



Healthy Working Lives

Post or e-mail your articles & suggestions to:

Health Working Lives
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Topping 1:

- 2 tbsp dried cranberries or blueberries
- 1 tbsp pistachio nuts, roughly chopped

Topping 2:

- 25g blackberries
- 25g raspberries

Topping 3:

- 25g pomegranate seeds
- 1 tbsp pumpkin seeds

Mixed Spice Meusli with a Trio Of Toppings

Ingredients

- 125g jumbo oats
- 75g sultanas
- 1/2 tsp mixed spice
- 30g bran flakes
- 50g toasted flaked almonds
- 25g sunflower seeds

Method

- To make the muesli
- mix all the ingredients in a bowl until well combined
- Store in an airtight container
- To serve, pour 1/3 of the muesli into a bowl, add milk according to preference and sprinkle over the topping of your choice

The quantities given make enough muesli for 3 servings for 1 person

For more breakfast recipe ideas visit:

<http://www.shakeupyourwakeup.com/breakfast-ideas>

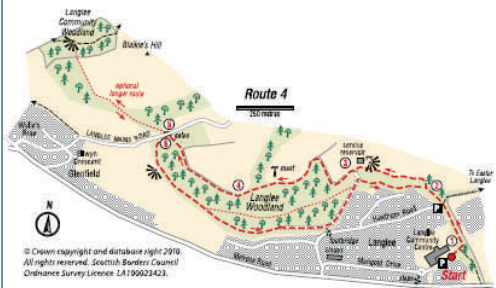


Can you tell us where Willy took this photograph? Entries to hwl-enquiry@borders.scot.nhs.uk Last month's photo was taken in The Square, Earlston and the winner is Rachel Whellans at the Procurator Fiscals Office in Selkirk.



Physical Activity Corner—Langlee Woodlands Walk (3miles/5km)

Start at Langlee Community Centre Car Park—1. at the far end of the car park join the woodland path and **turn left uphill** to eventually reach the top of the woodland strip. **2—** Follow the main path through the trees and at a junction **turn right**. Keep with the path as it bends to the left. The path climbs to reach a good viewpoint from which you can see across Galashiels and beyond to the Eildon Hills. **3—**Go across the top of a track and through an old **gateway on the right** to then follow a path which runs alongside a fence. Keep with this fence as the path **climbs uphill**, keeping the field on your right. At the top of the wood **turn left**, following the woodland path until it passes the transmitter tower. **4—**Continue **straight on** and descend through the trees. The route drops steeply to the gate at the roadside.



Langlee Community Woodland

This wood is managed by Borders Forest Trust and was planted by children, groups and individuals of the town in 1977.



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Free Adviceline 0800 019 2211
www.healthyworkinglives.com

*** Healthy Eating Special ***

A full month into the new year and how many of you are managing to stick to your New Year Resolutions? For a lot of people, it may not have gone as well as it hoped. That doesn't mean you should give up now and wait until next year. **Start again now!**

Popular resolutions include losing weight, getting fitter and stopping smoking. Being physically active helps for both losing weight and getting fitter, however healthier eating plays an important role too. The good news is you can do this at work and at home!

8 Tips For Eating Well

<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>

1. Base your meals on starchy foods – starchy foods include potatoes, cereal, pasta, rice and bread
2. Eat lots of fruit and vegetables – it is recommended that we eat at least 5 portions of different types of fruit and vegetables per day
3. Eat more fish - aim for 2 portions a week, including at least one portion of oily fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt - no more than 6g a day
6. Get active and try to be a healthy weight – if you are trying to lose weight, eat less and be more active
7. Drink plenty of water
8. Don't skip breakfast



No Smoking Day will take place on

Wednesday 14th March 2012.

For the latest news logo on to:

www.nosmokingday.org.uk



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Next Month's Issue/Events

- Seasonal Recipe
- Physical Activity Walk

And Much More

Why not send us your contribution?

HWL WAS SET UP BY THE SCOTTISH EXECUTIVE TO IMPROVE THE HEALTH OF WORKING AGE PEOPLE IN SCOTLAND BY ENSURING HEALTHIER & SAFER WORKPLACES, PROMOTE HEALTHIER LIFESTYLES & TO DEVELOP THE FIELD OF EMPLOYABILITY THROUGHOUT SCOTLAND.

Newsletter

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BEATING HEART DISEASE TOGETHER

February is National Heart Month—Don't forget to 'Go Red for Heart Day' on the 24th of this month.

If you or a loved one has been diagnosed with heart disease, you may be feeling anxious, overwhelmed or worried.

What is Heart Disease? Heart disease is a term used to describe different types of heart conditions and problems. These include [angina](#), [heart failure](#) and [abnormal heart rhythms](#) as well as many other conditions. If you're at all worried that you may have a heart problem you should speak to your doctor.

Here are some tips to help keep you 'Heart Healthy':

- Stop Smoking
- Have your cholesterol checked and reduce levels if necessary
- Be physically active
- Achieve and maintain a healthy weight
- Eat a healthy balanced diet and drink moderate amounts of alcohol

Further information can be found at www.bhf.org.uk also www.hse.gov.uk has lots of information regarding work related stress, medical standards for drivers etc.

Farmhouse Breakfast Week 2012 www.shakeupyourwakeup.com

Farmhouse Breakfast Week this year took place from 22nd – 28th January 2012. Although the week has passed, **breakfast isn't just for one week, it is for everyday for every week.**



One in four people skip breakfast during the week and as many as one in six adults **never eat breakfast**. This can lead to you feeling sluggish in the morning, struggling to get going, energy levels and concentration dipping mid morning, and being moody and irritable with colleagues. The word **breakfast literally means 'breaking the fast'**. After going 10-12 hours overnight without food, your energy levels will be low. Your body and brain therefore need food to top-up the stores and restore blood sugar levels.

There are lots of choices for a **healthy balanced breakfast** and there are a great variety of breakfast foods to choose from so there is no excuse to skip breakfast. Research suggests that a breakfast rich in complex or starchy carbohydrates releases energy more slowly than simple carbohydrates (such as sugary foods) so providing more sustained fuel for the brain while also satisfying hunger for longer. **Foods that are rich in complex carbohydrates include porridge, muesli and other wholegrain breakfast cereals and wholemeal bread.**

A healthy breakfast can benefit your mood, physical and mental performance, weight and health. Research also suggests that breakfast eaters have lower stress levels than breakfast skippers. It has been shown that people that start the day with a healthy breakfast are more likely to be within their ideal weight range than those who skip breakfast. You should have breakfast within two hours of waking to replenish energy stores after an overnight fast.

For shift-workers it is also important that you consider the benefits of breakfast in relation to when you wake up and start your shift.

healthy living
award
the sign of healthier food



The Healthy Living Award rewards caterers for working hard to fill their menus with healthier food. The award requires that at least 50% of the food items served meet the criteria for the Healthy Living Award. As such customers will know that the food served is always made with their health in mind.

To find out more visit www.healthylivingaward.co.uk

Healthy Living Award Holders in the Scottish Borders

- Burnfoot Community Café, Hawick
- Borders College Netherdale Campus, Galashiels
- Courtyard Tearoom, Mellerstain House, By Gordon
- Harestanes Countryside Visitor Centre Tearoom, Ancrum
- Borders General Hospital, Melrose
- Edinburgh Woollen Mill, Jedburgh
- The Knoll Hospital, Duns (**Restricted access**) *HLA+
- SBC Staff Canteen, Newtown St Boswells (**Restricted Access**)

Want to gain an elementary qualification in nutrition and health and help your workplace to promote healthier eating, then sign up for the REHIS Food and Health Course on 7th and 14th March at the Langlee Complex, Galashiels. For more information contact Health Improvement on 01896 824500.

Eating Disorders Awareness Week 21st –26th February www.b-eat.co.uk

There are a number of types of eating disorder the most common of which are Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder (BED). These disorders develop as a way of coping with feelings that make you unhappy or depressed. The disorder is a sign that you need help in coping with life and sorting out personal problems. Suffering from an eating disorder may sometimes also be accompanied by an urge to harm yourself or abuse alcohol or drugs. It is important you find someone to talk to. A GP should be a first point of contact, however you can also find more information and sources of help through the Beating Eating Disorders Webiste.

Time to Think About What You Drink Campaign www.drinksarter.org



The Scottish Government's latest phase of their **Alcohol Behaviour Change** campaign is due to be launched on 6th February 2012. Primarily aimed at women aged 30-50, it sets out to educate them about how many units they're drinking, the short and long-term health consequences of regularly exceeding the sensible drinking guidelines as well as encouraging them to make some small lifestyle changes to help them cut back their alcohol consumption. There are loads of interactive tools available on the website www.drinksarter.org including the **Drinking Time Machine**

and the **Wine Glass Challenge** which encourages you to **"Drop a Glass Size"** and see the difference it makes to your sleep, weight, bank balance and overall health.