



Newsletter

Issue 1

May 2017

Health and Wellbeing

Your Health Champions would like to welcome you all to the first issue of the Andaras Health and Wellbeing Newsletter. We would like to share hints and tips on how to get fit and stay active (even on the busiest of days), every bit counts! We will also be keeping you up-to date with awareness months, weeks and days and any items that arise from the School Workforce team.

If anyone has anything they would like share with us or have any suggestions, just email details to one of your Health Champions. Many thanks Sheila, Claire and Jan

Thank you

Thank you to everyone that completed the Health and Wellbeing questionnaire. A copy of the results for your school is attached with this newsletter.

It has been decided that our action points are to recognise professional success, to make everyone feel more valued at work and to relieve some of the stress within the workplace.

If anyone has any ideas on how we could celebrate professional success or help to make staff feel more valued at work, please forward your ideas to one of your Health Champions.

Sheila Jackson – Windmill Hill Academy

Claire Paul – St Stephens Community Academy

Jan Buckthought – Werrington and North Petherwin Primary School

May is National Walking Month

8 reasons why walking is great for your health

Gentle, low-impact exercise that's easy, free and available to everyone – here's why walking rocks.

1. Walking strengthens your heart

Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

It's true – exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must.

2. Walking lowers disease risk

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon,

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Dementia Awareness Week

This Dementia Awareness Week, 14-20 May, Alzheimer's Society is asking everyone across England, Wales and Northern Ireland to unite against dementia.

Dementia is set to be the 21st century's biggest killer. But awareness and understanding remains low and many families are facing it alone.

That's why, during the Week, we want everyone to come together and take action. By uniting, we can raise awareness, offer help and understanding, improve care and urgently find a cure.

There are plenty of ways you can support the Week and everyone can play their part, just click the link below:-

https://www.alzheimers.org.uk/info/20167/dementiaawareness_week



If you like to walk the coastal paths of Cornwall, you can find directions for walks on <http://www.iwalkcornwall.co.uk/>



You can download the app at itunes app store or Google play.

breast or womb with an active hobby such as walking.

3. Walking helps you lose weight

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150 calories (equivalent to three Jaffa cakes and a jam doughnut!). Work that short walk into your daily routine and you'll shed the pounds in no time.

4. Walking prevents dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since dementia affects one in 14 people over 65 and one in six over 80, we reckon that's a pretty great idea.

5. Walking tones up legs, bums and tums

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

6. Walking boosts vitamin D

We all need to get outside more. Many people in the UK are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.

7. Walking gives you energy

You'll get more done with more energy, and a brisk walk is one of the best natural energisers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon.

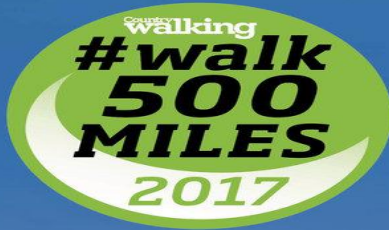
8. Walking makes you happy

It's true – exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must.

Check out these websites:-

<https://www.bhf.org.uk/get-involved/fundraising/just-walk/national-walking-months>

<https://www.livingstreets.org.uk/what-you-can-do/campaigns/national-walking-month-2017>



WALK 500 MILES?!

Sounds impossible, right?

99% of participants felt it was suitable for all levels of fitness

92%

said they feel more optimistic than before

99%

said it was better than joining a gym

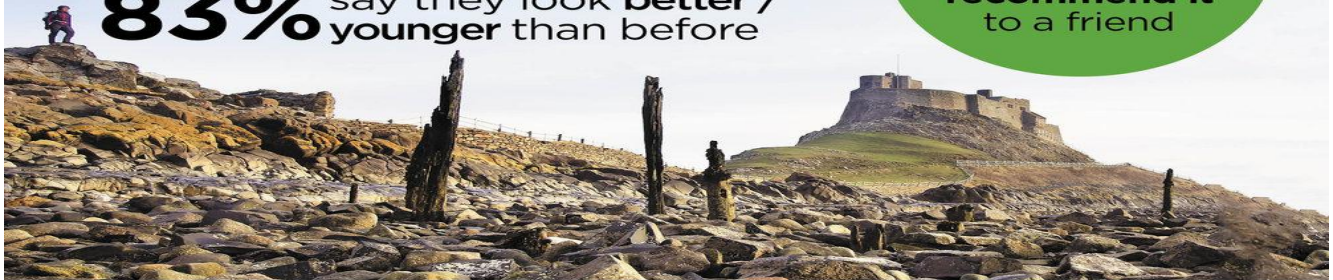
87%

said it made a positive difference to self-esteem

91% say they feel more body-confident

83% say they look better / younger than before

100% would recommend it to a friend



It's an hour a day through summer: sign up **FREE** to join in, get advice, share your progress, enter competitions and be inspired!

www.livefortheoutdoors.com/walk500miles

May 8TH - 12TH

Mental Health Awareness Week

The Mental Health Foundation has hosted Mental Health Awareness Week in the second week of May since 2000. In previous years the week has focused on how mindfulness, anxiety, sleep deprivation and relationships can impact our mental health. In 2017 the theme will be 'surviving to thriving'.

Too many of us experience daily life as a battle. Emotionally, our heads are only just above water. Holding onto our jobs, managing our family life, paying our bills sometimes threaten to overwhelm us.

Increasing numbers of us have accepted that experiencing high levels of anxiety, stress and depression are the price we have to pay for keeping our lives on track. But this Mental Health Awareness Week, we want to set out the real scale and cost of being stuck on survive, to our health, relationships and future options.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

