

NEW YEAR NEW YOU!

YouMatter

Whether you spent New Year's Eve at a fun party or snuggled up at home watching a movie, when the calendar hits 1st January a fresh year and fresh start begins.

Why not take the opportunity to try something new! Whether that be to sign up to the **Couch to 5K**, trying open water swimming, taking advantage of the gym or online offers on **My Gym Discounts**, getting fresh air and taking a walk. Grasp the opportunity and see what you can achieve.

Identify what you want to achieve and make a realistic plan.

Health is our Wealth!

Regular physical activity is good for our bodies and minds, it can help manage stress, ease joint and back pain, boost energy and improve sleep.

Not everyone is sporty so where do you begin? Small steps!

- Opt to stand rather than sit when you can.
- Take the stairs instead of the lift.

A minimum of 20 minutes physical activity per day is recommended, but every minute and every step counts, start gradually and build it up. Some activity is better than none at all!

FIND - something you enjoy - you're likelier to stick with it.

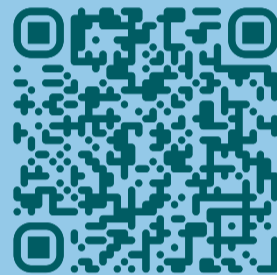
TRACK - your progress. Whether it's steps or distance and set a target. Reaching it feels great! Tracking apps on your phone can help.

STRENGTH - activities are good for keeping muscles, joints, and bones strong, even if they involve carrying a bag of shopping.

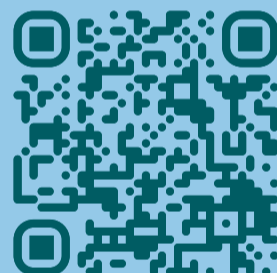
CONNECTION - set step challenges with family and friends, making it competitive and fun.

HABIT - aim to move every 30 minutes, stretching at intervals when possible.

REWARD - reward yourself for the accomplishment of a goal.



Why not take the **How Are You? quiz - NHS?** There are also other useful resources and apps around weight, smoking and alcohol.



A range of health information and guidance is also available and free via **Health information | Conditions, treatments and procedures | Bupa UK**



McLaughlin
& Harvey