

FIT4

ISSUE 2

KEEPING YOU FIT FOR BUSINESS AND FIT FOR LIFE

YOUR DEDICATED LLOYD'S
COMMUNITY HEALTH, FITNESS
AND WELLBEING NEWSLETTER

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LLOYD'S HEALTH
AND WELLBEING
WEEK **6-10 JUNE**

LLOYD'S
WELLBEING
CENTRE



WELCOME

WELCOME TO FIT4, YOUR QUARTERLY LLOYD'S COMMUNITY FITNESS, HEALTH AND WELLBEING NEWSLETTER BROUGHT TO YOU BY THE LLOYD'S WELLBEING CENTRE. OUR WELLBEING CENTRE IS CONVENIENTLY LOCATED IN THE UPPER BASEMENT, LLOYD'S BUILDING AND PROVIDES A COMPREHENSIVE RANGE OF WELLBEING AND HEALTHCARE SERVICES DEDICATED TO IMPROVING THE LIVES OF WORKING PEOPLE.

Every issue brings you interesting health and wellbeing articles, guidance, opinion and latest offers plus success stories from people around our great Lloyd's community. Something for everyone then, from information to inspiration!



Janice Kaye
Director of Clinical Services

STRICTLY WELLBEING



We interviewed Sarah Pack, HR Officer at Advent Capital (Holdings) Ltd who regularly enjoys Ceroc dancing.

SO WHAT IS CEROC?

Ceroc dancing is a modern jive, incorporating elements of rock and roll and salsa.

HOW DID YOU GET STARTED?

I was introduced to Ceroc by going to a dance night and was really taken with it. I found that Ceroc dancing fitted any type of music, there is no technical footwork involved and it's really easy to pick up.

WHY CEROC?

It's a great way to exercise and when dancing the time flies! It's also a great social activity as you meet people of all age ranges and see familiar faces each week.

Ceroc is also a great way to lose weight and tone up. I like to go for fun and it keeps me fit as well. The classes are really relaxed and have a nice atmosphere.

We are not competing, everyone just goes to let their hair down – it's a hobby for most people.

From a wellbeing point of view, if you've had a busy day at work sometimes you can't help replaying the day's events and thinking about what you have to do the next day, but dancing gives you another focus that takes your mind off the stresses of work and other worries.

WHAT'S THE DRESS CODE?

I like to wear something comfortable. Some people wear dresses, really it's whatever you can move easily in.

WHO CAN GET INVOLVED?

It is suitable for all age groups with an even mix of male and females.

GIVE US THE CLASS LOW-DOWN

Each class always has an instructor with his or her partner. The instructor will run through a routine and demonstrate by breaking it down bit by bit so you practice each segment and build it up into a whole dance.

You can go on your own, you don't need a partner. You switch partners throughout the lesson rotating round the room so even if you did go along with someone you wouldn't dance with them the whole time.

WHERE CAN YOU FIND A CEROC CLASS

There are loads of clubs all over the UK. Search for 'Ceroc Dancing' online and it will tell you where the nearest club is. In Central London, the City Academy does lots of dance classes of a wide range.

NEXT STEPS

If your keen you can go to intensive one-day or weekend courses which is the fastest way to progress. Most of the weekend events seem to be in Camber Sands, which is just over an hour from London.

STRICTLY SIMILARITIES

Absolutely. With Strictly Come Dancing there is a professional dancer working with a partner with limited or no experience. Ceroc dancing is similar in that you get an experienced instructor and during any session you will dance with people with varying abilities, from beginner to advanced, but everyone is very friendly and it doesn't matter what standard you are. So if you're considering Ceroc but you haven't danced before, don't be afraid, regulars are always happy to help and pass on their experience.



Achieving Excellence Together

LLOYD'S HEALTH AND WELLBEING WEEK 6-10 JUNE

LLOYD'S

Lloyd's is running a series of health and wellbeing workshops and sessions. Send your feedback about any of the sessions to wellbeing@lloyds.com for entry into a free prize draw.

WHEN	WHAT	WHERE/BOOKING DETAILS
MONDAY 6 JUNE		
From 10:00	Mindapples tree	Drop in to the Coffee Shop
12:00	In movement demonstration	e-mail wellbeing@lloyds.com to book
12:00 – 14:00	10 minute massages	www.lloydswellbeingcentre.co.uk/book-free-head-massage
12:30 – 13:30	Mental health first and workshop	e-mail wellbeing@lloyds.com to book
13:00	In movement demonstration	e-mail wellbeing@lloyds.com to book
13:30 – 14:30	Tai Chi at the office	e-mail wellbeing@lloyds.com to book
15:30 – 17:00	Mindfulness	e-mail wellbeing@lloyds.com to book
14:30 – 15:15	Webinar: Working with cancer	e-mail wellbeing@lloyds.com to book
TUESDAY 7 JUNE		
10:30	Talk: Managing pressure better	e-mail wellbeing@lloyds.com to book
10:40 – 12:40	10 minute massages	www.lloydswellbeingcentre.co.uk/book-free-head-massage
10:00 – 11:00	Webinar: Healthy minds	See Lloyds.com for booking details
11:15	Talk: Improve sleep	e-mail wellbeing@lloyds.com to book
12:30 – 13:00	Talk: Energy	e-mail wellbeing@lloyds.com to book
13:15 – 13:45	Talk: Know your units	e-mail wellbeing@lloyds.com to book
14:15	Talk: Managing pressure better	e-mail wellbeing@lloyds.com to book
15:00	Talk: Improve sleep	e-mail wellbeing@lloyds.com to book
WEDNESDAY 8 JUNE		
11:00 – 14:00	Mind, for better mental health	Drop in to the Coffee Shop
13:00 – 14:00	Seminar: Men's health	e-mail wellbeing@lloyds.com to book
14:30 – 15:15	Workshop: Mental health	e-mail wellbeing@lloyds.com to book
15:45 – 16:45	Workshop: Health optimisation	e-mail wellbeing@lloyds.com to book
THURSDAY 9 JUNE		
10:00 – 11:00	Seminar: Financial Wellbeing – Budgeting	e-mail wellbeing@lloyds.com to book
10:30 – 14:00	Alcohol concern info and activities	Drop in to the Coffee Shop
12:00 – 13:00	Seminar: Financial Wellbeing – Debt Management	e-mail wellbeing@lloyds.com to book
13:00 – 14:00	Begginer's lunchtime run	e-mail Vicky.Cooper@lloyds.com
13:15 – 14:00	Talk: The point of acupuncture	www.lloydswellbeingcentre.co.uk/acupuncture-lunchtime-talk
14:00 – 15:00	Seminar: Financial Wellbeing – Savings & investments	e-mail wellbeing@lloyds.com to book
16:00 – 16:30	Seminar: Achieving a healthier weight dial up	e-mail wellbeing@lloyds.com to book
FRIDAY 10 JUNE		
09:00 – 10:00	Webinar: Women's health	See Lloyds.com for booking details
10:00 – 14:00	Know your numbers health checks	To book call 0207 489 1136 , option 1
12:00 – 13:00	Lunchtime singing session	e-mail wellbeing@lloyds.com to book
13:15 – 14:00	Talk: Digestive health	www.lloydswellbeingcentre.co.uk/digestive-health-lunchtime-talk

Visit lloyds.com/healthandwellbeingweek for more information.



SITTING IS THE NEW SMOKING

What would you choose if you were asked to come up with an iconic posture that sums up our 21st century lifestyle? Sadly, I suspect, many of us would visualise someone bent-double over their keyboard at work, or perhaps slouched in full 'sofa sloth' style in front of the TV.

From the train – to the office chair – to the sofa at home; it would seem that the 21st century life is predominately a sedentary one. What effect is all this sitting having on our health? What's the best way to tackle the health issues raised by our increasingly sedentary lifestyle? Is sitting the new smoking?

It now costs the UK economy more than £1 billion every year in sick days due to postural back, neck and muscle problems from sitting at desks and that figure is still rising.

TAKE A STAND AT WORK

Working in an office environment, the chances are that you spend the majority of your time sitting. However, the benefits of standing are finally starting to catch on. More and more businesses are starting to invest in their employees' well-being by providing workstations for standing use, or desks that can be raised or lowered to accommodate staff that would like to try standing.

SIT-STAND SOLUTIONS:

A Sit-Stand (height adjustable) work station is an excellent solution. It will enable you to simply alternate between sitting and standing as you feel appropriate. We propose mixing it up. Try to stand intermittently at your Sit-Stand desk for periods of between 15 mins and two hours at a time. Take breaks, walk around and mix it up every day.

“RESEARCH IN THE UK SUGGESTS THAT THE AVERAGE ADULT SPENDS NEARLY 9 HOURS A DAY SITTING”

ACTIVE WORKING TIPS:

1. Try to get key leadership support within your organisation. Start your own campaign. It works!
2. Educate your colleagues about the dangers of prolonged and excessive sitting.
3. Create an environment that is supportive of change.
4. Take phone calls standing up, this also boosts confidence and voice quality.
5. Take the stairs instead of the lift.
6. Walk to a colleague's desk, instead of emailing.
7. Stand during presentations or speeches.
8. Try taking a "Walking Meeting".

CONSIDER YOUR POSTURE AT HOME TOO

Health and safety in the workplace has given us guidance (HSE L26) for 'how to sit' in our offices, but what about in the comfort of our own homes.

Ergonomic research has shown that the short term pleasure of throwing yourself into your favourite armchair is no measure of the furniture's ability to provide both longer term comfort and good postural support. An appropriate match between the dimensions of the seat and those of its user are a vital consideration for both comfort and for good posture.

'HOW WE SIT' AT HOME – SOME CONSIDERATIONS:

Are you laid back? Sofas or chairs with excessive seat depths inevitably deprive us of the full support of the backrest. This can lead to that slumped posture which can place strain on the joints, ligaments and muscles of the back.

Getting that sinking feeling? Soft padding on a chair certainly helps distribute the pressure of sitting over a wider area but if it is excessively soft it may actually reduce comfort. This is because the pressure may be spread to more sensitive areas such as the undersides of the thighs or outer edges of the buttocks.

Keep your feet on the floor! Ideally the height of the sofa or chair should not exceed the distance between the base of the heel and the back of the knee. This can lead to undue pressure on the undersides of the thighs and quickly lead to discomfort.

Where's the remote? The younger generation may express disbelief about that distant era when some of us had to get up out of our sofas in order to change the channel. The 'good old days' weren't altogether bad then, especially now when it seems that 'get up and move' has become the new health imperative.



HAVING TROUBLE SLEEPING?

We spend approximately one third of our lives sleeping¹. However, the NHS claim that one in three struggle with sleep, and the practitioners at Lloyd's Wellbeing Centre have been receiving more and more requests for advice in this area.

Around eight hours of good-quality sleep is what most of us need to function properly². We all know that sleepless nights can lead to bad moods and lack of focus. Research has found links between lack of sleep and obesity, heart disease, diabetes, shortened life expectancy, depression, high blood pressure, stroke and decreased quality of life^{1,2,3}.

There are many causes of poor sleep, and often it's a complex multi-factorial matter². Stress is a common contributor to sleep disturbance. Stresses relating to work and home life are often blamed². The 'typical' modern fast-paced lifestyle of the twenty first century is packed with stimulation throughout our day, from using our smart phones, computers and television as a part of the daily routine. The key is learning effective management to ensure that we minimise the affect on our sleep³.

Diet is often an overlooked factor that can either interfere or help you with your sleep patterns. According to The Sleep Council, there are three key substances that can affect the chemistry in your brain that promote sleep: Tryptophan, Serotonin, and Melatonin. So, what are they?

Tryptophan is the rarest of the amino acids (the building blocks in protein), and is found in foods like in turkey, steak, chicken and pumpkin seeds⁴. When tryptophan reaches the brain, it converts into serotonin⁴. Serotonin is a chemical that carries messages between brain cells². At night, serotonin changes into melatonin⁴. Melatonin is a hormone that induces sleep and promotes restful sleep².

Here are 1 practical tips on how changes in your diet can promote your sleep:

1. DON'T OVER-INDULGE.

Too much food, especially late at night, can interfere with your sleep². To optimise tryptophan intake (which in turn leads to sufficient melatonin production), combine a source of protein with complex carbohydrates (e.g. brown rice, wholemeal bread/cereals)⁴.

2. LESS CAFFEINE.

Reduce your intake of stimulants, such as caffeine in tea or coffee, in the evening. Caffeine and similar stimulants interfere with the process of falling asleep and prevent deep sleep². Alternatively, choose warm milky drinks or herbal, caffeine free teas.

3. AVOID ALCOHOL.

Alcohol (especially late at night) may help you fall asleep, but will also interrupt your sleep later on in the night^{2,3}. Sustained used is also found to lead to dependency⁴.

4. DON'T BUY MELATONIN SUPPLEMENTS ON-LINE.

Melatonin supplements are only available on prescription in the UK. Taking melatonin supplements bought on-line may disrupt your natural melatonin production and suppress your ability to produce this important hormone, which in turn will make your sleep problems worse^{3,4}.

5. SPEAK TO A PROFESSIONAL.

If you have been prescribed sleep medications don't stop taking them suddenly. Speak to your doctor and your nutritionist and develop a strategy to implement changes over time.

Unfortunately, drug prescriptions are the most common response to managing sleep problems³. Less common, but in my opinion a healthier approach, is changes in your diet and/or lifestyle. Some good advice is to keep a food diary, and note when you've slept well or badly to discover how your diet is influencing your sleep.

Good night, sleep tight, and don't let the bedbugs bite!

Hanne Kristiansen,
Qualified Nutritionist working with the
Lloyd's Wellbeing Centre Nutrition Team.



References:

1. The London Sleep Centre (2016) <http://londonsleepcentre.com/sleep-disorders/>
2. NHS (2014) <http://www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx>
3. Holford, P. & Burne J. (2012) The 10 Secrets of Healthy Ageing
4. The Sleep Council (n.a.) <http://www.sleepcouncil.org.uk/how-to-sleep/diet/>



GUYS THIS IS FOR YOU TOO!



Miss Joanna Franks is a Consultant Breast and Oncoplastic Surgeon. She practises in the NHS at University College London Hospital in central London and sees private patients at The Wellington Hospital in St John's Wood and their Diagnostic and Outpatient Centre in Golders Green.

BREAST CANCER DOESN'T DISCRIMINATE

Breast cancer can affect any one of us, irrelevant of age, status, race or gender. Breast cancer occurs mainly in women, however, it is a health risk for guys too. Many people do not realise that men have breast tissue and that they too can develop breast cancer. Just like women, it's important for men to also check regularly for a mass in their chests. As with all cancers, early detection is key. If you are concerned about a breast problem, seek medical advice.

The pink ribbon has been the symbol of breast cancer awareness for 20 years. Raising awareness of breast cancer is important as early diagnosis can make a significant difference to a patient's outcome.

The lifetime risk of developing breast cancer for women in the UK is 1 in 8. There are 60,000 new cases diagnosed in the UK per year. That's one person diagnosed every 10 mins. It is therefore not surprising that for anyone reading this you are likely to have been touched by this disease through a friend, relative, colleague or even personally. Most of you will also be aware that survival from breast cancer continues to improve and making the diagnosis early is a big part of this.

I meet lots of women who tell me they feel too frightened to examine themselves or are unsure of what they are looking for. Breast Awareness simply encourages men and women to be mindful of what their breasts normally look and feel like so they can inform their health care providers if they detect any changes. For more information on breast awareness please visit the Lloyd's Wellbeing Centre website at www.lloyds wellbeingcentre.co.uk.

MEN THAT RECOGNISE THE SIGNS IMPROVE THEIR OUTCOMES

Male breast cancer makes up about 1% of all breast cancers and the incidence has increased over the last 25 years. As with women the risk of developing a breast cancer increases with age. Up to 1 in 5 men diagnosed will have a first-degree relative (parent, sibling or child) similarly affected. Any changes around the nipple or surrounding tissue are just as important in a man. In particular rapid enlargement on one side compared to the other, pain, a hard or irregular mass, nipple or skin abnormalities and enlargement of the glands in the armpits. Typically men come to see health professionals later with any changes resulting in a delayed diagnosis and significantly poorer long term outcomes and survival.

In our diagnostic "one-stop" clinics we are delighted to tell more than 90% of patients that they do not have breast cancer. In these clinics every patient, female or male, will undergo a triple assessment, which includes a detailed history of any symptoms, an examination of the breasts & armpits and appropriate imaging - a mammogram and/or an ultrasound. Some patients may also need a needle test.

For any patient diagnosed with breast cancer it is important to avoid the temptation to rush into treatment. All of the available options should be considered. Each patient should have an individualised targeted management plan.

Breast cancer management includes surgery and medical treatments such as radiotherapy, chemotherapy and tablets. Effective cancer treatment can be combined with excellent cosmetic outcomes. An Oncoplastic Breast Surgeon will never compromise your breast cancer management but will consider the aesthetics of the proposed breast surgery. For women who are advised to have a mastectomy, reconstruction at the same time should always be considered. For men a nipple reconstruction and tattooing should be available.

Using a multi-disciplinary approach, I work together with my patients to make sure that we have considered all the appropriate options. The improved prognosis for patients with breast cancer has placed a new emphasis on survivorship. Patients live for decades with the results of their surgery and the side effects of their treatments. Choosing the right management to achieve both good cancer management and maintain body image has therefore never been more important.

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FIT4

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