

Fitness and wellbeing support

Our health should be a priority. Over the next few weeks, we will bring together lots of different resources to help you improve your physical fitness and wellbeing.

Public Health England's Better Health campaign provides a variety of tools and apps to help you:

- make healthier food choices
- become more active
- prevent future weight gain.

Start with small changes...

- wean sugar out of your tea and coffee
- swap a chocolate bar for a banana
- walk to the shop instead of driving.



Visit: www.nhs.uk/better-health/

In September, we will highlight national health awareness campaigns. The first is:

Urology Awareness Month

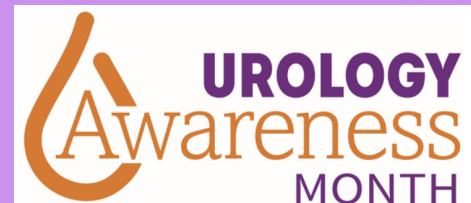
It is estimated that 1 in 2 of us will be affected by a urology condition in our lifetime. Diseases and cancers of the kidneys, bladder, prostate and the male reproductive system are becoming more prevalent and devastating the lives of millions of men, women and children.

Catching a urology disease early is crucial in order to get the right treatment quicker.

Look out for:

- Blood in urine • Needing to pee more frequently
- Feeling the need to urinate but unable to • Recurring urinary infections

Visit: www.theurologyfoundation.org



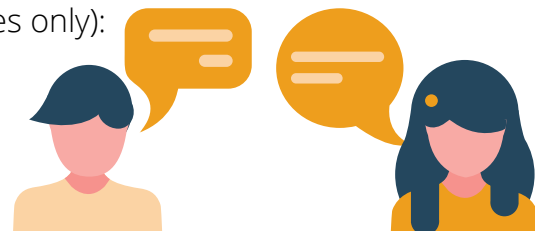
Got a question or want some advice?

Hills employees have access to Employee Assistance Programmes which offer services and resources for our physical and mental health.

Contact:

- **Simplyhealth:** www.simplyhealth.co.uk / Tel: 0800 9753347
- **Health Assured** (Wiltshire Council and FCC transferred employees only):
www.healthassured.org / Tel: 08000 305182

Both programmes include a 24 hour helpline where you can speak to someone who may be able to help instantly.



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This week is Blood Pressure UK's biggest testing and awareness event:

Know Your Numbers! Week is 7-13 September to raise awareness of high blood pressure and encourage all UK adults to get a blood pressure check.

- **120/80** An ideal blood pressure is under 120/80mmHg. Do you Know Your Numbers?
- **6 million people** in the UK have high blood pressure and don't know it. Are you one of them?
- **Every day, 350 people** in the UK have a stroke or heart attack that could have been prevented.

Visit: www.bloodpressureuk.org/

Check your blood pressure at home with a home blood pressure monitor.

Or at your GP/pharmacy if they are offering blood pressure checks

bloodpressureuk.org

#KnowYourNumbers

#YouAreInControl

High blood pressure can often be prevented or reduced by:

- eating healthily (less salt and more fruit & vegetables)
- maintaining a healthy weight
- taking regular exercise
- drinking alcohol in moderation
- not smoking.

Visit: www.nhs.uk/better-health/



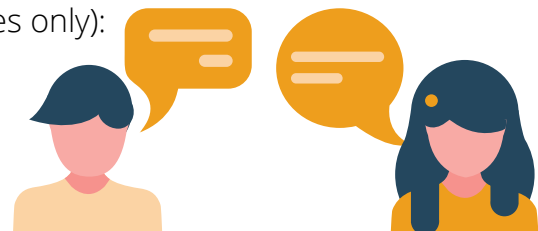
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Being active is good for you:

- it improves your fitness and strength
- reduces fatigue
- boosts your mood and wellbeing

and anyone can get more active – you don't have to go running or do high intensity workouts.

Couch to Fitness is an at-home exercise plan for beginners. The plan involves three video sessions a week, with rest days in between, and a different schedule for each of the nine weeks.

Visit: www.nhs.uk/better-health/



Blood Cancer Awareness month takes place in September, find out more below:

- Blood cancer is the fifth most common type of cancer
- Every 16 minutes, someone in the UK is diagnosed with a blood cancer
- Blood Cancer UK and Leukaemia UK are sharing information about blood cancers, stories of those affected, and the difference their vital work is making to those affected.

Visit: www.bloodcancer.org.uk

There are more than
100 different types of blood cancer.
The main three types are:

- leukaemia
- lymphoma
- myeloma

A short video lists the common symptoms and types of blood cancers

Visit: www.leukaemiauk.org.uk

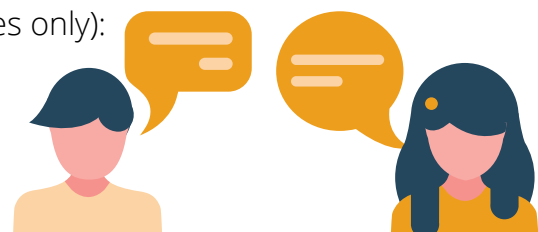
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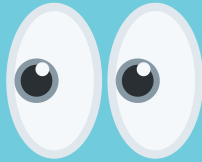


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This week is National Eye Health Week:

- A sight test can detect early signs of glaucoma and other health conditions such as diabetes or high blood pressure
- For healthy eyes: eat well, don't smoke, be active and wear eye protection in bright sunlight
- Maintaining a healthy weight can help keep your eyes and vision healthy - a BMI of 35+ can significantly increase your risk of sight loss
- A balanced diet rich in leafy green vegetables, fruit, omega-3 and wholegrains can help keep your eyes healthy.



Visit: www.visionmatters.org.uk

Employees with access to Simplyhealth can claim up to £125 a year towards optical fees including sight tests, prescription glasses, contact lenses and more. See Simplyhealth details below.

CUTTING DOWN CUTS MY RISK

Extra weight puts extra pressure on your body. Which makes it harder to fight against diseases like cancer, heart disease and now, Covid-19. Losing weight can help reduce your risk.

Get help and support to lose weight at nhs.uk/BetterHealth

Better Health LET'S DO THIS



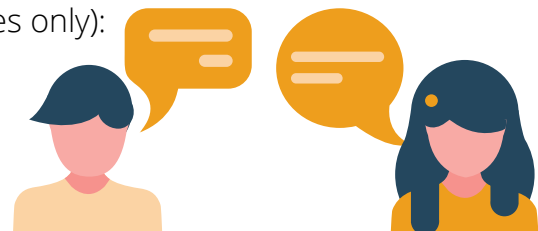
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Our health should be a priority. Today we are sharing information about World Heart Day.

World Heart Day - 29 September 2020



World Heart Day informs people that **Cardiovascular disease (CVD)**, including heart disease and stroke, **is the world's leading cause of death** claiming 17.9 million lives each year, and highlights the actions that individuals can take to prevent and control CVD.



By controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

Visit: www.world-heart-federation.org/

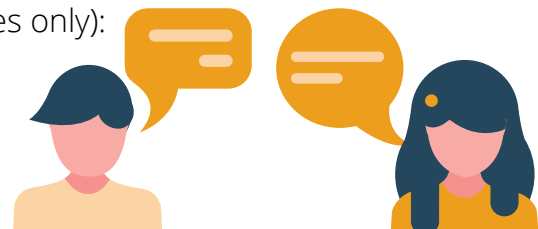
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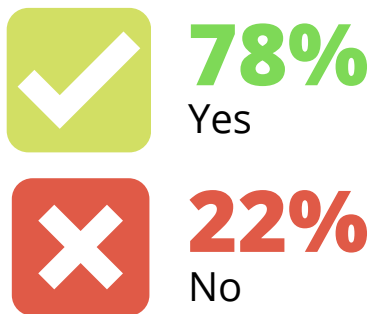


Fitness and wellbeing survey results

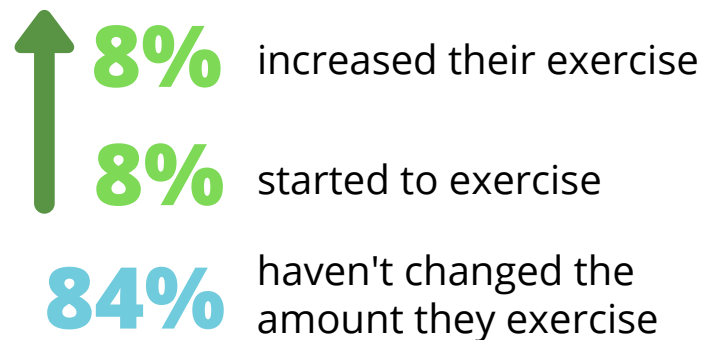
Thank you to everyone who participated in our recent survey.
As a result, Hills is donating £160 to the Royal British Legion Poppy Appeal.

The survey was for **all employees** to **anonymously share your thoughts** on the recent fitness and wellbeing communications. **The responses help us** to provide you with relevant information in the future. The following results are from employees who completed the survey and not reflective of the whole workforce.

Did you find the recent email communications about fitness and wellbeing informative?



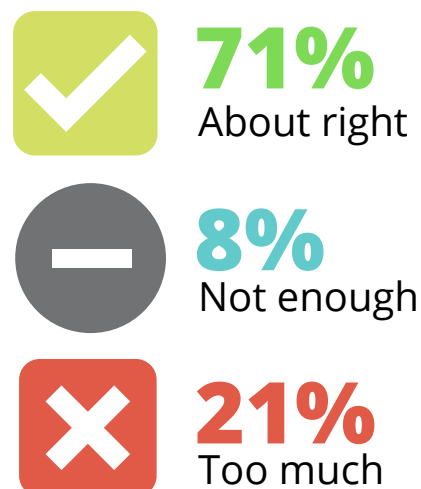
Have you been exercising more since receiving the emails?



Which information did you find most useful?



Did you feel the amount of information you received was enough?



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