

HEALTH TIPS



Unfortunately, our jobs and lifestyles can make us become sedentary, which has contributed to the increase in obesity, heart disease, diabetes, respiratory problems, depression and stress. With these simple tips, you can help yourselves become healthier and feel better.



1. Carry out moderate exercise for 20 to 30 minutes, 5 days a week. This will help you to lose weight, release endorphins that help you feel happy, and decrease health related diseases.



2. Eat healthy. The fuel you put into your body will determine how you feel and function. Consume five portions of fruit a day, lots of fibre, reduce sugar and eat lots of fish.



3. Have time to yourself to do things, which you enjoy. This will help you focus and appreciate things better.



4. Use simple tricks to get active such as: Walking to the toilets, which are furthest away from your office/classroom; Park your car in the furthest away parking space; Take the stairs; Walk or cycle to work; Go for a walk in your dinner time or on your break.

5. Surround yourself with positive people. This is good for the soul.



6. Mix up your exercises and intensity. Do not just do one activity at the same intensity. The body gets use to the activity and intensity and gains will decrease over time.



7. Join in an Active Cambria fitness class or sports session. Free fun sessions for students and staff.
www.cambria.ac.uk/cambria-life/active-cambria

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8. Train with friends or work colleagues. Helps you to commit to training and makes training enjoyable.



9. Drink water. Being hydrated allows the body to function correctly.

10. Plan an exciting thing to do each weekend, this gives you something to look forward to.



11. Have a good work life balance. All work and no play is not good for the mind and soul.

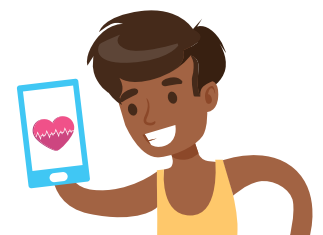


12. Stop smoking or cut down.



13. Keep alcohol consumption to a minimum. To keep health risks from alcohol to a low level if you drink most weeks: men and women are advised not to drink more than 14 units a week on a regular basis spread your drinking over three or more days if you regularly drink as much as 14 units a week if you want to cut down, try to have several drink free days a week Fourteen units is equivalent to six pints of average-strength beer or 10 small glasses of low-strength wine.

14. Use fitness and health apps to monitor progress and activity.



15. Set up a good sleep routine. A good night's sleep can benefit your heart, mind and body.

