



# Healthy Living

## Safeguarding and Wellbeing Update

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# About

This guide aims to help apprentices with their health and wellbeing, providing tips on healthy living and wellness in a professional setting.

If you have any queries, or wish to discuss anything further, don't hesitate to get in touch:

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## Why healthy eating should be promoted in your professional practice

Eating a healthy, balanced diet is an important part of maintaining good health and reducing the risk of chronic diseases such as cardiovascular disease, type 2 diabetes and some cancers, such as bowel, breast and pancreatic cancer. The World Health Organization (WHO) states that consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of non-communicable diseases (NCDs) and conditions.





# What a healthy, balanced diet is

Government advice on a healthy, balanced diet is encapsulated in the UK's national food model, the Eatwell Guide. The Eatwell Guide reflects the latest dietary recommendations and key public health messages. It applies to most people over the age of 5 and is suitable for vegans and vegetarians too.

The Eatwell Guide provides a representation of the types and proportions of foods needed for a healthy balanced diet to promote long-term health at a population level and includes key messages such as:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible
- have some dairy or dairy alternatives (such as fortified soya drinks), choosing lower fat and lower sugar options
- eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- choose unsaturated oils and spreads and eat in small amounts
- drink 6 to 8 cups or glasses of fluid a day
- if consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts

# Get Active

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still.

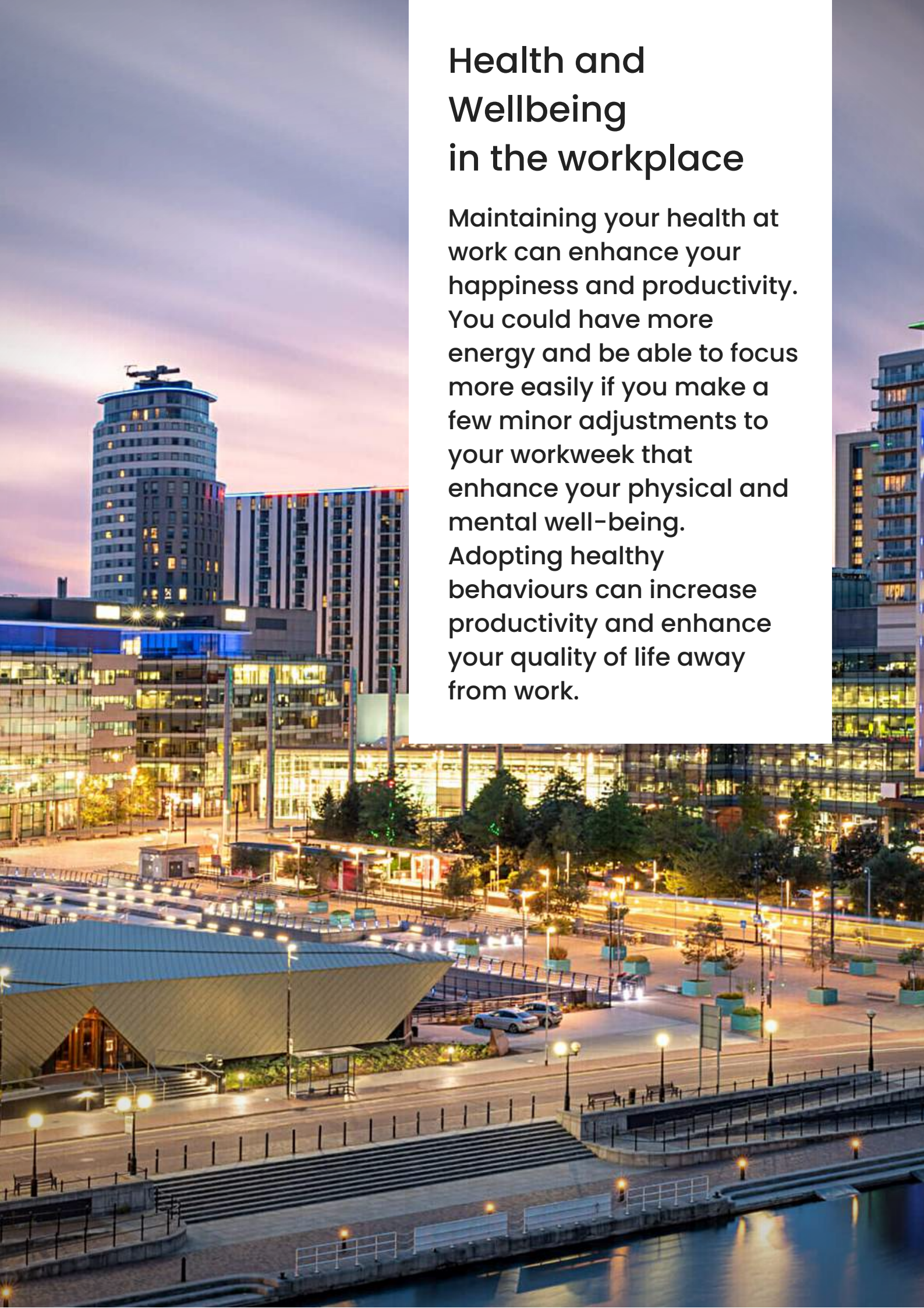
A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.

## Did You Know?

To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.







# Health and Wellbeing in the workplace

Maintaining your health at work can enhance your happiness and productivity. You could have more energy and be able to focus more easily if you make a few minor adjustments to your workweek that enhance your physical and mental well-being. Adopting healthy behaviours can increase productivity and enhance your quality of life away from work.

# Workplace Wellbeing

## Take Breaks

Take short breaks away from your desk during the workday. Consider walking around your building or using part of your lunch break to walk outside. Taking some time to stand and walk around can give you a boost of energy and keep you active.



## Stay hydrated

One of the easiest steps you can take to stay healthy at work is drinking enough water. Eating plenty of fruits and vegetables also helps improve your water intake.



## Maintain proper posture

It's important to ensure that your back is straight and your shoulders are relaxed. You may also want to review your desk setup to ensure that your computer is at the proper height for your frame.



## Get enough sleep

Falling asleep and waking up around the same time every day helps your body maintain a healthy sleep schedule. Aim for seven to eight hours of sleep per night.



## Have Screen Rests

Consider following the 20/20/20 vision rule to keep your eyes healthy. Look at something at least 20 feet away for 20 seconds for every 20 minutes you spend looking at a screen. By doing this, you allow your eyes to refocus and rest.







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