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STORIES FROM THE MARKETPLACE

ENDURANCE CYCLING



**Lloyd's
Wellbeing
Centre**

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ENDURANCE CYCLING

Modern research is now disagreeing with the long held traditional advice that older people (usually meaning in their middle age plus) should not overdo it; slow down, walk, do a bit of gardening - and certainly should forget about pursuing strenuous exercise activities, warning us that it's too dangerous. But many who were bitten by the cycling bug which swept us along in a wave of enthusiasm, are finding themselves enjoying the many benefits of endurance cycling, including older people!

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Trevor Jennings, Risk Manager, Lloyd's Corporate Real Estate, says *"I really enjoy endurance cycling. I find it a great way to stay in shape when you've passed 'the big 50'. It's low impact, provides a good muscle work out, builds strength and stamina and can be as intense as you want. For me, there is nothing like the freedom and fresh air of exercising outdoors, the sense of achievement of travelling distances under your own steam and the buzz you get from coasting down a hill after a hard climb."*

Of course, endurance cycling doesn't come without its challenges. I asked Trevor how he managed his training on a weekly basis. Trevor commented *"Trying to fit the training around my work and general home life isn't easy. I've had to be organised and disciplined with my training schedule and with my food choices and hydration to support this. At times it can be a real effort to motivate myself for a cycling session, particularly after a heavy day at work. My main training focus is on the weekends with shorter, more intensive sessions taking place during the week after work, or occasionally early in the mornings. It can be frustrating to fit it all in, but seeing the sunrise over Epsom Downs is a truly amazing sight and makes it all worthwhile. I also find it very helpful to keep a daily log on how I feel which ensures my training and recovery schedules are tailored accordingly."*

I asked Trevor to recount some of his memorable endurance cycling moments:

'Cycling on the 6-day charity ride last year with two other colleagues from the Lloyd's Corporate Real Estate team (Darren Cox and Jas Lozinski) along with 45 other riders from Verdun to Folkestone with ABF The Soldiers' Charity was a major highlight. We cycled 427 miles averaging over 70 miles each day with a total of 18,526 feet of climbing to commemorate the 100th anniversary of the end of WW1. It was a fantastic experience. The event was very physically challenging; however, it was thoroughly enjoyable, as the entire group worked together, and we visited some remarkable battle sites and memorials. It made us all realise that a few days of suffering on a bike is nothing compared to the sacrifices given by the young soldiers who laid down their lives for us all between 1914 - 1918.'



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!



'A more recent exhilarating cycling memory for me was visiting the Olympic Velodrome for an hour's 'taster' session on the track with cycling colleagues. Despite all of us being experienced road cyclists, this was a totally new experience for all of us and our anticipation wasn't without a degree of apprehension, however, the Velodrome coaches put us at our ease and made us feel very welcome. After a formal briefing on the serious aspects of safety and track etiquette, we were shown how to start and stop safely and then given the signal to commence three laps of 'the apron' (the inner flat area of the track) to get a feel for the bikes and track. This helped to calm our nerves. We all managed to stop successfully without falling off by using the handrail that circles the inside of 'the apron'. Once we got the hang of it, we were allowed on to the main track.'

The transition from apprehension, to one of total enjoyment happened very quickly. As confidence grew, we found ourselves getting faster and really attacking the high curves. The speed on exiting the curves certainly got the adrenaline flowing! We all got into a rhythm and clocked a number of circuits. Before we knew it, the signal was given to slow down and stop as the session had finished. We all wondered where that hour had gone. A truly fantastic, exhilarating experience! It's clear that the Velodrome is a very popular venue for cyclists of various ages and abilities. It has ensured the goal of the London Olympics to create a 'legacy' has been achieved.'



RUN >>> YOURSELF FIT

It's around this time of year that patients of the Lloyd's Wellbeing Centre (LWC) report that they are beginning to feel the physical effects of their over indulgence of food and drink and general lack of movement over the year-end holiday period. For many people, it's a struggle to get back into training or start training if exercise has never been their interest. As the king of cardio, running is one of the most effective ways to get fit and is also a great calorie burner so can help with weight loss. It can be performed at different levels of intensity, from slow jogs to intense sprints, from short runs to long distance races.

Assisting you with your training

From their combined experience of working with thousands of patients who have jumped, hobbled or simply collapsed onto their treatment couches over the years, LWC's physical therapy team have answered the questions most frequently posed to them for those wanting to start exercising, with a focus on running.

Patients often ask about running as they believe it's the quickest and cheapest way to get in shape. Many think that all they need is a pair of trainers and some workout clothes and they'll be ready to pound the pavements! For experienced runners this is fine, but for beginners, or those getting back into exercise after a long break, it can be a minefield out there!

Knowing where to start

Mark Bussetti, LWC osteopath and sports therapist, explains *"It's important that all active individuals, especially runners, have a 'body MOT/biomechanical check' to assess muscle tightness and evaluate any potential muscle weakness. For example, having short, tight hamstrings can reduce stride length which will affect running times and cause increased loading on the joints, such as knees, resulting in a higher risk of injury. I can perform a quick evaluation of your main lower-limb muscle flexibility, which will allow you to focus your stretching on the correct muscle groups. Irrespective of whether you are active or not, I am a firm believer that having your muscle balance assessed, is very important for your overall function, health and wellbeing."*

How long should I run for?

Jean-Vincent Michel, LWC physiotherapist, offers his patients the following start-up advice *"You're meant to be doing this for enjoyment so try not to put any pressure on yourself. Five minutes on your first go is fine – that's five minutes more than last week. Another way to start is by alternating running with walking for a set maximum time, again keep it manageable, say 5 or 10 minutes to start with; There are no set rules apart from don't overdo it! The key is to build up your running distance and intensity slowly to avoid potential injuries. The weekly 5km 'Park Runs' are a great way to start; they are held all over the country on a Saturday morning (www.parkrun.org.uk)"*.



Warming up

Daniele Delicati, LWC physiotherapist, recommends that *"You always warm up before starting a run; dynamic stretches are proven to be better than static stretches. Hold each stretch for about 45 seconds; stretches will help prevent muscle soreness after your run. Also try some gentle squats and lunges to get the blood flowing into the joints and to warm the muscles. Warm downs after a run, are equally as important and sometimes forgotten"*.

Setting goals not resolutions

The LWC physical therapy team recommend that your goals are challenging, but realistic. If a goal seems overwhelming, you probably won't accomplish it. The good thing about running is that it's an inclusive sport. Your height, weight, age, background, and education don't matter. You can still run and the goals that you can accomplish are endless - from 5km runs to completing a marathon in extreme conditions.

Steve Hines, LWC physiotherapist and fitness instructor, advises *"As with most new training commitments, it's often easy to start off with good intentions and enthusiasm, but it's important to keep the momentum going. A good way to do this with running, is to write down some short, mid, and long-term goals and targets. My patients can sometimes be a bit daunted at the thought of increasing their race distance challenges, but it's amazing what they can achieve!"*.

Plan your runs

Laure Walter, LWC physiotherapist and fitness instructor, said *"It's important to plan your runs into your weekly schedule. It's helpful to create a regular time, otherwise 'lack of time' can too often be an excuse for not going! Think in advance about your route and distance as this will help you stick to your running plan"*.

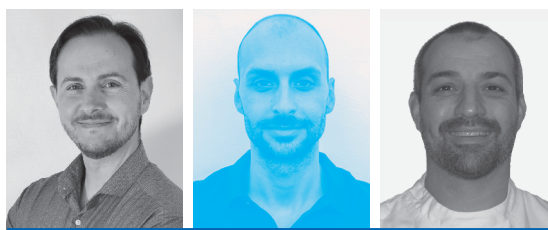
Accept the bad and the good days

It's important to remember that whilst it's great to have a training plan, it's purely a plan and can be modified and adapted as life 'happens'! Alessio Barone, LWC physiotherapist and Pilates teacher, said *"The difference that I see between those who achieve their running goals or other sports goals, and those who don't, is the ability to be flexible in their training plans. Patients who rigidly stick to their plan despite niggling injuries, or even go beyond the plan and over-train, are the ones who will end up seeing me or my colleagues for serious injuries which will prevent them from competing in their race at all! Pain is a message from the body indicating that something is wrong; ignoring the pain to stick with your training plan can be dangerous and undo much of your training so far. There's no magic sports tape that can get my patients safely through a race carrying a serious injury, despite what they might hope!"*.

Developing correct technique

Alessio, also commented on the importance of good technique for the more serious or experienced runners *"I see runners visiting the clinic weekly for aches and pains and struggling to get on track with their half or full marathon program. This is due to poor technique through not considering their initial posture or lack of joint flexibility or stability. It's a common misconception that because running is natural, everyone can perform it without problems. However, even a small misalignment of joints, bad foot print or posture, muscles weakness or lack of joint flexibility, can not only generate micro injuries, but also major injuries in the long term. A personalised 'body MOT/ biomechanics check' is recommended; you wouldn't go motor racing without checking oil level, tyres and engine"*.

Running, as any other sport, requires a good technique, possibly a coach or gait and postural analysis. It's also important to incorporate other forms of training into your schedule, such as Pilates to improve your core and strength training, in the form of squats, lunges and leg extensions.



Book your free 15 minute 'body MOT /biomechanics check' with Alessio, Daniele and Mark

Contact **020 7327 5341** or email **info@lloydswellbeingcentre.co.uk**

Improve your flexibility and mobility with our weekly **Pilates** and **yoga classes** to complement your training

www.lloydswellbeingcentre.co.uk/yoga-pilates/

WORD FROM THE EXPERT

Consultant Orthopaedic Foot & Ankle Surgeon, Mr Lloyd Williams

Mind Your Step – Watch out for foot and ankle injuries

In the early part of the New Year, wet and icy weather plagues the UK, so watch how you step! Lloyd Williams, Orthopaedic foot and ankle surgeon, gives advice on what to do if you're unlucky enough to sustain a foot or ankle injury.

"Foot and ankle injuries account for over 20% of Emergency Department attendances, and there is a clear seasonal rise in the number of injuries during winter. My advice is to tread carefully!" He goes on to say, *"In my practice, I see patients with ankle trouble which often begins following an ankle sprain, which is a very common injury. Classically patients twist or invert their ankle, causing injury to the lateral ligaments, found on the outside of the ankle."*

Thankfully, most ankle sprains are simple and heal uneventfully. Mr Williams says, *"Most ankle sprains can be managed with simple measures including protected weight-bearing with crutches, rest, ice, elevation and compression bandaging. Physiotherapy is also important to improve fine ankle control and balance. Most people should be feeling confident again by 6 to 12 weeks."*

Not everyone, however, makes a full recovery and patients should know when to seek advice, in particular to rule out a more serious injury such as a fracture. Mr Williams points out that, *"If patients have severe pain, are unable to weight-bear after the injury, or have bony tenderness, it is quite possible that there is a more complicated injury rather than just an ankle sprain. For such patients, I would recommend an X-ray to rule out a fracture"*.

There can be longer term problems too. *"In up to 20% of cases, patients can develop long term instability and recurrent giving-way of the ankle. In my hands, if conservative measures have failed, surgical reconstruction of the lateral ligaments is necessary, also known as a Brostrom-Gould procedure. This is a particularly reliable operation, with 95% of patients regaining stability and trust in their ankle, allowing a return to sport."*

Long term pain is another symptom and should not be ignored. Ankle impingement occurs when the ruptured ankle ligament heals with lots of thickening, sometimes folding in and getting pinched in the joint. An ultrasound guided steroid injection into the painful area can settle the symptoms. However, for persistent impingement symptoms, an ankle arthroscopy may be necessary.



Deep ankle pain following a sprain is worrying and may indicate damage to the specialised cartilage inside the ankle joint. *"At the time of the ankle sprain, the specialised articular cartilage that lines the joints can be damaged. Arthroscopic surgery is a powerful tool I can use where necessary to perform microfracture - a process where the bone marrow is stimulated to form new cartilage."*

Mr Lloyd Williams, MB BS FRCS (Tr&Orth) is a Consultant Orthopaedic Surgeon specialising in foot and ankle disorders and general trauma to the ankle and foot.

Consulting in Central London, W1.

He can be contacted on **020 7186 1000** and by email secretary.williams@londonorthopaedic.com

MINI HEALTH CHECKS

'KNOW YOUR NUMBERS'

Health checks are important for maintaining your physical wellbeing giving you a 'heads up' on any underlying condition that you may not have been aware of, such as hypertension or high cholesterol; conditions that may seriously affect your health in the long term, but can be effectively managed with the help of your GP.

Lloyd's Wellbeing Centre will be providing free mini health checks in 2019*

Register your interest by visiting lloydswellbeingcentre.co.uk/healthcheck

Onsite employee health checks can also be arranged at your workplace by your HR Department where there will be more opportunity for appointments including more in-depth tests (waist:hip ratio, body fat%, visceral fat test, metabolic rate, metabolic age, muscle mass, hydration test, bone mass assessment).

Tests are quick and simple - results given during the appointment

- ▶ Diabetes (blood sugar)
- ▶ Height & Weight / BMI
- ▶ Cholesterol
- ▶ Blood Pressure
- ▶ Lifestyle Review

*Offer is limited on a first come first serve basis; limited number of health check appointments available. *If your HR Department would like to know more about running in-house mini health checks, ask them to contact the Lloyd's Wellbeing Centre for pricing and availability on info@lloydswellbeingcentre.co.uk

Are you using your social media platforms or are they using you?

Whilst the internet has produced countless benefits, there is of course an obvious downside; the social media technologies of today are extremely addictive. For some of us it's the lure of Facebook, the pull of Instagram, the inbox, WhatsApp, who has messaged us and who hasn't! We can get lost in a simple Google search; millions of results pop-up in our browser, our curiosity gets the best of us, and we end up reading about an entirely different topic. We get lost in irrelevant blogs and unrelated YouTube videos, the list is endless. With constant distractions all vying for our attention, time can really fly by. Our smart phones have become like another limb, permanently connected to us. Many of us feel we have eaten, slept, and exercised with our smart phone in-hand. Are we obsessed? Addicted? Tethered? Some are able to switch off devices for periods of time or go on 'digital diets', but not all of us seem to possess that willpower.

Is it time to assess your social media usage?

Facebook, LinkedIn, Snapchat, Twitter, Instagram, Youtube, the list is endless. Overconnectivity on social media has become a new pandemic. Close to half the world's population, 3 billion people, are active on some type of social media. We now live in a digital world, but has our dependency on smartphones gone overboard? According to a recent survey, the average Brit checks their phone every 12 minutes. That's at least five times an hour; overconnectivity is an understatement.

How many communication platforms are you connected to? It's easy to appreciate the gains which these forms of communication bring, but we must also be aware of what is being lost – real time and real connections.



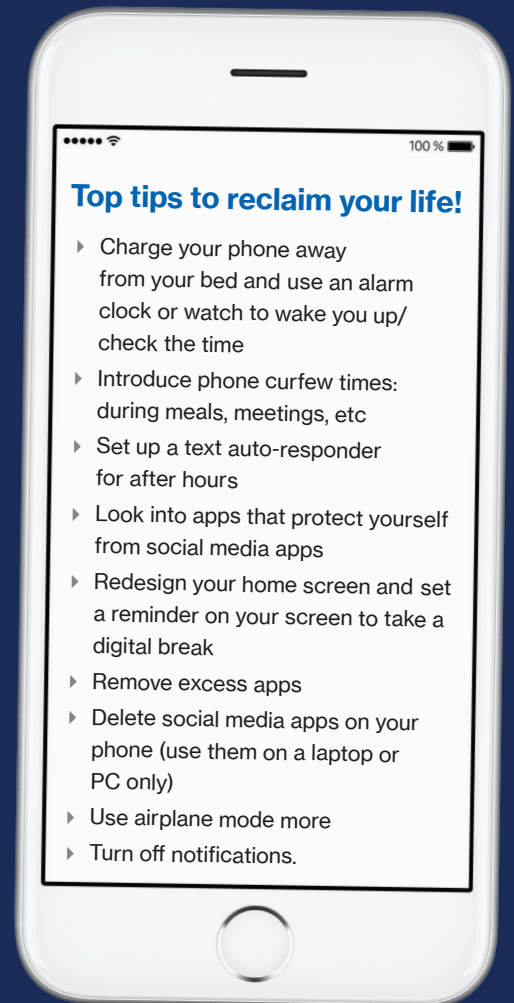
Phone Rehab

If the pressure from social media was not enough, some jobs now expect a digital response to any form of communication within the hour, even outside the agreed working hours. This is not healthy. Regardless of your reason for being logged on, there has to be a healthy work/life balance for normal everyday functioning.

Some of you may be thinking, "I'm not addicted, I can quit anytime!". As with any other addiction, to reduce a bad habit you must be willing to see the problem. Social media tools are for you to use, not for them to use you. You can still waste plenty of time using them in the way they are intended, that's the problem.

Reducing phone usage

Reducing time spent online is easier said than done; but by doing so, you can realise plenty of benefits: less time wasted, better sleep, more time for other fulfilling activities and relationships, to name but a few. A recent Danish study found that people who stopped using Facebook for a week scored higher in productivity and happiness.



In this age of digital distraction, we have more applications competing for our attention than ever before. It's time to take action and reclaim your life!