

COMMIT TO BE FIT

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy to take, has an immediate effect and you don't need a GP to get some.

Its name? Exercise.





CONTROL YOUR CHOLESTEROL

Cholesterol is a fatty substance mainly made by the liver from the saturated fats in the foods we eat.

A high cholesterol level means you could be at risk of coronary heart disease. A good diet, rich in fruit, vegetables, wholegrain cereals and low in salt is a key part in managing raised cholesterol.

Your Occupational Health provider can perform a simple test to measure your total cholesterol.



You're topped up with fluids. Keep it up

You're almost there but could still drink a little more to get everything in balance

You're moderately dehydrated so drink more fluids

> You're very dehydrated Drink some fluids to get back on track

You're seriously dehydrated Drink some water or other fluids without delay

HOW HYDRATED ARE YOU?

Being dehydrated can affect both mental and physical performance as well as health.

A quick way to test how well you're hydrated is to check the colour of your urine. We recommend at least 6-8 large (250ml) glasses per day - more if it's hot, dry or you are very active. Some good choices are shown below.







Coffee



Milk



Low Calorie Drink



Fruit Juice



Men: At least 2 litres of fluid from drinks per day



Women: At least 1.6 litres of fluid from drinks per day





EAT WELL FOOD FOR THOUGHT

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Nutrition is important for everyone. When combined with being physically active and maintaining a healthy weight, eating well is an excellent way to help your body stay strong and healthy.

Talk to your Occupational Health provider for advice and support in eating well.





YOUR BODY.... MOVE IT OR LOSE IT!

Science has linked being inactive and sitting too much with higher risk of heart disease, type 2 diabetes, colon and lung cancers, and early death. Being more active benefits everyone and helps us live longer, healthier lives.

The secret to getting fit for free is to use every opportunity to be active. It is recommended that the average adult should do between 75 and 150 minutes of exercise a week.

Any activity that raises your heart rate, makes you breathe faster, and makes you feel warmer counts towards your exercise! You only need to exercise 30 minutes a day. Can you limit your sitting and sleeping to just 23 ½ hours a day?

Talk to your occupational health provider for help and advice about exercise and a healthy lifestyle.

