

# FIT4

ISSUE 3

**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  
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

## BE INSPIRED BY TEAM GB

**We whooped, we cried, we chewed our nails! Who couldn't fail to be moved by Team GB's golden performance at the Rio Olympics, and their record haul of 67 medals? And with winners aged from 16 to 58, there's no reason why getting older should stop anyone from adopting a more active lifestyle!**

One Olympic final that captured the nation's heart was the British hockey girls' historic victory against Holland. We witnessed real team spirit but what are the advantages of playing a team sport as opposed to going solo?

### THE BENEFITS OF PLAYING TOGETHER

- 1. Fun!** You can get more enjoyment as part of a group than individually.
- 2. Camaraderie:** It expands your circle of friends and enhances your social life as well as honing your team working skills.
- 3. Motivation:** Teamwork inspires and drives you to perform better.
- 4. Commitment:** More inclination to turn out for training rather than let team members down.
- 5. Physical:** Whichever sport you choose, from badminton to baseball, it's great exercise for the body.
- 6. Psychological:** Team sports foster social inclusion, to feel part of something bigger and form lasting bonds with others. It can also prove a great stress reliever from work routines and boost self-esteem.

**We asked a couple of Claims Managers from Jardine Lloyd Thompson (JLT) why they play team sports.**

### DANIELLE WISEMAN – NETBALL

"I get a lot out of playing netball. It's a great way to exercise, have fun and blow off the stresses of work, and make friends at the same time!"

Danielle used to keep fit in the gym but found it boring and hard to stay motivated on her own. A colleague ran the JLT netball team and invited Danielle to play. She hadn't played since school but soon fell back in love with it, and now manages the team that plays a lunchtime league with brokers, solicitors, banks and insurers from the City. "It's nice and social as when we do play we sometimes go for a drink with everyone afterwards."



### KANE BOENKE – FOOTBALL

"Playing for JLT's football team is great socially as I can network and make friends in the company and across the market. Playing helps me get rid of the day's stresses because I have to focus totally on the match."

Kane has been managing JLT's football team for about 18 months with his colleague, Ben Searing, and playing for them for seven years. His position is left back. He's keen to ensure that people who want to play get a game but says commitment is important as not turning up affects the whole team. Kane believes playing football helps fitness but also highlights how fit you actually are! "Playing 90 minutes a month is tough for some people. I do a bit of gym to help keep me fit for the matches."



Interested in playing either football or netball, or finding out more about the sports available to the Lloyds community?  
Go to [www.lloydswellbeingcentre.co.uk/get-active/](http://www.lloydswellbeingcentre.co.uk/get-active/)



## PREPARING FOR PRESSURE

**Pressure is a constant in our lives. We all have our own ideas about what pressure is. For some of us it may be leading on a decisive presentation or dealing with the pressure of hitting an important work deadline. For others it's trying to find the work life balance, trying to keep your physical fitness together or managing the kids.**

The pressure that hits most of us at some time in our lives is, of course, financial. Some people put themselves under immense pressure attempting a sports challenge such as a charity event or participation in team sports where your performance might be critical. We can also feel pressure in all sorts of everyday circumstances in our lives: meeting new people, socially or at work, arriving at a party or a works event. Pressure means different things to different people. But it's what pressure does to our bodies which is concerning as it can inhibit us from performing at our best.

### PRESSURE AND ELITE SPORTS

We've just finished over two wonderful weeks of viewing elite athletes from around the world compete in the Rio Olympics. It is in sport where the margins are so fine and the outcomes so decisive - win or lose. Elite sports are where we

collectively witness the physical and psychological torment that pressure can wreak, as our heroes perform under the gaze of spectators and TV cameras. They can be the best in the world, but still not deliver on that important penalty kick, or double fault on that critical tennis serve or achieve on that easy golf putt. We recognise pressure because we feel it in our own lives albeit on a more modest stage! And the question is: how is it that one person is able to deliver an outstanding performance when the pressure is on and it really matters and another might visibly crumble?

### PHYSICAL AND MENTAL EFFECTS OF PRESSURE

Most people under pressure will show it physically and/or psychologically in some way. Some people are better at managing the symptoms. Anxiety often accompanies pressure and with it we can experience some uncomfortable physical symptoms such as tightness across the neck and shoulders, elevated heart rate, feeling shaky, sweating, butterflies and/or nausea. Mentally, pressure can affect our concentration and memory recall as well as our sense of perspective and our ability to stay present in the moment. It can rock our confidence, play with our emotions and distort our sense of perspective and critical decision making.

### HARNESS PRESSURE TO THE ADVANTAGE – EIGHT STRANDS OF SELF-HELP FOCUS

Wouldn't it be great if we could harness pressure and turn it to our advantage? For over 20 years Dr Dave Alred MBE has had a career researching, teaching and coaching strategies that help individuals manage performance under pressure. It is in sports where the psychology of pressure has been most studied and understood and where we can learn to harness pressure in our own lives. Alred has worked with, among others, rugby internationals Jonny Wilkinson and Jonny Sexton, star golfers Luke Donald, Padraig Harrington and elite teams such as England rugby squad and the British and Irish Lions and British Judo Association. In his fascinating book 'The Pressure Principle' he explains how dealing with pressure is a skill that can be learned. He goes on to describe a multifaceted approach to learning which can help anyone who wants to improve their skills in handling pressure.

In summary, Alred describes clearly eight strands of self-help learning which can help you manage pressure. Seven areas of focus are all interrelated and connected up around an eighth that is common to all the others, that of language, as illustrated below.



## IMPORTANCE OF POSTURE IN TACKLING PRESSURE

By way of an example of Alred's approach, let's look at one particular aspect – the importance of posture in tackling pressured situations. People need to be aware of their physical reactions in pressured situations and learn how to manage them. Without self-awareness, Alred explains, we can't **'make the butterflies fly in formation'**!

Often, in everyday life, unlike the athlete, we might not be aware that our bodies are reacting to increasing levels of pressure. Awareness diminishes and the natural physical reaction is for our muscles to become tense and tighter which results in our movements becoming more limited and restricted. So Alred advises, before entering into a stressful or pressured situation it's

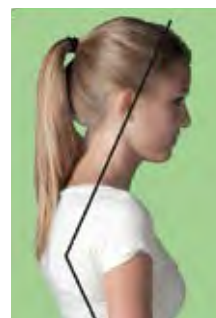
always worth checking your posture and set your body shape in what he calls the 'command posture' and to make yourself as physically 'big' as possible. This is: shoulders dropped right down and packed, with the neck nice and long and stretched and the chin held in line with your breast bone (sternum). Think less 'military-style' and more that of a trained dancer, poised, upright, graceful, lithe and in control of your situation.

So next time you have a stressful encounter, take a few seconds out and reset your posture, before entering the fray, you might be surprised how much better you perform!

Most people should be capable of the 'command posture' when your mind is set on assuming it, but for many of us it isn't something that comes naturally. Elizabeth Dodgson, a teacher

of Alexander Technique (a training which focuses on posture and natural body mechanics) says: *'Good posture isn't about adopting a specific style. Instead it's about noticing and correcting any unhelpful habits that might creep in'* and this is especially important when your body may be reacting to the effects of a pressured situation.

Before



After



## INSTANTLY IMPROVE YOUR POSTURE FOR FREE! - POSTURE MEDIC TRAINING TOOL

To help our readers practice the 'command posture' and generally improve their posture whilst sitting, standing or moving, Lloyd's Wellbeing Centre are giving away 100 'Posture Medic's' (retailing at £27.95). This adaptable training tool will also help you stretch, strengthen and stabilise your upper body!

This fantastic free offer is on a first come first serve served basis. Your 'Posture Medic' will need to be collected from the Lloyd's Wellbeing Centre following a free 10 minute 'fitting' consultation.

For full terms and conditions of this offer: go to [www.LloydsWellbeingcentre.co.uk/posture-medic/](http://www.LloydsWellbeingcentre.co.uk/posture-medic/)

100  
available



### References:

'The Pressure Principle': Handle Stress, Harness Energy and Perform When it Counts By Dr Dave Alred MBE Published by Penguin Life 2016.

'The Golden Rules: 10 Steps to World-Class Excellence in Your Life and Work. Bob Bowman, with Charles Butler (2016),'

'Walking Tall' top Sante August 2016



# HYDRATION

## HOW MUCH WATER SHOULD YOU DRINK?

- A man needs between 1.2 litres (2 pints) and 3 litres (5 ¼ pints).
- A woman needs between 1.2 litres (2 pints) and 2.2 litres (3 ¾ pints).
- That averages out at about eight glasses or more of water-based liquid per day.
- You should drink more when physically active or in hot weather.

## WEIGHT LOSS AND HYDRATION

- Hunger is often confused with thirst, so when you are hungry, drink a glass of water.
- Drinking water with a meal or eating water-rich food, such as fruit and veg, makes you likely to eat less so is helpful with weight loss.
- Water speeds up metabolism, which encourages weight loss.
- The increase in sugar in our diets 'creeps in' through drinks, so picking the right low-sugar drinks makes all the difference.

## HYDRATION AND AGING

- You can predict a person's biological age by the percentage of water in the bones and brains.
- Keeping yourself well-hydrated is a simple and effective anti-aging step.

## JUST ABOUT ALL BIO-CHEMICAL REACTIONS IN YOUR BODY DEPEND ON WATER

"Water is a basic nutrient for the human body and is critical to human life. It supports the digestion of food, absorption, transportation and use of nutrients and the elimination of toxins and wastes from the body" Professor Jamie Bartram of the World Health Organisation.

Approximately two thirds of your body is water. Approximately 85% of your brain is water, 75% of your muscles are water and 22% of your bones is water.

On average, you lose 0.6 – 1 litre per day through your urine!

## HELP WITH BLOOD PRESSURE

Drinking more water – 8 glasses or 1-2 litres per day, helps to lower blood pressure. Lack of water makes the sodium levels inside your cells go up, which increases blood pressure.

## SHORT TERM SIGNS OF DEHYDRATION

- Headache
- Dizziness
- Feeling hot
- Loss of concentration/mental ability
- Decreased physical performance
- Hunger
- Lack of energy/fatigue
- Dry membrane services (mouth, eyes, skin)
- Dark, strong-smelling urine
- Constipation/poor digestive function
- Muscle cramps

## LONG TERM CONSEQUENCES OF NOT DRINKING ENOUGH

- Risk of kidney stones
- Premature aging
- High blood-pressure
- Digestive problems
- Certain cancers
- Depression and cognitive decline
- Asthma and allergies
- Possible weight gain

## HEALTHY PEE IS 1-3 4-8 YOU MUST HYDRATE!



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

Sources:

NHS, British Nutrition Foundation, Mann J & Truswell A S (2012) Essentials of human nutrition, The 10 Secrets of Healthy Aging and Food is better medicine than drugs, both by Patrick Holford and Jerome Burne.

For more information go to [www.lloyds wellbeingcentre.co.uk/nutrition/](http://www.lloyds wellbeingcentre.co.uk/nutrition/)



## PROSTATE CANCER: WHAT ARE THE CHANCES?



MR RICK POPERT

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**Mr Rick Popert is a Consultant Urological Surgeon at London Bridge Hospital and the HCA Diagnostic Centre at The Shard. He established a dedicated prostate clinic on his appointment at Guy's hospital in 1996 and specialises in prostate cancer diagnosis and treatment, erectile dysfunction, infertility and other urological conditions.**

About one in seven men get prostate cancer. It's the UK's most prevalent cancer in males, with over 40,000 diagnoses every year. As men age, they can develop urinary symptoms like poor flow or getting up frequently in the night, and while most turn out to be benign prostate enlargement it can coexist with prostate cancer. So how would you recognise it and what are your chances of developing it?

Most men diagnosed with early prostate cancer show no symptoms, it is 'picked up' following a simple PSA (Prostate Specific Antigen) blood test at a routine health assessment.

### ARE YOU AT RISK?

**Age:** few men under 50 develop the disease but incidence increases after 60.

**Race:** seems to affect African-Caribbean, African-American and West African races more. Men of Chinese and Japanese descent have low incidence.

**Geography:** the highest incidence is seen in North America and Northern Europe.

**History:** if your father or brother had the disease your risk of developing it is 2.5 fold greater. If a second-degree relative e.g. paternal uncle was affected you're 1.7 times more likely to get it. If both first and second-degree relatives had prostate cancer your risk is 8.8 times higher.

### PSA AND YOU

The normal PSA range is 0-4 ug/L, which increases with age. An elevated PSA is not necessarily a sign of cancer, it could be a benign enlargement of the prostate, a urine infection, prostatitis (inflammation of the prostate gland), or just that you ejaculated within the past 48 hours.

| TOTAL PSA (UG/L) | PROBABILITY OF CANCER (%) |
|------------------|---------------------------|
| 0-2              | <1 %                      |
| 2-4              | 15 %                      |
| 4-10             | 25 - 50 %                 |
| >10              | >50 %                     |

### DIAGNOSIS

The proverbial white gloved rectal examination, PSA tests and uncomfortable rectal prostate biopsies performed under local anaesthetic have been the main tests for the past 30 years but they're too unreliable as screening tools, indeed biopsies may miss cancer in 30% of men.

Modern MRI scanners, PSA profiling and the most advanced targeting biopsy techniques have made more accurate diagnoses of prostate cancer possible and avoid unnecessary biopsies in those at low risk.

### TREATMENT

Keyhole surgery and targeted radiotherapy have revolutionised hospital stays and complications associated with prostate cancer treatment. Some patients with localised disease can be treated by focused therapies, while active surveillance can manage those with low risk disease.

### CATCH IT EARLY

Detecting prostate cancer early provides the opportunity for a definitive cure using minimally invasive techniques and less risk of side effects like incontinence and erectile dysfunction. Yes, it's slower growing than most cancers and yes, most men will have evidence of it when they're in their 80s but that's no reason for complacency.

### THE BOTTOM LINE – KNOW YOUR PSA

- Get a PSA test as a base line.
- With a family history, this should be age 40, otherwise age 50 is fine.
- Ideally it should be < 1 ug/L and it should be repeated annually.
- If it progressively goes up and above the normal range for your age get it checked out. If you're worried about symptoms contact your GP.

**If you're worried please contact London Bridge Hospital's GP Liaison Department on 0207 234 2009.**

For more information go to [www.lloydswellbeingcentre.co.uk/meet-the-experts/](http://www.lloydswellbeingcentre.co.uk/meet-the-experts/)

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## FIT4

Fit4 is a newsletter publication developed by the Lloyd's Wellbeing Centre and brought to you by Health Response UK, dedicated to improving the health and wellbeing of working people.