

KNOW YOUR HEALTH NUMBERS

PRACTICAL TIPS AND RESOURCES

WELLPOINT KIOSK

The Wellpoint Kiosks are available everyday on site and provide you with information on your weight, BMI, blood pressure and body fat percentage. Utilise these kiosks to keep track of your numbers.

NHS WEBSITE

You can also use this website to calculate your BMI. It will also tell you what your category means for your health and what you might be able to do to become healthier. Depending on your category, you can also view articles, blogs and tips to improve your health.

www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

MYFITNESSPAL

This app has been the number 1 health and fitness app for the last four years. It allows you to track both your exercise and calorie intake, making it a great resource for anyone wanting to 'know their numbers' in greater detail.

Free on Apple Store or Android Play Store

DO SOMETHING YOU ENJOY!

For too many of us, physical activity is a chore. However, this need not be the case. There are hundreds of ways to exercise, it's just about finding out what you enjoy! There are a number of discounts available to Jaguar Land Rover employees:

- Why not see what is available with your ELS funding?
- Check out the Employee Offers microsite for the latest health and fitness offers

You can even take a 60 second test made by the BBC which might help you to choose the right sport for you:

www.bbc.co.uk/news/uk-28062001

Get more information and advice on these handy websites:

Change4Life
www.nhs.uk/change4life

British Heart Foundation
www.bhf.org.uk

Blood Pressure Association
www.bpassoc.org.uk

The Sleep Council
www.sleepcouncil.org.uk

NHS Smoking Helpline
www.gosmokefree.nhs.uk

TRACK YOUR NUMBERS

	TODAY	ONE MONTH	SIX MONTHS
Weight			
BMI			
Blood Pressure			
Blood Glucose (non-fasting)			
Cholesterol			



KNOW YOUR HEALTH NUMBERS



'KNOW YOUR NUMBERS' IS ABOUT HAVING AN AWARENESS OF YOUR KEY HEALTH DATA, INCLUDING YOUR BMI, BLOOD PRESSURE, BLOOD GLUCOSE, CHOLESTEROL AND SLEEP NUMBERS.

Your blood pressure, blood sugar, cholesterol and body mass index (BMI) numbers are key indicators of your risk for serious health conditions.

If you are aware of your health numbers you can start to make lifestyle changes and set goals to reduce the risk of developing hypertension, diabetes, coronary heart disease and other serious conditions.

DESTINATION ZERO
A JOURNEY TO ZERO HARM

KNOW YOUR HEALTH NUMBERS

BLOOD PRESSURE

High blood pressure (Hypertension) is known as the silent killer. Most people do not realise they have it until something bad happens. Blood pressure measures how strongly the blood presses against the walls of your arteries as your heart pumps it around your body. If this pressure is too high, it puts strain on your arteries and heart, making you more likely to suffer a heart attack, stroke or kidney disease.

Health Tip:
Reduce your salt, alcohol intake and stop smoking

A normal blood pressure reading should be less than 140/90. The top/first number (systolic pressure) is the pressure within your arteries when your heart contracts; and the second/bottom number (diastolic pressure) is the pressure when your heart is between beats. Anything consistently over the range of 140/90 means your blood pressure is in the high range, and could mean you have hypertension.

CHOLESTEROL

Cholesterol is a type of fat that's made in your liver, a fatty substance that our bodies need to make certain hormones. Good Cholesterol (HDL) this cholesterol is responsible for the removal of bad cholesterol from the blood stream, when there's too much bad cholesterol (IDL, VLDL and lipoprotein (a))known as non HDL Cholesterol in your blood, it can build up on the inside walls of your arteries and increase your risk of stroke and heart disease. As a guide, your non-HDL cholesterol should be lower than 4mmol/L and your total cholesterol should be 5mmol/L or less.

Health Tip:
Cut down on your saturated fats, take regular exercise

BLOOD GLUCOSE (SUGAR)

Sugar in your blood is called Glucose, is not the same as the sugar you have in your tea or coffee this is called sucrose. The body produces glucose from protein, fats and mostly carbohydrates that we eat, ingested glucose is absorbed directly into the bloodstream from the intestines. The glucose then travels in the blood to the cells to provide energy. If left untreated a high blood glucose level (diabetes) can cause heart disease, kidney disease and other long term complications. A normal blood glucose level;

Health Tip:
Eat a healthy balanced diet, take regular exercise

- Before breakfast should be between 5 and 7mmols
- Before meals at other times of the day 4 and 7mmols

BODY MASS INDEX (BMI)

Your body mass index is a measurement of your weight in kilograms divided by the square of your height in metres.

A healthy BMI will depend on factors such as race, age and gender but a general guide is;

Health Tip:
Eat a healthy balanced diet, take regular exercise

- Between 18.5 and 24.9 – healthy weight.
- Between 25 and 29.9 – overweight.
- Between 30 and 39.9 – obese
- BMI of 40 or more – severely obese.
- Obesity can lead to many long term health problems.

SLEEP

A good sleep is essential to a healthy existence, protecting you physically and mentally as well as boosting your quality of life, regular **poor sleep** can put you at risk of serious medical conditions, including obesity, heart disease and diabetes.

Health Tip:
Reduce exposure to 'blue light' before bed time. Blue light is emitted from televisions and portable technology devices, such as mobile phones.

The average person spends around a third of their life asleep. In this time, our bodies are able to replenish energy stores and make repairs, while our minds organise and store the memories of the day before. The amount of sleep you need depends on your age, sex, health and other elements, and sleep cycles change as we grow older. The recommendations for an adult is seven to nine hours of good-quality sleep to function properly.

When we first fall asleep we enter non-rapid eye movement sleep (NREM). This is divided into three stages, with each becoming progressively deeper. NREM1 and NREM2 are light phases of sleep, from which we can be easily roused. NREM3 becomes deeper, and if woken up, we can feel disorientated. Following on from this is rapid eye movement sleep (REM), the stage at which we dream.

Each sleep cycle lasts around 1 and a half hours, and in order to feel fully rested and refreshed when we wake up, we must experience all four stages. A full sleep will include of five or six cycles, while a disturbed, restless consists of fewer.