



**The Warrington
Business School**



A Student Guide to Healthy Living

Contents

| | |
|-----------------------------|----------------|
| Introduction | 3 |
| Healthy Eating | 4 - 5 |
| Healthy Weight | 6 |
| Sensible Drinking | 7 |
| Smoking | 8 |
| Sexual Health | 9 |
| Exercising | 10 |
| Benefits of Exercise | 11 |
| Seated Exercises | 12 - 13 |
| Computer Stress | 14 - 15 |
| Great Links | 16 |





**The Warrington
Business School**



A Student Guide to Healthy Living

Introduction

The Warrington Business School is happy to supply you with the student's guide to taking steps to a healthier life style.

Would you like to change your diet, reduce the amount of alcohol you drink or be more active?



You may not want to change too much of your current lifestyle, but external pressures from home, work or studies can have a significant effect on your health.

Simply eating breakfast or carrying out small activities throughout the day will increase your energy levels and metabolism.

There is endless advice available to you about achieving a healthy life style; this can, however, be very hard to understand.



This guide is here to help you by providing you with basic advice, information and guidance that will help you to achieve and maintain a healthier lifestyle.





**The Warrington
Business School**



A Student Guide to Healthy Living

Health Eating

A good diet is essential to overall good health. As you get older, managing what you eat and getting the right balance of food during the day will improve and increase your general health. It will also decrease the chances of heart disease, illness or infection.

The success to a healthy diet is to balance what you eat by consuming a selection of foods from each food group, in the right proportions.

The five food groups that should be consumed are:

Fruit & Vegetables - You should eat at least five portions of fruit and vegetables each day. This should make up about a third of your daily diet and be eaten during every meal or as a snack. Research has found that this can help stop obesity and protect against chronic diseases such as heart disease or cancer.



Bread, Rice, Potatoes and Pasta - should make up a third of your diet. They contain starchy carbohydrates and are the body's core source of energy. When selecting grain products choose unrefined carbohydrates as they contain the whole of the grain, which is rich in fibre and other nutrients and can reduce the risk of certain cancers, diabetes and coronary heart disease.





**The Warrington
Business School**



A Student Guide to Healthy Living

Health Eating

Milk and Dairy Foods - are an important source of calcium which is essential for healthy bones and teeth. They are rich in saturated fat, so you should try and consume these foods in moderation and choose low or reduced fat versions.



Meat, Fish, Eggs and Beans - contain nutrients and protein which provide the body with the energy that is needed for growth and repair and help with the structural component of all cells. Although this group is an essential part of your diet it should be consumed in smaller portions.

Sugary Drinks - are high in unhealthy saturated fat, fatty acids, sugar and salt. This should be the smallest section of your diet because it contains foods that should be eaten sparingly; although they are an essential energy source, they contain very few nutrients. Foods from this group can be associated with an increased risk of developing certain diseases.



Every person will have different dietary needs depending on their daily activities, body shape and size. Too much or too little food can be bad for your body, so balancing your diet and eating a variety of foods will help you obtain all of the essential nutrients.

training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 5



**The Warrington
Business School**



A Student Guide to Healthy Living

Healthy Weight

In today's society, it is very hard to decide if you are the correct weight. We are continually bombarded with photos of celebrities who have been airbrushed and may look like they have the perfect figure and weight. This is a misconception and striving to have your perfect figure may not be a healthy weight.



You should not necessarily try and keep or set yourself an ideal weight, as this may differ to a healthy weight. Your weight range will depend on many factors; body shape and size, family history or whether you smoke or drink.

Eating too much may make you overweight and could lead to high blood pressure, ill health, diabetes or heart disease. Not eating enough could also affect your body's health.



If your weight lies within the healthy range but you're unhappy with your shape, an exercise programme may help you, rather than restricting your diet. This will improve your fitness, help you tone specific muscle groups and enhance your overall health and wellbeing.

If you have a concern about your weight, speak to your GP.





**The Warrington
Business School**



A Student Guide to Healthy Living

Sensible Drinking

Drinking moderate amounts of alcohol does not necessarily mean you have a drinking problem in terms of sensible drinking, but should be limited to the recommended amounts.

Drinking can increase your appetite and also reduce the number of calories you burn.

Unit(s) example

- 1 pint of ordinary lager, bitter or cider = 2 Unit
- 1 pint of strong lager, bitter or cider = 3 Units
- A 175ml glass of wine below 11% Alc = 2 Units
- A small glass of wine above 11% Alc = 1.5 Units
- 1 measure of spirits = 1 Unit



Research suggests that men should not drink more than three units of alcohol per day and women should drink no more than two to three units per day.

Alcohol abuse can make you drowsy, dehydrated or even unconscious.

If you drink heavily or even binge drink, you are risking serious health problems, including cancer, liver problems and heart disease. Men will also experience lower testosterone levels for up to 24 hours after drinking.





**The Warrington
Business School**



A Student Guide to Healthy Living

Smoking

Smoking can cause serious health problems such as lung cancer, bronchitis and heart disease, as well as strokes, stomach ulcers, leukaemia and other cancer related conditions. It will also have an effect on chest complaints, allergies, colds and on everyone who is directly or indirectly linked to smoking.

It is now against the law to smoke in public places and health services are making smokers more aware of the health issues which are linked to smoking. Socially it is becoming less acceptable.

Why should you stop?

Smokers may wish to quit for various reasons but by breaking the habit you will improve your health and create a better lifestyle for yourself and also remove the potential harm you may be doing to your children, family and other people you come into contact with.



If you smoke around your children you are seriously putting them at risk of croup, pneumonia, bronchitis, ear infections, tonsillitis, wheezing and childhood asthma.

Pregnant smokers are exposing their baby's health to harmful gases and chemicals.





**The Warrington
Business School**



A Student Guide to Healthy Living

Sexual Health

It is important to pay attention to your sexual health and have regular health checks.

Many sexually transmitted infections may not be obvious. It is the responsibility of both genders to understand the issues around contraception and sexually transmitted infections (STIs).



For example, Chlamydia could affect your reproductive organs and may cause infertility. You may not be aware that you have contracted the disease as it does not necessarily have any visible symptoms. If you do have unprotected sex or are worried about possible STIs you should contact your GP or family planning clinic as soon as possible.

The most effective way to prevent STIs is to avoid sexual contact with an infected partner. Ideally you should be tested for STIs before initiating sexual activity.



training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 9



**The Warrington
Business School**



A Student Guide to Healthy Living

Exercising

Whether you are in full time education or employed, you may find that your daily activity is low. You may find yourself sitting down all day behind a computer or steering wheel because work may not be as physical as it was in the past due to technological improvements.



Many of us still spend far too much time at work without taking sufficient breaks, however, you do not have to exercise after work, it can be built into your working day. It does not need to be a long session, just thirty minutes a day split into small sessions will help you.

Go for a walk during your breaks. Try to find alternative routes and vary them throughout the week. You could even consider an indoor walking route, incorporating stair climbing during bad weather.

Find out if your employers or college promote healthy living or subscribe to any gyms that you could possibly use in your lunchtime.



If you travel to work by transport, consider parking further away or even getting off a bus or train at an earlier stop. Even a short walk will help if it is hard enough to get you slightly out of breath.

training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 10



**The Warrington
Business School**



A Student Guide to Healthy Living

Benefits of Exercise

Being physically active is the best way to keep fit and to lose weight. Every person will experience exercise differently, although you may have to experiment to see what suits you best, depending on your lifestyle. It is important that you try to find at least 30 minutes a day to do some kind of physical exercise.



Benefits - Exercising will boost your emotional well being and your mood.

If you are overweight, you are more likely to suffer from heart disease or cardiovascular disease. Exercise will reduce these conditions and improve your cardiovascular function.

Regular exercise will improve the flow of blood and oxygen to your body's organs, including the brain, which is great for revitalising your mind and improving your memory.



Exercise increases the body's ability to use sugar for energy and decreases the need for insulin decreasing the chances of developing diabetes.

Some of the benefits of exercise are; improved sleep pattern and energy levels, increased strength and bone density.

training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 11



**The Warrington
Business School**



A Student Guide to Healthy Living

Seated Exercises

In general, sitting for too long can cause weight gain and doing so for over 7 hours per day significantly raises your chances of being overweight or obese than those who sit for less than 5 hours.



Below are a list of basic exercises that you can carry out throughout the day if staying seated for long periods of time.

Ankle Circles

Lift feet off the floor. Write each letter of the alphabet with your big toe or draw a circle with your toes, simultaneously moving one foot clockwise and the other foot anti-clockwise. Rotate in each direction for 15 seconds. This will increase the range of motion and strengthen the joints.

Foot Pumps

Start with both heels on the floor and point feet upward as high as you can and then return them to the floor. Now lift your heels up, keeping the balls of your feet on the floor. Repeat this in stages during the day for 30 seconds.



Neck Roll

With shoulders relaxed, drop ear to shoulder and gently roll forward and back, holding each position for about five seconds.





**The Warrington
Business School**



A Student Guide to Healthy Living

Seated Exercises

Shoulder Roll

Hunch shoulders forward, then upward, then backward, and downward, using a gentle circular motion.

Knee to Chest

Bend forward slightly. Clasp hands around the left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around the knee, slowly let it down. Alternate legs. Repeat 10 times.



Knee Lifts

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20 to 30 times for each leg.

Forward Flex

With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold stretch for 15 seconds and slowly sit back up.

Water - Water is the best thing to drink throughout the day, avoid sugary drinks.





**The Warrington
Business School**



A Student Guide to Healthy Living

Computer Stress

Many of us don't have a choice and must work at a desk, at least for a portion of our day. During this time, use the following tips to keep your mind and body at their best.

Keep your body in a neutral position.

Adjust your chair so your thighs are parallel with the floor. Choose a chair that supports your back or place a rolled up towel or pillow behind your lower back for support.



Your hands, wrists and forearms should be in-line and roughly parallel to the floor.

Your head should be in-line with the torso and at a level, balanced position (or just slightly forward).

Your elbows should be close to your body, bent at a 90 to 120 degree angle.

Your shoulders should be relaxed and upper arms hanging naturally next to your body.

Your feet should be flat on the floor or supported by a footrest.

Your chair should be well-padded.

training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 14



**The Warrington
Business School**



A Student Guide to Healthy Living

Computer Stress

Move around often.

Your body can only tolerate being in one position for about 20 minutes before it starts to feel uncomfortable. About every 15 minutes, stand, stretch, walk around or change your position for at least 30 seconds.



Reduce repetitive movements.

Movements that you repeat over and over such as answering the phone or clicking on your mouse can lead to strains and stress.

Reduce unnecessary movements by keeping items you use often within arm's reach and using tools such as a phone headset. To reduce repetitive movements and alternate the hand you use to operate your computer's mouse.

Look away from your computer screen often.

Focusing on a computer screen for too long can lead to dry eyes and eye fatigue. Be sure to change your focus often, looking at a point in the distance and blink regularly to keep your eyes moist.





**The Warrington
Business School**



A Student Guide to Healthy Living

Great Links

There is endless help and advice on all aspects of healthy living, being active and getting that all important five a day diet.

If you have any concerns about your health or need more advice speak to you local health care centre or GP.

Below are a few links that may help you if you require further information



Food Standard: www.eatwell.gov.uk/

Health at work: www.healthatwork.org.uk/

Health Living: www.bbc.co.uk/health/healthy_living/

Computer Breaks: www.ucl.ac.uk/hr/occ_health/health_advice/index.php



Copyright Notice

The content of this booklet is the exclusive property of The Warrington Business School.

training@thewbs.co.uk
www.thewbs.co.uk
0845 849 0020



A Student Guide To
Healthy Living
Page 16