

# Health and Wellbeing Newsletter

4th March 2019

## The benefits of taking the stairs



Did you know that climbing stairs is officially classed as a 'vigorous' form of exercise. Stair climbing is easy to build into your life. Keep reading to find out more benefits.

### Lower your risk



- Climbing just eight flights of stairs a day lowers average early mortality risk by 33%

## Look after your heart



- Seven minutes stair climbing a day can halve the risk of heart attack over 10 years.

## Help keep the weight off



- Just two minutes extra stair climbing a day is enough to stop average middle age weight gain.

## Burn more calories



- Stair climbing burns more calories per minute than jogging

## Take a moment



- Use your time on the stairs to have a break from work. You can use the time to think and reflect which can help you in managing everyday stress and tensions.

# Events, courses and campaigns

## Mindfulness for Wellbeing and Peak Performance



Stressed by the pace of modern life? Mindfulness can help. In this online course, you'll learn how to incorporate mindfulness practices into your life, to reduce stress and improve your personal and professional life. Free online course via Future Learn.

Future Learn offer a vast range of free courses available to all: [www.futurelearn.com](http://www.futurelearn.com).

### 'It's not Just You'



Run by staff; 'It's not just you' is a friendly group for staff with mental health issues or have family/friends with mental health issues. The group discusses coping strategies, lifestyle changes, sources of help, other topics related to mental health and occasionally has expert speakers on varying topics. And with line manager's agreement, staff can attend in working time.

The next meeting is on: 7<sup>th</sup> March 1pm-2pm in room 12 in the Deakin Centre.

All dates for It's not Just You are available on the Oh website calendar: [www.ohwellbeing.com/events-courses-campaigns/](http://www.ohwellbeing.com/events-courses-campaigns/)

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## Good Mood Food: Eating for Optimum Mental Health



Scientists proven a link between what we eat and how we feel.

Rachel Kelly, journalist, author and mental health campaigner, will share research findings on what to eat for optimum mental health; recipes to boost your mood, keep you calm and help you sleep; and easy, practical ideas to take home to fit into a busy modern lifestyle.

Tuesday 5<sup>th</sup> March 2019 12noon-1pm in Lecture Theatre 2, Clinical School Building. To register your attendance please [click here](#)

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