



Wellbeing Wednesdays

On the first Wednesday of every month we will provide you with wellbeing content relating to that month's Wellbeing Wednesday theme and ask that at a convenient time during the month you schedule a wellbeing session with your team to discuss the topic and share the resources. The wellbeing ambassadors can be called on to support you in running these sessions if required.

By scheduling a monthly wellbeing session with your team it will help to start to normalise the conversation around wellbeing and encourage open conversation within your team. It's important to bring teams together in this way to discuss wellbeing topics; and support each other in gaining knowledge and learning tips and techniques to help improve wellbeing. Any wellbeing issues raised by team members during these sessions can then be explored further during 121's.

If you're using an online version of this chat sheet, just click the buttons to watch or read.

If you're using a printed version of this chat sheet go to amey.co.uk/wellbeing to access the videos and links to extra resources.

This chat sheet summarises the information in the 'Boost your physical health' guide and includes ideas on how to discuss this within your teams.

If you're leading the discussion, follow the instructions to help the conversation flow.

Boost your physical health

BEFORE RUNNING A TEAM WELLBEING SESSION

- Read through the guide and the chat sheet to familiarise yourself with the content
- Make your team aware of the topic and content that will be discussed and give people the option to opt out. Some topics may cause people distress, so it's important they know what the subject is and that they have the option to not take part in the discussion
- If someone in your team does opt out, check in with them to see if they're ok.

DURING THE SESSION

- Tell people about the 'Boost your physical health' guide and make sure they have a copy
- Let everyone know that you want them to feel safe to share their personal experiences and that anything discussed during the session should not be shared beyond the group
- Remind people of the need to be respectful - people will have different views and opinions and that's ok
- Encourage everyone to have a voice but don't force people to contribute to the session
- Remind everyone about the resources available to them and everything can be found here: amey.co.uk/wellbeing.

AFTER THE SESSION

- Check in with individuals if you think they might have been upset by any of the discussions, ask how they found the session. Be mindful, it's harder to spot if someone is upset if you're running a virtual session
- If someone who is normally quite vocal in meetings doesn't contribute, check in with them to ask if they're ok.

Poster to print and display in workplaces

WATCH WITH YOUR TEAM – Here is a short video which summarises the content of the guide and this chat sheet.



READ OUT TO YOUR TEAM:

Our focus for this month is 'Boost your physical health'. Ensuring you are physically fit and healthy is vital. This month's guide helps to identify any early signs of physical health problems; informs you of your key health numbers; and includes a number of changes you can make to improve your physical health.

ASK – Do you know what the four key health numbers are that are vital to your health and wellbeing?

- Blood pressure
- BMI
- Cholesterol
- Sugar levels

ASK – Has anyone had a recent health check?

If not did you know if you are aged over 40 you can get a free NHS health check, just use the link in the guide for more information on what is included in the test and how to book.

[NHS health check](#)

Blood Pressure

READ – Blood pressure is a measure of the force that your heart uses to pump blood around your body. When your blood pressure is measured you are given two numbers – the Systolic blood pressure (top number) and Diastolic blood pressure (bottom number). These numbers display the highest and lowest level your blood pressure reaches when your heart beats and relaxes.

ASK – Does anyone have high or low blood pressure? If so how is it managed?

BMI

READ – The Body Mass Index, more commonly known as BMI, divides your weight in kilograms by your height in metres squared, to measure if your weight is healthy for your body-type. If your BMI is below 18.5 you're considered underweight, 25 and 29.9 is considered overweight whilst 30 to 39.9 is considered obese. For children and young people ages 2 to 18, the BMI calculation also takes age and gender into account.

ASK – Does anyone know what their BMI is?

If not you can use the BMI calculator to work it out.

[If you want to calculate your BMI, try the BMI healthy weight calculator](#)

READ – Our BMI helps us to understand how much excess body fat we are carrying, but it's important to know about the different types of fat too. For example, visceral fat can cause some real health complications, potentially changing some of your body's vital functions.

ASK – What health complications can too much visceral fat cause or increase the likelihood of?

- Heart disease
- Heart attacks
- Type 2 diabetes
- Strokes
- Breast cancer
- Colorectal cancer
- Alzheimer's disease.

ASK – What are the six ways to reduce visceral fat?

- Change your diet
- Lean and clean protein
- Reduce alcohol
- Quit smoking
- Drink more water
- Exercise

For more information please refer to the guide.

READ – Waist size is also important as it indicates where you store your fat. If you store fat around the waist, it's sitting around your vital organs such as the liver and kidneys, increasing your chances of getting diabetes and high cholesterol.

DID YOU KNOW?

The ideal waist size is

- **35 inches** for men
- **32.5 inches** for women

DID YOU KNOW?

A good waist to hip ratio is important - refer to the guide to understand how to calculate yours.

Cholesterol

READ – Elevated cholesterol levels are one of the risk factors of heart disease. It's important to keep track of your cholesterol numbers for you to make necessary changes and adopt a low cholesterol diet, if needed. You should get a cholesterol test every five years if you're between the ages of 40-75 or every year if you're on medication to lower your cholesterol. If you have high cholesterol levels, you should check regularly.

ASK – When was the last time you checked your cholesterol levels?

Make sure you contact your GP for a check and keep track of your numbers.

Blood sugar levels

READ – Sugar, in moderation, is an important part of our diet. Insulin allows sugar (glucose) to enter your cells where it can be used for energy. Without enough insulin however, sugar stays in the bloodstream and can damage our blood vessels, causing significant health problems like coronary heart disease, kidney disease and diabetes.

For most people without diabetes, normal blood sugar levels are between 4 and to 6 mmol/L before meals and less than 8 mmol/L two hours after eating.

ASK – Do you know the symptoms of diabetes to look out for?

- Thirsty
- Urinating a lot
- Blurred vision
- Weight loss
- Recurrent infections
- Tiredness

You may only get these mildly, or not at all.

ASK – Do you know where you can access a test to check your blood sugar levels?

Your blood sugar levels are one of the checks available as part of the NHS health check.

You can listen again to a recent Lunch & Learn hosted by Matt Oaks, who recently shared his experience supporting his son Flynn, aged seven, who was diagnosed with Type 1 diabetes.

Diabetes Awareness Lunch & Learn

Resources and support

READ – This month's Wellbeing Wednesday guide has a range of resources to help improve your physical health and reduce the risk of serious health complications. It includes information on how to lose weight, quit smoking and start exercising plus details about the Jamie Talks Podcast, Choices and our Employee Assistance Programme.

DON'T MISS THIS MONTH

- Six-week Metabolic Boost programme
- A cook-along with Amey employee and Masterchef contestant Zane Chetty
- Sign up links to this month's webinars – Know Your Key Health Numbers and Safe Start to Exercise

You can access all the Wellbeing Wednesday content and resources on the wellbeing webpage – www.amey.co.uk/wellbeing you don't need to be on the Amey system to access this.

