

# Health and Wellbeing Newsletter

24th June 2019

## Tips to help you lose weight



Losing weight can seem impossible when you have a busy schedule. However making a few small changes and being consistently mindful of how you can aid weight loss and live a healthily lifestyle can be all that's needed to get you started.

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## Don't skip meals

Skipping meals won't help you lose weight. You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry. Try meal prepping your main meals by cooking them in batches at home, make salads and sandwiches too. No time? Pop to the shop and buy some pre-cooked chicken, some microwave rice and a salad for a quick balanced makeshift dinner you can heat at work.



## Eat regular balanced meals

Eating at regular intervals during your working day helps aid digestion and reduces the temptation to snack on foods high in fat and sugar. If you are a shift worker try staggering small meals instead of having one big meal. Have a pre-shift 'breakfast' of sorts (even if it's not the morning), lunch and dinner throughout your shift to avoid fatigue and indigestion. Try not to eat too close to your bed time if you do try to have something small.



## Eat plenty of fruit and veg

Fruit and veg are low in calories and fat, and high in fibre, so they are perfect for snacking on. Try vegetable sticks with a low fat dip, fruit or savoury salads with a low fat dressing. Tip: if you have time prep snacks for the week on your day off, this will save yourself money and give you more time to eat on your breaks. No time to prep? Buy them from the shop on your way to work.





## Get more active

Being active is key to losing weight and keeping it off. As well as providing numerous health benefits, exercise can help burn off the excess calories you can't cut through diet alone. Try taking the stairs at work and walking, running or cycling all or part of your journey to work. Also you could take up a fitness class, join a running group or play sports with friends or family to make exercise a fun social event.



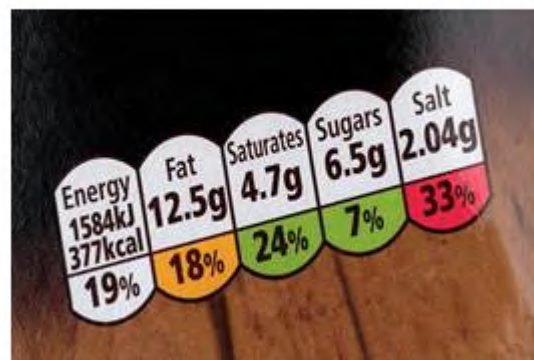
## Hungry or are you just thirsty?

People sometimes confuse thirst with hunger. You can end up consuming extra calories by eating when a glass of water is really what you need. Try to drink 8 glasses of water a day. Add herbs, fruit or a splash of no added sugar juice to add flavour. Don't forget: increase your intake if you are working hard or in a hot environment.



## Be mindful of what you are eating

Try to be mindful of what you eat and look for the healthier option (lower salt, sugar and fat). Knowing what's in your shopping trolley can help you choose healthier options. Just switching out your usual food option for a healthier brand or variation can help you reduce your calorie intake.



## Moderation is key, do not ban foods

Don't ban foods complete or restrict your food if you know you won't be able to commit to it. Moderation is key when attempting to improve your diet to lose weight. Banning foods will only make you crave them more. There's no reason you can't enjoy the occasional treat as long as you stay within your recommended calorie intake, exercise and don't over indulge every day.



## Events, courses and campaigns

### The Psychological Wellbeing Service



The Psychological Wellbeing Service offer Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem for people who live in Cambridgeshire and Peterborough.

Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help and telephone support.

This is a free NHS service for persons aged 17 years and older. There is no upper age limit and the service is based at oh *Occupational Health and Wellbeing* one day a week (so you can be seen onsite). Further details can be found on the poster downloadable [here](#).

For other psychological services near where you live please see our website section on [mental and emotional health](#).





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### Free talks organised by the Clinical School:

#### **The Truth About Diets: Dr Giles Yeo**

**Date:** 27<sup>th</sup> June 2019 **Time:** 12noon-1pm **Location:** Clifford Allbutt Lecture Theatre

**Book here:** <https://www.eventbrite.co.uk/e/the-truth-about-diets-dr-giles-yeo-tickets-59696155809>

#### **A Good Death? Care at the End of Life and in Bereavement**

Death and dying are still taboo subjects in British society, yet they are part of life and ultimately come to all of us. This session will outline where people die in the UK, what is important to people as they approach the end of their lives and the support available towards the end of life and in bereavement. There will be plenty of time for comments and questions.

**Date:** 28<sup>th</sup> June 2019 **Time:** 12noon-1pm **Location:** Seminar Room 10, Clinical School Building.

#### **Transawareness: Information Session for staff**

**Date:** 8th July 2019 **Time:** 12.30-1:30pm **Location:** Seminar Room 11, Clinical School Building

A session designed to provide greater understanding of the experience of trans people and explore the use of language. Please book [here](#).