

Our Lady of Mercy Catholic Education Trust



St Anthony's Girls' Catholic Academy

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

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%
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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

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.

