

Health and Wellbeing Newsletter

8th July 2019

The benefits of running



Running or jogging has a range of health benefits that could help you improve your overall wellbeing. Keep reading to find out the possible benefits, you may even be surprised by a few of them.

Improve your mood.

Studies have shown that running can help boost your mood and can even improve your concentration and sleep! Just 30 minutes of running once a week can lead to a boost in sleep quality, mood, and concentration during the day.



Running helps you lose or maintain weight.

Running is a great way to burn calories. But did you know, that even after you stop running you continue to burn calories? Regular exercise can boost this 'after burn' (excess post oxygen consumption) helping you to burn more calories. To benefit from this you don't have to be sprinting either just run a little faster than an easy pace!



Strengthen your joints and bones.

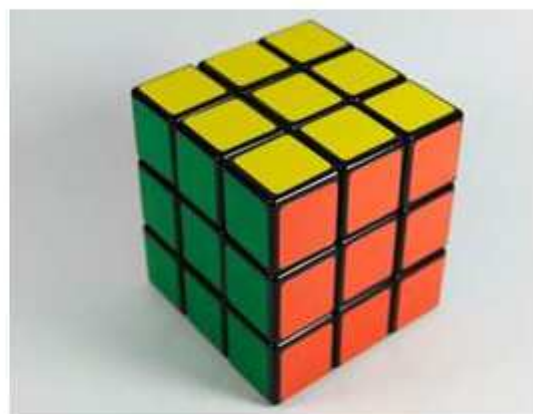
Did you know that running increases bone mass? And it even helps prevent age-related bone loss. But, chances are you've had someone state that "running is bad for your knees." Well, science has proven that it's not. In fact, studies have shown that running improves knee health and doesn't cause or increase your risk of developing osteoarthritis.



Running will keep you sharper, even as you age.

Research has shown that regular exercise helps defeat age-related mental decline, particularly functions like task switching, attention, working memory, concentration, planning, and organizing.

Did you know that in stroke patients, regular exercise improves memory, language, thinking, and judgment problems by almost 50%!



Running reduces your risk of cancer.

Running doesn't cure cancer, but it helps prevent it. Regular exercise is associated with a lower risk of certain cancers. Even if you already have cancer, running (with your doctor's approval) can improve your quality of life while you're undergoing chemotherapy.



Running adds years to your life.

Exercise can increase your life expectancy even if you only meet the minimum amount of physical activity (30 minutes, 5 times per week). One study showed that when different types of people started exercising, they lived longer. With smokers increasing their life by 4.1 years and non-smokers by 3 years!



Content source: <https://www.runnersworld.com>

Events, courses and campaigns

New to running? Learn to run with couch to 5k



Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit. NHS Couch to 5K will help you gradually work up towards running 5K in just 9 weeks.

What is Couch to 5K?

Couch to 5K is a running plan for absolute beginners. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks (don't worry the runs start as a mixture of walking and jogging for a few minutes at a time).

You can use the app, the written guide or listen to guided podcasts.

To find out more visit the NHS Choices section on [Couch to 5K](#).

Take part in a Park run



Park run organise free, weekly, 5km timed runs around the country (and world). They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and they encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; they welcome all.

Using their [events](#) page, you find a park run close to where you live and everything you need to know to attend.

What's your health age?



BRITAIN'S HEALTHIEST WORKPLACE

Your Daily Health Tip

Exercise in the workplace

Getting more exercise doesn't have to mean hitting the gym for long periods of time. You can increase your exercise minutes by incorporating physical activity throughout the day.

Try a loop around the office every half hour to sneak in extra steps. This will boost your overall activity and reduce the negative effects of being sat at a desk.

Survey now open! Participate in the Britain's Healthiest Workplace survey to understand and improve your health and wellbeing.

Is your health age the same as your physical age? Find out by completing the Britain's Healthiest Workplace survey. The aim of the anonymous survey is to find out how you are doing, where you could make some changes and how we are doing as an organisation to support that. You will receive a Personal Health Report in real-time, which includes your Vitality Age, an assessment of your lifestyle choices, physical and mental wellbeing risks and recommendations on how to make positive changes.

[Get your health report](#)

We will then use the data recorded across the trust to learn how we can better support you and your wellbeing while at work.

