



Bouncing back into 2021!

Never has a New Year felt more like a New Start than 2021, right..?

2020 has shown us how important and fragile our health is – but with light at last appearing at the end of the Covid tunnel, we can look forward to the new year with even more optimism than usual as we contemplate our New Year health resolutions.

As we step into 2021 there will of course be the usual temptation to make a long list of changes such as losing weight, getting fit, eating healthier, drinking less, and stopping smoking - but staying committed to these goals can be challenging and this year, more than ever, it's important to get them right!

Some national events to help you spring healthily into 2021!

Veganuary - to inspire and support people to try vegan.

Sugar awareness week - raising awareness of the damaging effect of too many sugars in our diet.

Liver awareness week - raising awareness of how important it is to look after your liver.

Here are three of the most common New Year health resolutions - and our advice about how to make them stick...

I want to be more active...

Take a step back and be absolutely clear about why you are exercising. Setting short-term targets as well as longer-term goals are an important part of staying motivated. They will concentrate your mind and every small improvement in your fitness will reinforce them.

Targets will focus on the amount and type of exercise you do – for example, a half hour walk every day. Goals should focus on what you will get out of being more active – such as feeling fitter, having more energy, sleeping better at night or losing weight.

I want to lose weight...

Make sure you include regular physical activity as part of your weight loss plan - a diet on its own is not effective for most people but adding in regular exercise brings with it a range of metabolic changes that make all the difference when it comes to losing weight.

Think about ways to satisfy your hunger while eating fewer calories.

Increasing your consumption of fruits, vegetables, lean protein, and whole grains will help you to manage your appetite whilst keeping the calories in check

Above all, keep it realistic - when setting timescales for your weight loss, make sure you do not aim for any more than two pounds (one kilogramme) per week.

...to cut down on alcohol

Cutting back gradually can make it easier for your new drinking pattern to become long-lasting. Setting an overall goal and then setting “mini goals” along the way will help you to achieve long-term success.

Try having two separate days a week where you are completely free of alcohol and identify low/no-alcohol wines and beers for when you are drinking – especially in social situations.

Finally, let your friends and family know what you are doing - they'll probably be very supportive, especially if you can add some ‘medical’ weight to your decision and say you're under doctor's orders to get your blood pressure down!

<https://sgcp.optimise.health/>

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