



ABERDEEN COLLEGE®

pocket guide



Aberdeen College's Health Promotion initiative; all you need to know to improve your health and well being and live Health, Active and Positive!



hello!

Welcome to Aberdeen College

Welcome to Live for Life – your health promotion programme delivering activities and events to improve your overall health and well being.

Whether you are a member of staff, new or existing student find out how you can be part of our innovative programme, there is something for everyone so please read on and find out how you can Live Healthy, Active and Positive!



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A bit of an overview. . .

Live for Life is Aberdeen College's health promotion programme which focuses on three elements; Live: Healthy, Live: Active and Live: Positive.

Live for Life aims to promote health and well being through provision of information and advice relating to absence trends, seasonal illnesses, needs identified through implementation of a health needs assessment, national campaigns and fitness events.

Further details can be found on: StudentNet – <http://studentnet.abcol.ac.uk>
Aberdeen College – www.abcol.ac.uk
Abnet (staff only) – www.abcol.ac.uk/abnet



What does Live for Life offer?

Live for Life is unique and innovative and offers a wide variety of services, activities and facilities including:

- Occupational Health
- Quarterly Seasonal Live for Life Mini Health Fairs; delivering advice and information on a range of seasonal health topics and lifestyle health checks
- Quarterly Health Newsletters; for Staff
- Regular Health promotion activities linked to local and national health campaigns
- Participation in charity events linked to health promotion e.g. Wear Something Yellow to Work Day
- Fitness Suites at Gallowgate and Altens with the latest fitness equipment and trained staff
- Gym Inductions and Exercise Prescription
- Gym Hall access
- Exercise Class Programme including: Body Conditioning, Abs Blast, Body Blast, Step, Tai Chi
- Special health and fitness events including: Women's Health Week, Altens Activity Week, Men's Health Week
- Lunchtime Walking Groups
- Participation in charity fitness events e.g. Cornerstone Cycle Challenge
- VLE health information courses including mental health and well being and alcohol awareness.

And best of all, the Live for Life team are dedicated professionals from a wide range of backgrounds including Occupational Health, Fitness and Sport Instructors and Human Resources willing to assist you!

live: healthy

Maintaining a healthy weight and achieving an active life affects your health including physical, social and psychological benefits.

Health benefits include less risk of raised blood pressure, coronary heart disease, stroke, diabetes, gall bladder disease, arthritis, back pain, varicose veins and some cancers.

Of course weight is not the whole story in the development of these conditions as some have other causes and there are plenty of slim active people who get them, too. But research over many years, shows the risk of these conditions increases with being overweight.

To maintain a healthy weight, it's important to follow a balanced diet. A healthy balanced diet contains a variety of foods including plenty of fruit & vegetables, plenty of starchy foods such as wholegrain bread, pasta and rice, some protein-rich foods such as meat, fish, eggs some lentils and some dairy foods. It should also be low in fat (especially saturated fat), salt & sugar.

It's also important to eat a variety of foods to make sure we get all the nutrients our bodies need.

Physical activity has benefits for not only controlling body weight over the long term but also controlling appetite. It has beneficial effect on the heart and blood that help prevent cardiovascular disease.

If you want to lose weight, it is important not to go on a “crash diet” but to change how you eat and organise a new diet that you can keep to at all times (not just when you’re trying to lose weight). If you got back to eating more calories than you need, you will put the weight back on. Try:

- Trimming the fat off meat;
- Choosing low-fat varieties of dairy & other products;
- Increasing your intake of starchy foods instead of fatty ones;
- Eating less of sugary foods;
- Increasing your intake of a variety of fruit & vegetables (aim for 5 a day).

If you would like advice about losing weight, talk to your GP or a dietician.



Live: Active

Live for Life aims to encourage staff and students to get more active through sport and exercise as part of a healthy lifestyle in order to promote positive health and well being.

Being more active can give you:

- **More energy**
- **Stronger, more toned muscles**
- **Assistance with weight loss**
- **A lower risk of heart disease, stroke and osteoporosis**
- **A greater sense of well being**
- **Help you to sleep better**
- **A sense of achievement**
- **A better balance of your cholesterol.**

Becoming more active at any age will help you cope better with the stresses and strains of everyday life. Being more physically active is one of the best things you can do for yourself – it's never too late to feel the benefits.

Regular exercise is an important part of a healthy lifestyle. People who lead an active life are less likely to become ill and more likely to live longer. Exercise not only makes you physically fitter, it also improves your mental health and general sense of wellbeing.

It's important that physical activity is a part of life for children, adults and older people. It doesn't have to be a vigorous workout – you can find ways to fit being active into your daily routine, such as walking. If you have never done exercise or haven't done any for a while, it's easy to get started. Physical activity is key for maintaining a healthy body weight and it's even beneficial during pregnancy. However, make sure you take steps to stay injury free and remember that nutrition and hydration also play an important role.

All about Fitness Suites, Activities and Exercise Classes

Fitness Facilities

Fitness Suites are found at Gallowgate and Altens Centres.

Both fitness suites have a range of cardio, fixed weight machines & free-weight areas. An exercise class programme is also available at Gallowgate Fitness Studio on 7th Floor; Which change periodically to keep up with current trends.

The following classes have all been on our great exercise class timetable: Abs Blast (core stability class), Body Conditioning, Circuits, Step, Zumba, Body Blast & Tai Chi.

All new fitness suite members must go through a gym induction. Inductions can be booked by email: fitness.suite@abcol.ac.uk



Live for Life Yearly Activity Programme

Cornerstone Cycle Challenge - September/October

An annual event kickstarting the academic year in brisk fashion - teams cycle a virtual map to destinations decided by the charity - Cornerstone, all done on a stationary bike.

Walk at Work Step Count Challenge - February

A 12 week pedometer challenge organised in conjunction with Paths for All. Teams look to increase their daily step count by walking as often as possible.

Womens Health Week – January/February

Altens Activity Week – February/March

Mens Health Week – March/April

Health weeks aimed at weight management & increasing physical activity through activities, events & advice. Lots of fun & a great series of social events.

Live for Life's weight management programme

Step into Spring – January/February

Spring into Summer – April/May

A 10/12 week weight management programme – includes health assessment, dietary advice /programme, exercise advise/programme & final health check up.

Charity 10k, 5k runs, Walkthons & Marathons

Throughout the academic year, invitations to enter these events will be available. These can be entered as a team or on an individual basis. Help with training can be on hand, and a running group is available through the Lynx Running Club at Aberdeen Sports Village.

AbColl Allstars Staff Football Team

A staff football team currently plays at Goals Soccer Centre, Bridge of Dee on a week night. A great bit of banter & a chance to get a bit of fresh air & exercise.

Live Active: WOW (Walk on Wednesday)

LIVE: ACTIVE WOW (Walk on Wednesday) is the College's lunch time walking group – why not join us for a short lunch time walk (See Abnet/StudentNet events page for further details)

A short lunchtime walk is the ideal 'stress-busting' activity and has many benefits:

- Helps you to return to work feeling refreshed and energised
- Walking can be included as part of your journey to and from work
- Easy to fit into your lunch breaks- it's a gentle activity there is no need to get changed or showered
- Workplace walking is a sociable activity – provides an opportunity to network with other colleagues or you can organise your own walk with colleagues in your team.

Walking is suitable for almost everyone and accessible to all, it is a cheap and effective way to improve your wellbeing.

Why not map your lunch time walking route using the following website:

www.mapmywalk.com/

Live: Positive

Positive mental health and wellbeing is important and as one in four people are affected by mental health problems at some point in their lives, promotion of this is a key aspect of the Live for Life programme.

Aberdeen College has undertaken a significant amount of work in the area of stress management and in promoting positive mental health including:

- **Introduction of Stress Policy in 2007**
- **Annual Work Positive Questionnaires since 2007 and Annual Action Plans developed and reviewed from the results**
- **Focus Groups with Staff**
- **Stress Risk Assessments and Stress Audits**
- **Stress Management Training for all Managers**
- **On Line Mental Health and Wellbeing Training for staff devised for VLE**
- **Healthy Working Lives Mental Health and Well Being Commendation Award in 2008 (due for review in 2011).**

Top Tips to look after your emotional health and wellbeing:

- **Eat a balanced diet**
- **Drink sensibly**
- **Keep in touch with friends and loved ones**
- **Take exercise – participate in the Live for Life Activity programme**
- **Get enough sleep**
- **Focus on the positive – keep a note of the good things that happen**

- Talk about feelings
- Take a break
- Accept who you are
- Do something you are good at
- Ask for help.

Where to go for help if suffering from mental health condition. It can be useful to talk things over with someone outside immediate friends and can be a big step to accept such help.

There are various sources of support available to people who are suffering from a mental health related problem, each offering different kinds of help. If you suspect or know that a friend or colleague has a mental health problem you should:

- Listen non-judgmentally
- Give reassurance and information
- Encourage the person to get appropriate and professional help including; Breathing Space:
www.breathingspacescotland.org.uk,
Mental Health Foundation: **www.mentalhealth.org.uk**



Annual live for life & fitness Events Calendar

January

Live for Life - Winter Event

February

Block 2 Live for Life Activities commence

March

Live for Life – Spring Event

April

Balmoral Run www.runbalmoral.com

May

Aberdeen Baker Hughes 10K

www.aberdeencity.gov.uk/Sports/spr_10khomepage.asp

June

Live for Life – Summer Event

Edinburgh Moonwalk www.walkthewalk.org

Wimbledon - Mini Tennis

Running Shop Fun 10K www.therunningshop.uk.com

July

Race for Life www.raceforlife.org

Great Inverurie Bike Ride www.aberdeenshire.gov.uk/recreation/events/gibr

August

Block 1 Live for Life Activities commence

September

Live for Life – Autumn Event

Cornerstone Cycle Challenge

Big Fun Run 5K www.bigfunrun.com

October

Dee-Don Walkathon

www.chss.org.uk/fundraising/walking_cycling_and_running/walkathons/

December

Aberdeen Beach Front 10K Xmas Canter



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