

# HEALTH & WELLBEING NEWSLETTER



## SEPTEMBER 2008

**Welcome to the fifth issue of the Health & Wellbeing  
Newsletter!**

**As always, we are on the look out for anything that you  
think should be in this newsletter. If you know of  
anything suitable please e-mail it to:**

**[antony@creativesupport.co.uk](mailto:antony@creativesupport.co.uk)**

ISSUE

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# 24/7 : HEALTH NEWS

## BREATHE EASY

The Guardian has released a report stating that most British people aren't breathing in the correct way and that changing the way in which you take breath can help you in any exercise you do as well as help you to remain calm. They recommend three exercises to help you move air through your lungs. These are:

### 1 - The Schuss

"Raise your arms high above your head then swing them downwards bending your knees. Straighten your knees again, swinging your arms up above your head. Breathe out as you go down and in as you swing up. With the downward swing, you're completely pumping all the breath out of your lungs, using the abs. With the upward swing, you're opening the ribcage, using the intercostals."

### 2 - The Candle

"Keeping a relaxed, upright posture, take in a breath and then blow out firmly, as if you were blowing out a candle, and do it for four counts keeping it strong and consistent until you've emptied your lungs. Feel the abs contract, and hold the contraction for a couple of seconds before inhaling again, relaxing the abs as you do so."

### 3 - The Intercostal Resistance

"Take a couple of deep breaths with your fists pushing into your ribcage on each side. Feel the beginnings of an outwards movement. Now put your top teeth quite firmly on your bottom lip as if you were going "Ffffffffffff ..." and breathe in. Feel how hard the intercostals have to work to get that breath in."

You can read the full report online at:

[www.guardian.co.uk/lifeandstyle/2008/jul/22/healthandwellbeing.fitness](http://www.guardian.co.uk/lifeandstyle/2008/jul/22/healthandwellbeing.fitness)

If you have any Health News you would like to see in these pages, please email them to:  
[antony@creativesupport.co.uk](mailto:antony@creativesupport.co.uk)

# HEALTHY EATING STRATEGIES

HERE ARE SOME TIPS TO HELP STAY HEALTHY

## EAT ENOUGH CALORIES, BUT NOT TOO MANY

Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

## EAT A WIDE VARIETY OF FOODS

Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.

## KEEP PORTIONS MODERATE

Especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend, and don't order supersized anything.

## EAT PLENTY OF FRUITS, VEGETABLES, GRAINS AND LEGUMES

foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of

## LIMIT SUGARY FOODS, SALT AND REFINED GRAIN PRODUCTS

Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See suggestions below for limiting salt and substituting whole grains for refined grains.



# EXERCISE AWAY DEPRESSION

There's a range of reasons why exercise can help with depression:

- Exercise is believed to increase the release of the brain chemicals that affect our mood and make us feel happier
- Exercise helps us to get active and meet new people. This stops us from feeling isolated and unsupported
- Exercise can give us new goals and a sense of purpose. We have something positive to focus on and aim for
- Exercise can boost our self-esteem - it can improve the way we look and how we feel about ourselves

Many GP's can 'prescribe' exercise for patients, referring them to schemes where they will be helped to develop their own personal exercise programme, under the supervision of a qualified trainer. There are around 1300 schemes like this operating in the UK. Your GP will be able to tell you if there is a scheme in your area



# BREAKING



# THE HABIT

## SAFE ENVIRONMENTS

The Isle of Man's Department of Health and Social Security has expanded its policies on the Smoking Ban as the ban reaches its first Anniversary. From the end of July smoking was banned for all of its offices and in the care homes when support staff are present



IF YOU ARE INTERESTED IN  
JOINING THE QUIT SMOKING SCHEME



COMPLETE THE FORM  
ON THE NEXT PAGE

# I QUIT REGISTRATION FORM

I \_\_\_\_\_ pledge to quit smoking

**WHY I WANT TO QUIT:**

REASON: \_\_\_\_\_

**HOW I PLAN TO QUIT:**

HOW: \_\_\_\_\_

**WHO WILL HELP ME QUIT:**

WHO: \_\_\_\_\_

| WEEK NO. | NOT SMOKED? | CLIENT SIGNATURE | STAFF SIGNATURE |
|----------|-------------|------------------|-----------------|
| WEEK 1   |             |                  |                 |
| WEEK 2   |             |                  |                 |
| WEEK 3   |             |                  |                 |
| WEEK 4   |             |                  |                 |
| WEEK 5   |             |                  |                 |
| WEEK 6   |             |                  |                 |
| WEEK 7   |             |                  |                 |
| WEEK 8   |             |                  |                 |
| WEEK 9   |             |                  |                 |
| WEEK 10  |             |                  |                 |
| WEEK 11  |             |                  |                 |
| WEEK 12  |             |                  |                 |
| WEEK 13  |             |                  |                 |

**DATE OF LAST CIGARETTE:** \_\_\_\_\_

**SIGNED BY:** \_\_\_\_\_

**HOW WOULD YOU LIKE YOUR £130:**  Cash

Cheque