

## LOSE WEIGHT, GET ACTIVE AND FEEL GOOD



### IMPROVING SERVICES FOR MEN

Firstly, a short introduction, my name is Jared, and I have recently joined Achieve Oxfordshire in the new role of Community and Men's Health Lead.

I am truly passionate about our service and excited about all its opportunities to engage and support our stakeholders. We have some exciting prospects on the horizon in the way of innovating men's health.

One exciting project we are currently working on is reviewing the experience that men have on accessing our service, what they think works and how it could be improved. We have designed a quick and easy questionnaire that aims to gather men's thoughts and opinions on weight loss programmes and their expectations and aspirations from gathering this information.

The information we gather from this questionnaire really has the potential to shape future programmes, and I feel it is

an excellent way for men to influence the services we provide.

Please help us by completing this questionnaire [here](#).

**"LET'S MAKE A  
DIFFERENCE  
IN MENS  
HEALTH"**

JARED FELLOWS, COMMUNITY  
AND MENS HEALTH LEAD



# MOVE MORE



## USING PHYSICAL ACTIVITY TO HELP MANAGE YOUR DIABETES

There are over 32,000 people in Oxfordshire living with Diabetes, and increasing physical activity has many great health benefits, both physically and mentally.

“You don’t have to do traditional exercise, simply moving more is good for your health and your Diabetes. It’s amazing how quickly small changes can add up and lead to a physically active life.”

– Neil Gibson, Senior Physical Activity Advisor, Diabetes UK.

Physical activity plays an important role to help you manage your Diabetes. Being active helps control blood sugar levels and lowers your risk of heart disease.

## SWIM 2 SLIM

In September 2021, Slim 2 Swim, Achieve Oxfordshire’s newest weightloss programme, will increase its capacity with new locations and times. The recently launched pilot in partnership with [Tri-Swim](#) will be running from [The Milton Park Gym](#), Didcot, from June onwards.

Swimming is a fantastic cardiovascular exercise and total body workout that helps

The ‘GO Active, Get Healthy Diabetes’ programme in Oxfordshire offers advice and guidance for patients with Diabetes to be physically active and help manage your condition. The team can help you make small changes that could make a big difference to your health.

You will receive free motivational phone support, ongoing advice and guidance and an ‘At Home’ activity pack with different options for you to be active, which you can also access here.

To get started on your physical activity journey, visit the Get Oxfordshire Active website [here](#).

**GO Active**  
Get Healthy



you burn calories, build strength and endurance. As well as all the physical gains, regular swimming can boost your mood and sleep. Compared to other forms of exercise, swimming is very accessible and appropriate for people with injuries, arthritis, and other conditions. When you swim, the buoyancy of the water supports your body weight, meaning less stress is placed on your body.

Over the 12-week programme, a health coach will support all participants with their nutrition and well-being. If you would like to join us wait list for September, please email us at [hello@achieveoxfordshire.org.uk](mailto:hello@achieveoxfordshire.org.uk)



## BE KIND

### GETTING BACK INTO NATURE FOR MENTAL HEALTH WEEK

BY JARED FELLOWS

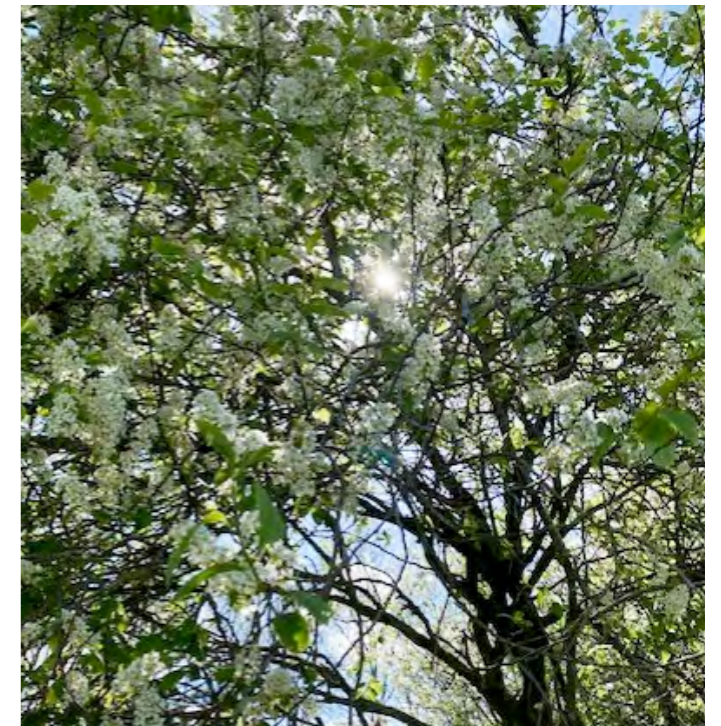
For this year’s Mental Health Awareness Week, and theme being Nature, I wanted to make an effort to embrace the great outdoors and then reflect on how it benefited me both physically and mentally.

With a busy workload and a 4-week-old baby, this time to retract from the everyday stresses of life and to break up my sedentary behaviour with some movement was much needed. I closed the laptop, turned off my phone and took my family for a walk in a local wood, followed by a game of football with my son.

I am guilty of spending a lot of time in front of a screen, and this time away from technology made me focus and fully engage in the current moment, which is something I definitely want to do more of. Spending this time together without distractions promoted meaningful conversations between us, and I felt more connected with my family as a result. Another benefit is that it got my family moving, running around and contributed to our daily physical activity.

After an hour of walking, tree climbing and discovery we set off to walk home feeling relaxed and refreshed, and all was too good to be true..... until the baby screamed in the pushchair the whole way home!

Find some of the best local walks in Oxfordshire [here](#).



# BE KIND

## NATIONAL SMILE MONTH

### BY COMMUNITY DENTAL SERVICES

Did you know a diet high in fat and calories, including large quantities of processed foods or sugar, and a lack of physical activity contributes to obesity? Those same foods can cause oral health problems, including gum disease, premature tooth loss, decay and bad breath.

Studies confirm a link between a person's BMI and periodontal disease – the higher the BMI, the more likely the development of periodontitis (irreversible gum disease). Eating a balanced diet and limiting sugary snacks will reduce the risk of developing many diseases.

Adults should have no more than 30g of free sugars a day (roughly equivalent to 7 sugar

cubes). We need to think before we eat and drink for healthy living, and healthy teeth and gums. It is not only what we eat but when and how often we eat certain foods that can affect our dental health.

Great tooth-friendly, low-fat snacks include:

- Raw fruit and vegetables
- Plain yoghurt
- Cheese
- Breadsticks and rice cakes
- Water and milk

Look after your oral health by brushing your teeth two times a day with fluoride toothpaste, limiting sugary drinks and foods to mealtimes only, and attending regular dental visits. Visit our website [here](#).

## TUNA AND EGG SALAD

½ tin of tuna  
2 eggs  
½ bag of crunchy salad  
6 slices of cucumber  
Tbsp of hummus  
1 pitta  
Salt and pepper  
Olive oil

### Method:

You will need a saucepan of boiled water. Add the eggs for 7 minutes. Once the eggs have been in the boiling water for 7 minutes,

drain and transfer into a bowl of cold water and leave to cool.

Whilst the eggs are cooling, put half a bag of crunchy salad, cucumber and a dollop of hummus onto a plate. Put the pitta in the toaster and wait for it to puff up. Empty half the tin of tuna on top of the salad, then drizzle with a dash of olive oil.

Crack the eggs and peel off the shell. Slice both eggs into quarters and place on top of the tuna salad. Season with salt and pepper and serve.

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