

Health and Wellbeing Newsletter

4th November 2019

Fun ways to stay active



Staying active can help you fight fatigue and low moods during this change in temperature and season, both which can affect you both mentally and physically. Keep reading for some great ideas on how you can get active and have fun this winter.

Ways to make exercise more fun and enjoyable:

Workout with a friend

If you find the gym intimidating or boring working out with a friend or the whole family can help make the experience more enjoyable, plus you can support and motivate each other.



Workout anywhere

Turn anywhere into your own gym. Try bodyweight exercises – do pull-ups and dips in the jungle gym at the park or use a chair or stairs at home. Try the NHS free guides for great strength workouts you can do in a short amount of time and fit it round your life.



Exercise with your dog

Having a dog is a great motivator for keeping you active. Head outside before or after work and play fetch with your furry friend, or you could go for a run or hike with them on the weekend.



Jump rope

Jumping rope is a free and easy way to burn calories quickly. You could even get the whole family involved for a fun weekend challenge.



Go bowling

Get active and socialise with friends, colleagues or your family by going bowling. Lifting the heavy bowling balls is a great way to strengthen your muscles.



Go out dancing

Believe it or not dancing is another social way to get active. Dancing is a great cardio workout and one that is a lot of fun.



Play a sport

Play your favourite sport or give something new ago. There are many different sports clubs including basketball, hockey, rugby and football. Research local sport clubs in your area or get some friends or colleagues together for a game. The more you enjoy it the more likely you are to play again.



Indoor rock climbing

Rock climbing is both fun and physically demanding. Did you know it combines both strength training and cardio in one workout? It also helps to improve your balance and flexibility.



Sign up for an obstacle course race

Training for a race can be highly motivating and choosing an obstacle course race can make the experience extremely fun. Obstacle races often include strength training too so it's a great way to get a well-rounded workout while having fun.



Events, courses and campaigns

Stop smoking clinics



Everyone Health CamQuit experts provide completely FREE advice, support and encouragement on how to go about quitting smoking completely. Something which is four times more likely if you make use of the support and medication they offer.

Book a free appointment at the stop smoking clinic at Oh, run by Everyone Health and CamQuit.

Email eh.camquit@nhs.net or Call 0800 018 4304 quoting the 'Addenbrooke's clinic'.

Meditation drop-in sessions



Come and enjoy the benefits of Mindfulness of Breathing Meditation or Loving Kindness Meditation within the buzz of working life! Sessions are held every Monday at lunch time (12:15pm-12:45pm) and Thursday morning (07:15am-07:45am) in Rosie seminar room 5 and are guided by Suryamani Layton.

These sessions are free and there is no need to book, just turn up.

Lunch time walks



There are led walks available for both staff and the public every Tuesday, Wednesday and Thursday at 12:30pm starting from the main hospital reception. These enjoyable social walks of between 20 and 30 minutes are just long enough for a good gulp of fresh air at lunchtime. On the first Thursday of the month the group will be joined by a PAT dog and their owner.

There's no need to book just turn up and join in.