

# Our Lady of Mercy Catholic Education Trust



## St Anthony's Girls' Catholic Academy

<b>Policy type:</b>	<b>School</b>
<b>Policy:</b>	<b>Health School &amp; Healthy Workplace Guidance 2019-2020</b>
Ratified by MAT Directors:	December 2019
Head Teacher signature:	<i>M. Shepherd.</i>
Chair of Directors signature:	<i>Shepherd.</i>
Review Date:	December 2020

Ownership:	M. Shepherd (Head Teacher)
------------	----------------------------

## **Healthy school and healthy workplace - guidance**

### **Quick guidance for staff and students (a summary of NHS advice and guidance)**

NHS advice - integrate more physical activity into your school/working day.

**NHS research outcomes indicate that the benefits for you of more physical activity are as follows:**

- Reduce the risk of early death by 30%
- Reduce your risk of depression by 30%
- Reduce your risk of dementia by 30%
- Reduce your risk of a fall by 30%
- Reduce your risk of heart disease by 35%
- Reduce the risk of stroke by 35%
- Reduce the rate of type 2 diabetes by 50%
- Reduce the rate of colon cancer by 50%
- Reduce the risk of hip fracture by 68%
- Reduce the risk of osteo-arthritis by 83%
- 

**Walking is free, easy and has an immediate effect and requires no gym membership!**

**Dr. Cavill (NHS Health Promotion Consultant),**

**"We have to find ways of integrating exercise into daily lives."**

**For additional/more detailed advice: [www.nhs.uk/livewell](http://www.nhs.uk/livewell)**

## **Quick wins - integrate exercise and healthy lifestyle advice into your day:**

- Walking from the tennis courts = c.1.1km, c.8 minutes of walking exercise burning c.70 calories.
- Return journey to tennis courts 2.2kms 16 minutes and 140 calories
- Walking to the top floor of new O'Connell = c. 2-3 minutes of exercise, burning c.60 calories if you walk briskly
- Increase your stair walking at every opportunity
- Walk part of your journey to work/school, get off the bus/train a stop earlier or similar
- Joining in keep fit activities, sport and PE clubs and societies
- Move regularly between lessons
- Concentrate on good posture ie. standing straight, tall, using your core body strength
- Avoid very awkward twisting movements and seek help with any heavier loads from friends/colleagues or, if required, caretaking staff who are trained!
- Lifting training/guidance:
  - think before you lift
  - start in a good position
  - keep the load close to your waist
  - avoid twisting your back or leaning sideways
  - keep your head up
  - know your limits
  - push, don't pull
  - distribute the weight evenly
  - if in any doubt seek help!
- Stand regularly at break and lunch
- Use the staff toilets on a different floor of your office building, use the stairs to get walk to a member of staff's office to discuss a problem instead of emailing or telephoning

- Measure your activity levels - use free apps. eg. "Moves" or similar or invest in a 'fitness tracker' or similar
- Even those who have disease or chronic conditions should, according to the NHS advice, increase their activity levels and move more, in line with medical advice
- Plan and prioritise your work, don't leave everything until the last minute and then get anxious or stressed
- Be kind and help each other, especially if someone is having a difficult time
- Talk to friends, colleagues and staff, who you feel you can trust, if you are worried about something
- Eat as healthily as you can - choose healthy options at break and lunch
- Take control of your work, your activity levels, your diet and your health!

### **Why do we all need to be more active nowadays?**

- We use cars too much
- We use public transport too much
- We have many household appliances that limit manual work at home
- We spend too much time in front of the TV or a computer screen
- We do far less manual work than our parents, grandparents and great-grandparents
- In summary, we live much more sedentary lifestyles

### **Recommended activity for girls aged 11-18:**

12,000 steps ie. c. 6 miles.

### **Recommended activity for adults aged 19-64:**

7,000 to 10,000 steps per day c. 3.5 to 5 miles.

