

# MEN'S HEALTH WEEK



Men's Health Week 2017 runs from June 12-18 and this year focuses on "Belly Fat". The belly is the single most dangerous place for excess weight, leading to an increased risk of diabetes, heart disease, cancer, stroke and a whole host of other problems. The recommendations to reduce these risks are to eat well, move more and watch the booze.

One man in five will die before he reaches 65; sometimes it is bad luck or genetics but most often premature death is down to stuff we can do something about.

Wellbeing for Life is a **FREE** service that operates across County Durham supporting people to do something about their health and wellbeing so that they can live longer, happier and healthier lives. We want to work with local businesses to support local working people to access services through work they may not otherwise access. This has benefits for staff, their family and friends, businesses and the wider community.

We are already working with County Durham businesses to deliver services to their staff. We can offer in-house training and wellbeing programmes.

- ◆ Weight management programme – weekly weigh-ins and nutritional advice on-site. Make it a challenge so they can compete against each other.
- ◆ Exercise sessions such as circuit classes or Couch to 5K running on-site
- ◆ Mini health checks looking at BMI, weight and health risks
- ◆ Stop Smoking sessions and groups
- ◆ Stress and resilience awareness sessions
- ◆ Campaign support for health campaigns including cancer awareness
- ◆ Health events – health trainers coming in to your workplace and, usually over a lunch time, talking to staff about a range of health subjects
- ◆ Mental health awareness displays to get people talking about mental health as we don't talk about it enough
- ◆ Health Trainer clinics – supporting staff on a 1:1 or group basis during work or before/after a shift

Contact us today if you want to access any of our services or want to discuss what we can offer you Tel: **0800 8766887** or Email: [cdda-tr.WBFL@nhs.net](mailto:cdda-tr.WBFL@nhs.net)