makes the journey far more enjoyable.

Even when setbacks do occur, the overall progress you are making is taking you closer towards your goal.

If you do miss a workout or indulge in a high calorie meal, don't stress about it, just get back on track the next day.

By focussing on progress, you get to enjoy the process, not just the outcome. You learn to appreciate small wins like having more energy, lifting a personal best with weights in the gym or running a longer distance.

You develop a positive relationship with exercise and food, they become an enjoyable part of your life and routine instead of becoming a chore.

Put in the time and effort, be consistent, be patient, enjoy what you do. Get stronger, fitter, more flexible, improve your health...enjoy the journey, enjoy the results!

**Setting realistic goals will lead to lasting results**



# Wellness journey tips

**Keeping your Wellness journey alive!**

No matter if you're just starting out or stuck in a rut, small steps, stacking habits and being consistent are the stepping stones to wellness.

While it's tempting to want instant results, changing your physical, nutritional, and mental wellbeing takes time. You'll need a compelling 'why', a healthy dose of discipline, time out for self-care, and a willingness to change up your approach to keep it fun and fresh.

Here are some top tips from the lived experience of the **Healthoutfit Team:**



Have a plan specific to your goals and lifestyle. Don't try to be perfect, keep fun and fresh. Consistency is key – **Craig Sandilands, Wellness Coach and Offshore Team Lead**

Recognise that some days you are meh and other days you are 'da bomb', and that's okay too. But if you put in average effort, expect average results. Be better than average, be awesome – **Chelsea Page-Philips, Wellness Coach and Team Leader**



Keep reminding yourself of the 'why' – **Penny Elliott, General Manager**



It's the small things you do each and every day that will make the difference over time. Enjoy what you're doing so it's easier to keep going, enjoy the journey!

– **Gillian Smith, Wellness Coach**

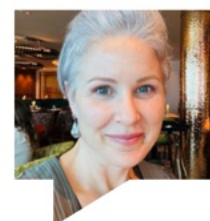


Consistency trumps effort !!  
– **Steve McIntosh, Managing Director**



Do what works for you! Skipping in the garage at 10pm at night because you've got the kids to bed, eating your 5 a day as a dipping snack as you hate cooked veg on your plate, it's not a one size fits all! You are less likely to stick to it if it does not work with your lifestyle or what you like – **Kelly Guerin, Operations Manager**

Stop using phrases like: "I should..." or "I'll try" those weak words will give you any excuse you like every.single.time. Whatever you're focused on for your wellness journey, make it a MUST do. Make it a WANT to  
– **Georgie Howden, Wellness & Lifestyle Manager**



I make a promise to myself I'll get up 15 mins earlier in morning to get a HIIT workout done and remind myself how good it feels after as it's only 15 mins of my day to feel better mentally too  
– **Elaine Buchan, Wellness Coach**





## Breakfast: caramelised banana porridge (v)

Fast & slow release carbs, perfect dual energy source.

Servings: 1

Prepping time: 17 min

Cooking time: 2-3 min

### Ingredients

- 1 banana
- 1 t brown sugar
- 100ml water
- 100ml skimmed milk (or plant alternative)
- 40g porridge oats
- 1 T clear honey (or maple syrup)

### Method

Cut the banana into chunky pieces, put into hot pan and sprinkle with sugar to caramelise for 4 mins then flip and brown other side. Don't burn it! Put oats, water & milk into a large bowl and microwave for 2 - 3mins.

Spoon banana on top and drizzle with honey.

Calories (kcal)	260
Carbs (g)	47
Fat (g)	3
Protein (g)	6



## Dinner: chilli bean soup (v)

Beans are a source of protein and fibre, but low carbs.  
Cheap as chips but much better for you!

Servings: 1

Prepping time: 15 min

Cooking time: 15 min

### Ingredients

- 200g tin Red Kidney Beans in Chilli sauce
- 200g tin chopped tomatoes
- 100g pre-chopped onion
- 1 T olive oil
- 1 t chopped garlic
- 1 t vegetable stock powder (or 1 cube) dissolved in 200ml hot water
- 1 T chopped coriander

### Method

In a large saucepan, heat the oil and cook the onions for 5 mins. Add the garlic, beans and tomatoes and mix well. Add the stock and cook for 8 minutes. Top with chopped coriander to serve. Perfectly simple!

Calories (kcal)	246
Carbs (g)	30
Fat (g)	6
Protein (g)	16

# Upper Body Workout

## 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.



### Dumbbell Kickback

Start with one knee and one hand on then bench, the other foot is on the floor for balance and the other hand is holding a dumbbell. Keep the elbow touching the ribs as you straighten the arm, stopping just before the joint locks, and lower back to a give a 90 degree bend at joint. Repeat



### Chest Fly

Starting point is lying down with the dumbbells up in front of your chest facing inwards. Take each weight out to the sides in the shape of an arc. Points to remember here are that the elbow joints do not lock out, upper arm is never lower than your body on the bench. For beginners start with a smaller arch and build up to bigger arch when completed.



### Spiderman Press Up

Perform a standard press up but as you lower the chest toward the floor bend the knee and raise the leg so the knee almost touches the elbow - as shown. Repeat with other leg.



### Side Raise with Rotation

Lay on your side with legs and feet together. Keeping a straight and tight body push up onto your hand ensuring the wrist is below the shoulder. Slowly lower the upper arm and curve it under the body as far as you can, maintain your strong, straight posture from the waist down. Bring back to start position and repeat.

### Single leg/ Single Arm Dumbbell Row

Standing on one leg grasping a dumbbell in one hand, the hand on the same side as the leg that has been lifted, other hand on hip, bend the arm up in a rowing action as high as you can. Elbows should be pointing behind you and the weight should be kept in close to the body.



### Bar Oblique Twists

Stand upright with a barbell resting on the shoulders. Holding the barbell, slowly rotate the core round as far as you can before returning to the neutral position and performing the same movement to the opposing side. Keep the core tight, back straight and rotate from the waist.

### Overhead Press

Using dumbbells or a barbell, stand upright with weight held at shoulder height, keeping back straight. Push the weights upwards above the head until just before the elbow joints lock out. Lower back to shoulder height and repeat.



### Lateral Raise

Start standing upright with feet shoulder width apart and a dumbbell in each hand. Keeping the arms straight but not locked, raise the arms up and out until they are shoulder height. Hold for a few seconds then lower and repeat.



### 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. Power press ups require you to push off with both hands, raising them off the floor simultaneously between each rep