

Relaxa 2009 / 2010 Health Promotion Calendar

	November 2009	December 2009	January 2010	February 2010	March 2010	April 2010	May 2010
<p>Please review the calendar and the corresponding Relaxa services below the calendar</p>	<p>Lung cancer awareness month</p> <p>National stress awareness day</p> <p>World diabetes day</p>	<p>World AIDS day</p> <p>Drugs and alcohol initiative</p> <p>Alcohol . How much is too much?</p>	<p>Cervical Cancer Awareness Week 24th . 30th January</p> <p>Food Allergy / Food Intolerance Week 25th . 29th January</p> <p>Change for life Eat well, move more, live longer</p> <p>Give up smoking . A new years resolution</p>	<p>National Heart Month 1st . 28th February</p> <p>Importance of a balanced diet initiative</p>	<p>National bed and sleep month 1st . 31st March</p> <p>Prostrate cancer awareness month 1st . 31st March</p> <p>Ovarian cancer awareness month 1st . 31st March</p> <p>No smoking day 10th March</p>	<p>International IBS (Irritable Bowel Syndrome) Awareness Month 1st . 30th April</p> <p>Bowel Cancer Awareness Month 1st . 30th April</p> <p>Heart health</p>	<p>Sun awareness month with focus on skin cancer 1st . 31st May</p> <p>National Allergy Week 10th . 14th May</p> <p>World No Tobacco Day 31st May</p> <p>Stroke awareness day</p>
June 2010	July 2010	August 2010	September 2010	October 2010	November 2010	December 2010	
<p>Cervical Screening Awareness Week 7th . 13th June</p> <p>Breathe Easy Week Love your lungs 14th . 20th June</p> <p>National men's health week</p> <p>Diabetes week</p>	<p>Fitness and exercise initiative . Get active be healthy</p> <p>Holiday health</p>	<p>Effective stress management techniques</p> <p>Relaxing your mind . Positive thinking and the power of the mind.</p>	<p>Migraine Awareness Week</p> <p>National Blood Pressure Testing Awareness Week</p> <p>Sexual Health Week</p> <p>World heart day</p>	<p>Breast cancer awareness month</p> <p>Flu awareness October . December</p> <p>Back care awareness week</p> <p>World Osteoporosis Day</p> <p>Mental health emotional wellbeing</p>	<p>Lung cancer awareness month</p> <p>National stress awareness day</p> <p>World diabetes day</p>	<p>World AIDS day</p> <p>Drugs and alcohol initiative</p> <p>Alcohol . How much is too much?</p>	

Relaxa suggested program of seminars and services for each monthly health promotion campaign from November 2009 to December 2010:

November 2009:

Lung cancer awareness month

Seminar - 60-minute Protecting yourself from Lung Cancer

What is lung cancer?
What causes lung cancer?
Who is at risk of lung cancer?
What can be done to prevent lung cancer?

National stress awareness day and stress awareness

Seminar - 60-minute Balancing your lifestyle and health: Creating a better work / Life Balance

The Anatomy of the personality
Taking care of all of ourselves: needs, wants and desires.
Assessing where we are now with work and life balance.
Hints and tips to maintain a greater balance in your life

Seminar - 60-minute Positive Thinking Positive Health: Staying Positive During Periods of Stress

What happens when we are stressed?
The connection between stress and ill health.
Assessing our stress levels.
Tailoring stress relieving techniques to our individual needs.

Seminar - 60-minute Relaxation: How DO you do it? Effective relaxation and wellbeing techniques

What is relaxation?
Types of people.
Types of relaxation techniques.
Tailoring relaxation techniques for individual use.

Seminar - 60-minute Coping with stress at work - Effective de-stress techniques for the office

Work, an overview and how it affects you
The place of work in your life: different kinds of workers
Attitudes and work
De-stress techniques to help you cope better with stress at work

Service – 20-minute stress and lifestyle consultations:

A stress and wellbeing consultant will spend 20-minutes with each participating employee reviewing his or her lifestyle.

An emphasis is placed on the following key lifestyle areas:

Exercise
Nutrition
Managing stress
How they boost their own self esteem and positive thinking

Sleep

Relaxation techniques

Setting realistic lifestyle goals

Key focus will be placed on any areas that the participant feels are of concern. Participants will then be offered suggestions as to ways in which they might be able to improve their lifestyle and how to incorporate those changes into their current work and home lives.

Service: Stress and wellbeing health promotion exhibition area

Exhibition area setup in a suitable area.

What is included?

5 large display boards on exhibition display stands.

1 Copy of fact sheets and handouts for all the display board topics.

Consultant manning the exhibition area and providing information on a first come first served basis:

A stress and wellbeing consultant to talk about diet and nutritional health issues on a first come first served basis for 7 hours

A stress and wellbeing consultant to talk about diet and nutritional health issues on a first come first served basis for 4 hours

Service – 60-minute Introduction to Yoga classes

This is an introductory class for those who are new to yoga and want to find out more about yoga and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to T'ai Chi classes

This is an introductory class for those who are new to T'ai Chi and want to find out more about T'ai Chi and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to Pilates classes

This is an introductory class for those who are new to Pilates and want to find out more about Pilates and try it for themselves.

Maximum number of participants . 12 per class.

Service – 60-minute Introduction to Meditation classes

This is an introductory class for those who are new to meditation and want to find out more about meditation and try it for themselves.

Maximum number of participants . 16 per class.

World Diabetes day

Seminar – 60-minutes – Diabetes – Its causes and risks

What are the types of diabetes?

Who is at risk of type 2 diabetes?

What are the symptoms of type 2 diabetes?

When to seek help from your doctor?

Seminar – 60-minutes – Protect yourself from type 2 diabetes

Importance of a health lifestyle

Importance of exercise

Why a healthy diet is so important?

Weight and BMI management

Blood sugar control

Service – Blood glucose level tests

Provision of blood glucose checks.

December 2009:

World AIDS Day

Seminar - 60-minute AIDs and HIV: Is it blown out of proportion? How can you prevent this from happening to you

What IS AIDS and HIV?

Who is at risk and who has it?

Implications in the work place.

Preventive and treatment.

Drugs and alcohol initiative

Seminar – 60-minutes – Drug awareness seminar

Which substances are abused or misused and information about them

Recognising the effects, signs and symptoms of drug misuse

When to seek help?

What help is available?

Seminar – 60-minutes Alcohol, how much is too much?

Overview of alcohol and its effects, usage and danger.

Drinking and driving.

What is a safe level of alcohol consumption?

How to cut down your alcohol consumption?

January 2010:

Cervical Cancer Awareness:

Seminar - 60-minute Cervical Cancer Prevention:

What is cervical cancer?

What causes cervical cancer?

Can cervical cancer be diagnosed early?

What treatments options are available?

Food Allergy / Food Intolerance Week:

Seminar – 60-minute Conquer food allergy and intolerance:

What are food allergies?

How to diagnose food allergies

How transforming your diet can change the way you feel.

Treatments available.

Seminar – 60-minute Reading your food labels

Why read your food labels

What does the nutrition information mean?
What should we be looking for on a food label?
When not to buy a food product and what to avoid?

Service – 20-minute food allergy tests:

The tests are provided by a highly qualified nutritionist and food allergy consultant. The equipment used is a bio-electronic analyzer, which measures the body's electrical resistance to food substances. If a substance is causing a problem then there will be a dip or drop in the body's electrical resistance. The test is best described as a ballpoint pen touching the tip of your finger upon an acupuncture point.

By using this simple and painless type of food intolerance test, our qualified nutrition and food allergy consultants are able to pin point potentially harmful foods that could be causing your symptoms. They are trained to then offer you advice on a sensible elimination and replacement program.

How long does each food allergy test and consultation take?

20-minute test incorporates the following services:

10 key points diagnostic questionnaire, symptom analysis, 30 most common foods tested, drinks and environmental items tested. Instantaneous results are printed and discussed. Nutritional advice.

Change for life - Eat well, move more, live longer:

Seminar – 60-minute 8 tips for eating well:

What components make up a healthy nutritious diet
Why a nutritious breakfast is so important?
What are the 8 tips for eating well?

Seminar – 60-minute The importance of physical activity

The benefits of exercise.
How much exercise and how often?
Finding time for exercise.
Different exercise options available to us?
Exercise that can be done during the work day

Give up smoking – A new years resolution

Service – 20-minute giving up smoking consultations and exhibition:

An NHS give up smoking team member to offer 20-minute face to face consultations and setup an exhibition area in a suitable location.

Seminar - 60-minute Quit smoking and effects of tobacco seminar:

Effects of tobacco on your health
What smoking cessation solutions are available.
Next steps to creating a new years resolution to kick the habit

Service – Exhibition area on giving up smoking

Setup exhibition in a suitable area.

February 2010:

National Heart Month

Seminar 1 - 60-minute The importance of maintaining a healthy heart

What is heart disease and what causes it?

The effects of smoking on your heart?

Blood pressure

Cholesterol

The importance of exercise

Seminar 2 - 60-minute Effects of diet on your heart:

Poor diet and risks of heart disease

The effects of alcohol

Too much salt

The effects of stress

Keeping your weight down

Service – 20-minute cardiovascular tests on a stepper machine or bicycle

An accurate cardiovascular reading is obtained from 10-minutes of exercise on a stepper machine or bicycle. A cardiovascular heart rate monitor is used to obtain the heart rate reading at different levels of exercise intensity and is assessed by a cardiovascular health and fitness consultant. Following the 10-minutes of exercise activity, the results below are recorded, written down and discussed with the person being assessed. Recommendations are made as to ways in which cardiovascular fitness activity can be easily incorporated into their lives, the most suitable activities and the setting of goals to improve their cardiovascular fitness levels by the cardiovascular health and fitness consultant.

The following readings are taken at the end of each 10-minute exercise session and written down for the person being assessed to take away with them.

- Average heart rate of total exercise
- Maximum heart rate of total exercise
- Minimum heart rate of total exercise

Supporting information will be supplied from the British Heart Foundation on cardiovascular topics and fact sheets on the importance of cardiovascular exercise.

Number of cardiovascular tests that can be undertaken in one day by one consultant:

26 tests in one day in a full day (8 hours)

15 tests in half a day (4.5 hours)

7 tests in 2.5 hours

Exhibition area – Healthy heart

Setup exhibition area in suitable location.

Importance of a balanced diet initiative:

Seminar – 60-minute - Nutrition and balancing your diet

What is a balanced diet?

What foods are essential to our diet?

What foods are bad for us?

Game plan for small dietary changes

Seminar – 60-minute Boosting your energy levels through nutrition

Where does your energy come from?

What foods provide the greatest source of energy?

Which foods are a poor source of energy?

What combination of foods provide an optimum energy diet?

Service – 20-minute diet and nutrition one-to-one consultations

A diet and nutritional health consultant will spend time with each participant reviewing their diet and dietary habits. Participants will then be offered suggestions as to ways in which they can improve their diet, look at what is lacking in their diet and what needs to be eliminated. A dietary plan can be drawn up for each participant. Each consultation will last 20-minutes.

Service: Diet and nutritional health exhibition area

Exhibition area setup in a suitable area.

What is included?

5 large display boards on exhibition display stands.

1 Copy of fact sheets and handouts for all the display board topics.

Consultant manning the exhibition area and providing information on a first come first served basis:

A diet and nutrition consultant to talk about diet and nutritional health issues on a first come first served basis for 7 hours

A diet and nutrition consultant to talk about diet and nutritional health issues on a first come first served basis for 4 hours

March 2010:

National bed and sleep month

Seminar – 60-minute Sleeping soundly

Why is sleep so important to us?

Identifying what may be disturbing your sleep.

Tips and remedies for a peaceful nights sleep.

Seminar – 60-minute Sleep and stress

How stress can affect your sleep?

Quality of sleep when under stress

Changing your lifestyle to cater for better sleep patterns

Solutions to improve sleep

Prostrate cancer awareness month

Seminar – 60-minute prostate cancer awareness

Causes of prostate cancer

How to check for prostate cancer

When to seek help from your doctor.

Modern treatments available

Service – Exhibition area on prostate cancer

The prostate cancer charity to setup an exhibition area in a suitable place.

Ovarian cancer awareness month

Seminar – 60-minute ovarian cancer awareness

Causes of ovarian cancer
How women know something is wrong.
When to seek help from your doctor.
Modern treatments available

No smoking day

Service – 20-minute giving up smoking consultations

An NHS give up smoking team member to offer 20-minute face to face consultations.

Seminar - 60-minute Quit smoking and effects of tabaco seminar:

Effects of tabacco on your health
What smoking cessation solutions are available.
Next steps to creating a new years resolution to kick the habit

Seminar – 60-minute nutrition for heart health

Which foods are good for our hearts?
Which foods cause heart disease?
How we can incorporate the right foods into our diets.

Service – Exhibition area on giving up smoking

Setup exhibition in a suitable area.

April 2010:

International IBS (Irritable Bowel Syndrome) Awareness Month

Seminar – 60-minute IBS (Irritable Bowel Syndrome) Awareness

What is Irritable Bowel Syndrome?
What causes Irritable Bowel Syndrome?
Do I need to consult a doctor?
Modern treatments available.

Seminar – 60-minute Conquer food allergy and intolerance:

What are food allergies?
How to diagnose food allergies
How transforming your diet can change the way you feel.
Treatments available.

Bowel Cancer Awareness Month:

Seminar – 60-minute bowel cancer awareness

Causes of bowel cancer
How you know something is wrong.
When to seek help from your doctor.
Modern treatments available

Healthy heart initiative

Seminar 1 - 60-minute The importance of maintaining a healthy heart

What is heart disease and what causes it?

The effects of smoking on your heart?

Blood pressure

Cholesterol

The importance of exercise

Seminar 2 - 60-minute Effects of diet on your heart:

Poor diet and risks of heart disease

The effects of alcohol

Too much salt

The effects of stress

Keeping your weight down

Service – 20-minute cardiovascular tests on a stepper machine or bicycle

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The following readings are taken at the end of each 10-minute exercise session and written down for the person being assessed to take away with them.

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- Maximum heart rate of total exercise
- Minimum heart rate of total exercise

Supporting information will be supplied from the British Heart Foundation on cardiovascular topics and fact sheets on the importance of cardiovascular exercise.

Number of cardiovascular tests that can be undertaken in one day by one consultant:

26 tests in one day in a full day (8 hours)

15 tests in half a day (4.5 hours)

7 tests in 2.5 hours

Exhibition area – Healthy heart

Setup exhibition area in suitable location.

May 2010:

Sun Awareness Month with a focus on skin cancer

Seminar – 60-minutes – Protect yourself against skin cancer

The effects of sun on your skin

How much is enough sun?

Safety precautions to prevent skin cancer?

Seminar – 60-minutes – Skin cancer awareness

The cause of skin cancer
How to test for skin cancer
When to seek help from your doctor.

National allergy week:

Seminar – 60-minutes – Protect yourself from allergies

What causes an allergy?
What types of allergies are there?
How do we know when we have an allergy?
Orthodox and complementary treatments available.

Seminar – 60-minute Conquer food allergy and intolerance:

What are food allergies?
How to diagnose food allergies
How transforming your diet can change the way you feel.
Treatments available.

Service – 20-minute food allergy tests:

The tests are provided by a highly qualified nutritionist and food allergy consultant. The equipment used is a bio-electronic analyzer, which measures the body's electrical resistance to food substances. If a substance is causing a problem then there will be a dip or drop in the body's electrical resistance. The test is best described as a ballpoint pen touching the tip of your finger upon an acupuncture point.

By using this simple and painless type of food intolerance test, our qualified nutrition and food allergy consultants are able to pin point potentially harmful foods that could be causing your symptoms. They are trained to then offer you advice on a sensible elimination and replacement program.

How long does each food allergy test and consultation take?

20-minute test incorporates the following services:
10 key points diagnostic questionnaire, symptom analysis, 30 most common foods tested, drinks and environmental items tested. Instantaneous results are printed and discussed. Nutritional advice.

World no tobacco day

Seminar - 60-minute The effects of tobacco seminar:

Effects of tobacco on your health
Why it is a better time than ever to stop the negative effects of tobacco
Next steps to giving up tobacco

Stroke Awareness Day

Seminar – 60-minutes – Stroke awareness

What are the main causes of stroke
What are the signs and symptoms of stroke?
Who is most at risk?

Seminar – 60-minutes – How to reduce your risk of stroke!

The importance of exercise and diet
The effects of alcohol and smoking
The importance of managing stress
Strategies to eliminate the risks

June 2010:

Cervical cancer screening awareness week

Seminar - 60-minute Cervical Cancer Prevention:

What is cervical cancer?
What causes cervical cancer?
Can cervical cancer be diagnosed early?
What treatments options are available?

Breathe easy week – ‘Love your lungs’

Seminar – 60-minutes – Breathe easy, prevent lung and respiratory diseases

What are the lung and respiratory diseases?
What are the main causes?
When should you consult a doctor?
What treatments are available?

Service – Peak flow tests

Provision of peak flow tests. This measures the fastest speed you can blow out. To do the test you take the biggest breath in that you can and then blow out as fast as you can. The results are useful in diagnosing breathing and lung function conditions and problems.

Service – 20-minute cardiovascular tests on a stepper machine or bicycle

An accurate cardiovascular reading is obtained from 10-minutes of exercise on a stepper machine or bicycle. A cardiovascular heart rate monitor is used to obtain the heart rate reading at different levels of exercise intensity and is assessed by a cardiovascular health and fitness consultant. Following the 10-minutes of exercise activity, the results below are recorded, written down and discussed with the person being assessed. Recommendations are made as to ways in which cardiovascular fitness activity can be easily incorporated into their lives, the most suitable activities and the setting of goals to improve their cardiovascular fitness levels by the cardiovascular health and fitness consultant.

The following readings are taken at the end of each 10-minute exercise session and written down for the person being assessed to take away with them.

- Average heart rate of total exercise
- Maximum heart rate of total exercise
- Minimum heart rate of total exercise

Supporting information will be supplied from the British Heart Foundation on cardiovascular topics and fact sheets on the importance of cardiovascular exercise.

Number of cardiovascular tests that can be undertaken in one day by one consultant:

26 tests in one day in a full day (8 hours)
15 tests in half a day (4.5 hours)
7 tests in 2.5 hours

National men's health week

Seminar – 60-minute Health and wellbeing for Men

Men and dealing with stress
Healthy eating for men
The importance of exercise
Reducing the risks of heart disease and cancer

Seminar – 60-minute prostate cancer awareness

Causes of prostate cancer
How to check for prostate cancer
When to seek help from your doctor.
Modern treatments available

Seminar – 60-minute Men and managing stress

The causes and symptoms and stress
Coming to terms with feeling stressed
Physical and dietary solutions
Mental stress solutions

Seminar – 60-minutes – Importance of a good night sleep

Why is sleep so important?
Does stress disturb your sleep?
Learning to switch off before sleep.
Tips and remedies for a peaceful night's sleep.

Seminar – 60-minutes Boosting your immune system through nutrition

Secret Immunity Damagers - is your immunity impaired without you realising?
Superfoods that encourage greater immunity.
How we can boost our own diet to strengthen our immune system?

Seminar – 60-minute The importance of physical activity

The benefits of exercise.
How much exercise and how often?
Finding time for exercise.
Different exercise options available to us?
Exercise that can be done during the work day

Seminar – 60-minutes The importance of exercise to combat stress

How regular exercise helps to combat stress
How exercise boosts the immune system?
Using up any negative energy through exercise
How exercise helps to prevent anxiety.

Service – Men's health screening

Serco to provide health screening for men.

Diabetes week

Seminar 1 – 60-minutes Diabetes awareness

What is diabetes?

Causes of diabetes

Who is at risk of type 2 diabetes?

Who must make changes to their lifestyle to prevent diabetes

Seminar 2 – 60-minutes Diabetes prevention

Lifestyle choices to prevent diabetes

Importance of exercise and nutrition

Maintaining a healthy weight

Why a healthy blood pressure is important?

Service – Blood glucose tests

Short tests provided of blood glucose levels to determine the level of glucose in the blood.

July 2010:

Fitness and exercise initiative – Get active, be healthy

Seminar – 60-minute Get fit for the summer – Now is a better time than ever

What forms of exercise do you like doing?

Different exercise options available to us?

Setting realistic exercise goals and targets

Fitting exercise into our busy lives.

Managing your time wisely to incorporate a successful exercise program.

Seminar – 60-minute The importance of physical activity

The benefits of exercise.

How much exercise and how often?

Finding time for exercise.

Different exercise options available to us?

Exercise that can be done during the work day

Service – 30-minute fitness assessments

An experienced fitness and exercise consultant will provide a 30-minute fitness assessment which will include the following.

The fitness assessment includes an evaluation of your overall fitness level that will enable you to better understand where you are and where you can be. The fitness and exercise consultant will test your fitness level in the following areas:

body composition

muscular strength and endurance

aerobic capacity

and flexibility.

A form will be completed for the staff member to take away with them and they will be guided as to how to implement an ongoing fitness program.

The fitness assessment will need to be conducted in the company gymnasium or the equipment will be provided and it can be provided in a free room.

Holiday health:

Seminar – 60-minute Holiday health

Protecting yourself from tummy and gut bugs abroad
Settling into a good sleep pattern on holiday as quickly as possible
How to unwind quickly and make the most of your holiday
Staying hydrated and drinking lots of water
How much sun is enough sun and keeping your skin moisturised.

Seminar – 60-minute The importance of drinking water

How water helps your body?
What happens if you skimp on water intake?
How much water is enough water and what your body needs?
How to boost your water intake and hints and tips?

Seminar – 60-minutes - Eating out the healthy way

What to look for when you eat out
What foods should we be eating in different restaurants?
What foods to avoid?
How to choose a healthier meal?

August 2010:

Effective stress management techniques:

Seminar – 60-minutes De-stressing your mind and body

How does stress affect your mind and body?
What causes negative stress?
Effective relaxation techniques to calm both mind and body.

Seminar – 60-minutes Relaxation and wellbeing techniques

Stretching techniques to alleviate aches and pains.
Powerful relaxation techniques to use when under pressure

Relaxing your mind – Positive thinking and the power of the mind

Seminar – 60-minutes - The power of positive thinking

How does positive thought affect your mind and body?
How to change negatives into positives.
Tips for remaining positive as much as possible

Seminar – 60-minutes – Boosting Your Self-Esteem

Why do you feel the way you do?
How can you change how you see yourself?
Tips for feeling positive about yourself

September 2010:

Migraine awareness week

Seminar – 60-minute Coping solutions for migraines and headaches:

Identifying the triggers of migraines and headaches
Nutritional solutions to prevent migraines and headaches
Relaxation techniques to help prevent or alleviate pain.

Seminar – 60-minute Nutrition and diet advice for headaches and Migraines:

How important is nutrition in preventing headaches and migraines?
How important is water?
Recommended fluids to drink
What diet and frequency is the most suitable?

National blood pressure testing awareness week

Service: Blood pressure tests

Provision of blood pressure tests.

Sexual health week

Seminar - 60-minute Sexually Transmitted Infections - Common and troublesome causes:

Sexually transmitted diseases: so what are the common ones?
How is it transmitted and what symptoms do they cause?
Prevention
Treatment.

World Heart Day

Seminar - 60-minute The importance of maintaining a healthy heart

What is heart disease and what causes it?
The effects of smoking on your heart?
Blood pressure
Cholesterol
The importance of exercise

Seminar 2 - 60-minute Effects of diet on your heart:

Poor diet and risks of heart disease
The effects of alcohol
Too much salt
The effects of stress
Keeping your weight down

Service – 20-minute cardiovascular tests on a stepper machine or bicycle

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26 tests in one day in a full day (8 hours)

15 tests in half a day (4.5 hours)

7 tests in 2.5 hours

Exhibition area – Healthy heart

Setup exhibition area in suitable location.

October 2010:

Breast Cancer Awareness Month:

Seminar - 60-minute Breast Cancer Awareness:

Causes of breast cancer

How women know when something is wrong.

When to seek help from your doctor.

Modern treatments available.

Seminar - 60-minute coping with pre-menstrual syndrome and the menopause:

Overview of women's hormonal patterns throughout life.

What causes the symptoms of PMS and menopause?

How women can help themselves: natural remedies and treatments.

How your doctor can help.

Flu awareness

Seminar – 60-minute – Flu awareness

What are the main types of flu virus?

What are the symptoms of each virus?

Who is at high risk of a flu virus?

Seminar – 60-minute – Protecting ourselves from the flu virus

How can we prevent a flu virus from spreading?

How can we protect ourselves from catching a flu virus?

When to seek help from your doctor?

Why a flu jab is so important?

Service – Flu jabs

Provision of Flu jabs.

Back care awareness week

Seminar 1 – 60-minutes – The causes of back pain and RSI

Back pain and its causes
RSI and its causes
The spine and other important structures and their roles

Seminar 2 – 60-minutes – How to prevent back pain and RSI

The importance of Posture (muscles, flexibility and correction basics)
Techniques to Prevent pain
How to manage the pain?

Seminar 1 – 60-minutes The importance of posture

The importance of good posture
Correct standing posture
Correct seated posture

Seminar 2 – 60-minutes Improving your posture

Improving and strengthening posture
Protecting your posture (work routines, stress)
Postural stretches and exercises

Seminar – 60-minutes Health and safety at your workstation

Workstation health risks explained (musculoskeletal disorders, stress, etc)
Seated posture and chair set-up
Equipment features and set-up
Pain prevention stretches and exercises

Service - Ergonomics, back pain and posture stand and first come first served advice:

A demonstration workstation is setup and a specialist ergonomics, back pain and RSI consultant will discuss back pain, RSI and posture problems with staff. Staff can schedule a 10-minute consultation and they will be shown how to improve the way they sit, their posture and the way they work.

Leaflets and fact sheets will be distributed about back pain and posture and a rolling PowerPoint presentation will run in the background.

Service – 60-minute Introduction to Yoga classes

This is an introductory class for those who are new to yoga and want to find out more about yoga and try it for themselves.
Maximum number of participants . 16 per class.

Service – 60-minute Introduction to Pilates classes

This is an introductory class for those who are new to Pilates and want to find out more about Pilates and try it for themselves.
Maximum number of participants . 12 per class.

World osteoporosis day

Seminar – 60-minutes Protecting yourself from Osteoporosis

What is osteoporosis?
What causes osteoporosis?
Who is most at risk?
How can you protect yourself from getting osteoporosis?

Mental health – Emotional wellbeing

Seminar – 60-minutes - The power of positive thinking

How does positive thought affect your mind and body?
What is your mental bank balance?
How to change negatives into positives.
Tips for remaining positive as much as possible

Seminar – 60-minutes – Boosting Your Self-Esteem

Why do you feel the way you do?
How can you change how you see yourself?
Tips for feeling positive about yourself

November 2010:

Lung cancer awareness month

Seminar - 60-minute Protecting yourself from Lung Cancer

What is lung cancer?
What causes lung cancer?
Who is at risk of lung cancer?
What can be done to prevent lung cancer?

National stress awareness day and stress awareness

Seminar - 60-minute Balancing your lifestyle and health: Creating a better work / Life Balance

The Anatomy of the personality
Taking care of all of ourselves: needs, wants and desires.
Assessing where we are now with work and life balance.
Hints and tips to maintain a greater balance in your life

Seminar - 60-minute Positive Thinking Positive Health: Staying Positive During Periods of Stress

What happens when we are stressed?
The connection between stress and ill health.
Assessing our stress levels.
Tailoring stress relieving techniques to our individual needs.

Seminar - 60-minute Relaxation: How DO you do it? Effective relaxation and wellbeing techniques

What is relaxation?
Types of people.
Types of relaxation techniques.

Tailoring relaxation techniques for individual use.

Seminar - 60-minute Coping with stress at work - Effective de-stress techniques for the office

Work, an overview and how it affects you
The place of work in your life: different kinds of workers
Attitudes and work
De-stress techniques to help you cope better with stress at work

Service – 20-minute stress and lifestyle consultations:

A stress and wellbeing consultant will spend 20-minutes with each participating employee reviewing his or her lifestyle.

An emphasis is placed on the following key lifestyle areas:

Exercise

Nutrition

Managing stress

How they boost their own self esteem and positive thinking

Sleep

Relaxation techniques

Setting realistic lifestyle goals

Key focus will be placed on any areas that the participant feels are of concern. Participants will then be offered suggestions as to ways in which they might be able to improve their lifestyle and how to incorporate those changes into their current work and home lives.

Service: Stress and wellbeing health promotion exhibition area

Exhibition area setup in a suitable area.

What is included?

5 large display boards on exhibition display stands.

1 Copy of fact sheets and handouts for all the display board topics.

Consultant manning the exhibition area and providing information on a first come first served basis:

A stress and wellbeing consultant to talk about diet and nutritional health issues on a first come first served basis for 7 hours

A stress and wellbeing consultant to talk about diet and nutritional health issues on a first come first served basis for 4 hours

Service – 60-minute Introduction to Yoga classes

This is an introductory class for those who are new to yoga and want to find out more about yoga and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to T'ai Chi classes

This is an introductory class for those who are new to T'ai Chi and want to find out more about T'ai Chi and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to Pilates classes

This is an introductory class for those who are new to Pilates and want to find out more about Pilates and try it for themselves.

Maximum number of participants . 12 per class.

Service – 60-minute Introduction to Meditation classes

This is an introductory class for those who are new to meditation and want to find out more about meditation and try it for themselves.

Maximum number of participants . 16 per class.

World Diabetes day

Seminar – 60-minutes – Diabetes – Its causes and risks

What are the types of diabetes?

Who is at risk of type 2 diabetes?

What are the symptoms of type 2 diabetes?

When to seek help from your doctor?

Seminar – 60-minutes – Protect yourself from type 2 diabetes

Importance of a health lifestyle

Importance of exercise

Why a healthy diet is so important?

Weight and BMI management

Blood sugar control

Service – Blood glucose level tests

Provision of blood glucose checks.

December 2010:

World AIDS Day

Seminar - 60-minute AIDs and HIV: Is it blown out of proportion? How can you prevent this from happening to you

What IS AIDS and HIV?

Who is at risk and who has it?

Implications in the work place.

Preventive and treatment.

Drugs and alcohol initiative

Seminar – 60-minutes – Drug awareness seminar

Which substances are abused or misused and information about them

Recognising the effects, signs and symptoms of drug misuse

When to seek help?

What help is available?

Seminar – 60-minutes Alcohol, how much is too much?

Overview of alcohol and its effects, usage and danger.

Drinking and driving.

What is a safe level of alcohol consumption?

How to cut down your alcohol consumption?