

Relaxa 2011 Health Promotion Calendar

	January 2011	February 2011	March 2011	April 2011	May 2011	June 2011
	<p>Cervical Cancer Prevention Week 23rd . 30th</p> <p>Food Allergy / Food Intolerance Week 24th . 28th</p> <p>Give up smoking . A new years resolution</p>	<p>National Heart health month</p> <p>World Cancer Day . 4th</p> <p>Importance of a balanced diet initiative</p>	<p>Prostrate cancer awareness month</p> <p>Ovarian cancer awareness month</p> <p>No smoking day 9th March</p> <p>National bed and sleep month</p>	<p>Bowel Cancer Awareness Month</p> <p>World Health Day . 7th</p> <p>International IBS (Irritable Bowel Syndrome) Awareness Month</p>	<p>National Allergy Week . 9th . 13th</p> <p>Cancer prevention week – 9th - 13th</p> <p>Adult Learners week (14th . 20th)</p> <p>Stroke awareness day . 10th</p> <p>World no tabacco day - 31st</p> <p>National Learning at work Day - 19th</p>	<p>Sun awareness - with focus on skin cancer</p> <p>Fitness and Exercise initiative</p> <p>Diabetes Week . 13th . 19th</p>
	July 2011	August 2011	September 2011	October 2011	November 2011	December 2011
	<p>Holiday health</p> <p>Change for life Eat well, move more, live longer</p>	<p>Relaxing your mind . Positive thinking and the power of the mind.</p> <p>Effective stress management techniques</p>	<p>National Cholesterol Week) . 18th . 24th</p> <p>World Heart Day 28th</p> <p>Fitness and exercise initiative . Get active be healthy</p>	<p>Breast cancer awareness month</p> <p>World Mental Health Day and emotional wellbeing . 10th</p> <p>Back care awareness week 4th . 10th</p> <p>European Health & Safety week</p> <p>National Customer service week 3rd - 7th</p>	<p>Lung cancer awareness month</p> <p>National stress awareness day . 2rd</p> <p>World diabetes day - 14th</p>	<p>Drugs and alcohol initiative</p>

Relaxa suggested program of seminars and services for each monthly health promotion campaign from January 2011 to December 2011:

January 2011:

Cervical Cancer Prevention Week:

Seminar - 60-minute Cervical Cancer Awareness:

- What is cervical cancer?
- What causes cervical cancer?
- Can cervical cancer be diagnosed early?
- What treatments options are available?

Food Allergy / Food Intolerance Week:

Seminar – 60-minute Food allergy and intolerance awareness:

- What are food allergies?
- How to diagnose food allergies
- How transforming your diet can change the way you feel.
- Treatments available.

Seminar – 60-minute Reading your food labels

- Why read your food labels
- What does the nutrition information mean?
- What should we be looking for on a food label?
- When not to buy a food product and what to avoid?

Service – 20-minute food allergy tests:

The tests are provided by a highly qualified nutritionist and food allergy consultant. The equipment used is a bio-electronic analyzer, which measures the body's electrical resistance to food substances. If a substance is causing a problem then there will be a dip or drop in the body's electrical resistance. The test is best described as a ballpoint pen touching the tip of your finger upon an acupuncture point.

By using this simple and painless type of food intolerance test, our qualified nutrition and food allergy consultants are able to pin point potentially harmful foods that could be causing your symptoms. They are trained to then offer you advice on a sensible elimination and replacement program.

How long does each food allergy test and consultation take?

20-minute test incorporates the following services:

10 key points diagnostic questionnaire, symptom analysis, 30 most common foods tested, drinks and environmental items tested. Results are discussed and Nutritional advice offered.

Give up smoking – A new years resolution

Service – 20-minute giving up smoking consultations:

An NHS give up smoking team member to offer 20-minute face to face consultations and setup an exhibition area in a suitable location.

Seminar - 60-minute The effects of smoking and smoking cessation:

- Effects of tobacco on your health
- What smoking cessation solutions are available.
- Next steps to creating a new years resolution to kick the habit

February 2011:

National Heart Month

Seminar 1 - 60-minute The importance of maintaining a healthy heart

- What is heart disease and what causes it?
- The effects of smoking on your heart?
- Blood pressure
- Cholesterol
- The importance of exercise

Seminar 2 - 60-minute Effects of diet on your heart:

- Poor diet and risks of heart disease
- The effects of alcohol
- Too much salt
- The effects of stress
- Keeping your weight down

Service – 20-minute cardiovascular tests on a stepper machine

An accurate cardiovascular reading is obtained from 10-minutes of exercise on a stepper machine. A cardiovascular heart rate monitor is used to obtain the heart rate reading at different levels of exercise intensity and is assessed by a cardiovascular health and fitness consultant. Following the 10-minutes of exercise activity, the results below are recorded, written down and discussed with the person being assessed. Recommendations are made as to ways in which cardiovascular fitness activity can be easily incorporated into their lives, the most suitable activities and the setting of goals to improve their cardiovascular fitness levels by the cardiovascular health and fitness consultant.

The following readings are taken at the end of each 10-minute exercise session and written down for the person being assessed to take away with them.

- Average heart rate of total exercise
- Maximum heart rate of total exercise
- Minimum heart rate of total exercise

Supporting information will be supplied from the British Heart Foundation on cardiovascular topics and fact sheets on the importance of cardiovascular exercise.

Number of cardiovascular tests that can be undertaken in one day by one consultant:

20 tests in one day in a full day (8 hours)

11 tests in half a day

Exhibition area – Healthy heart

Setup exhibition area in suitable location.

Importance of a balanced diet initiative:

Seminar – 60-minute - Nutrition and balancing your diet

- What is a balanced diet?
- What foods are essential to our diet?
- What foods are bad for us?
- Game plan for small dietary changes

Seminar – 60-minute Boosting your energy levels through nutrition

- Where does your energy come from?
- What foods provide the greatest source of energy?
- Which foods are a poor source of energy?
- What combination of foods provide an optimum energy diet?

Service – 20-minute diet and nutrition one-to-one consultations

A diet and nutritional health consultant will spend time with each participant reviewing their diet and dietary habits. Participants will then be offered suggestions as to ways in which they can improve their diet, look at what is lacking in their diet and what needs to be eliminated. A dietary plan can be discussed with participants. Each consultation will last 20-minutes.

Service: Diet and nutritional health exhibition area

Exhibition area setup in a suitable area.

What is included?

5 large display boards on exhibition display stands.
PDF fact sheets and handouts for all the display board topics.

Consultant manning the exhibition area and providing information on a first come first served basis:

A diet and nutrition consultant to talk about diet and nutritional health issues on a first come first served basis.

March 2011:

Prostate cancer awareness month

Seminar – 60-minute prostate cancer awareness

- Causes of prostate cancer
- How to check for prostate cancer
- When to seek help from your doctor.
- Modern treatments available

Ovarian cancer awareness month

Seminar – 60-minute ovarian cancer awareness

- Causes of ovarian cancer
- How women know something is wrong.
- When to seek help from your doctor.
- Modern treatments available

No smoking day

Service – 20-minute giving up smoking consultations

An NHS give up smoking team member to offer 20-minute face to face consultations.

Seminar - 60-minute Quit smoking and effects of smoking seminar:

- Effects of tobacco on your health
- What smoking cessation solutions are available.
- Next steps to creating a new years resolution to kick the habit

National bed and sleep month

Seminar – 60-minute Sleeping soundly

- Why is sleep so important to us?
- Identifying what may be disturbing your sleep.
- Tips and remedies for a peaceful nights sleep.

Seminar – 60-minute Sleep and stress

- How stress can affect your sleep?
- Quality of sleep when under stress
- Changing your lifestyle to cater for better sleep patterns
- Solutions to improve sleep

April 2011:

Bowel Cancer Awareness Month:

Seminar – 60-minute bowel cancer awareness

- Causes of bowel cancer
- How you know something is wrong.
- When to seek help from your doctor.
- Modern treatments available

International IBS (Irritable Bowel Syndrome) Awareness Month

Seminar – 60-minute IBS (Irritable Bowel Syndrome) Awareness

- What is Irritable Bowel Syndrome?
- What causes Irritable Bowel Syndrome?
- Do I need to consult a doctor?
- Modern treatments available.

May 2011:

National allergy week:

Seminar – 60-minute Food allergy and intolerance awareness:

- What are food allergies?
- How to diagnose food allergies
- How transforming your diet can change the way you feel.
- Treatments available.

Service – 20-minute food allergy tests:

The tests are provided by a highly qualified nutritionist and food allergy consultant. The equipment used is a bio-electronic analyzer, which measures the body's electrical resistance to food substances. If a substance is causing a problem then there will be a dip or drop in the body's electrical resistance. The test is best described as a ballpoint pen touching the tip of your finger upon an acupuncture point.

By using this simple and painless type of food intolerance test, our qualified nutrition and food allergy consultants are able to pin point potentially harmful foods that could be causing your symptoms. They are trained to then offer you advice on a sensible elimination and replacement program.

How long does each food allergy test and consultation take?

20-minute test incorporates the following services:

10 key points diagnostic questionnaire, symptom analysis, 30 most common foods tested, drinks and environmental items tested. Results are discussed and Nutritional advice offered.

Cancer Prevention week

Seminar - 60-minute Cervical Cancer Prevention:

- What is cervical cancer?
- What causes cervical cancer?
- Can cervical cancer be diagnosed early?
- What treatments options are available?

Seminar – 60-minute Prostate Cancer Prevention

- Causes of prostate cancer
- How to check for prostate cancer
- When to seek help from your doctor.
- Modern treatments available

Stroke Awareness Day

Seminar – 60-minutes – Stroke awareness and prevention

- What are the main causes of stroke
- What are the signs and symptoms of stroke?
- Who is most at risk?
- The importance of exercise and diet
- The effects of alcohol and smoking
- The importance of managing stress
- Strategies to eliminate the risks

World no tobacco day

Seminar - 60-minute The effects of smoking seminar:

- Effects of tobacco on your health
- Why it is a better time than ever to stop the negative effects of tobacco
- Next steps to giving up tobacco

June 2011:

Sun Awareness Month with a focus on skin cancer

Seminar – 60-minutes – Protect yourself against skin cancer

- The effects of sun on your skin
- How much is enough sun?
- Safety precautions to prevent skin cancer?

Fitness and exercise initiative – Get active, be healthy

Seminar – 60-minute Get fit for the summer – Now is a better time than ever

- What forms of exercise do you like doing?
- Different exercise options available to us?
- Setting realistic exercise goals and targets
- Fitting exercise into our busy lives.
- Managing your time wisely to incorporate a successful exercise program.

Seminar – 60-minute The importance of physical activity

- The benefits of exercise.
- How much exercise and how often?
- Finding time for exercise.
- Different exercise options available to us?
- Exercise that can be done during the work day

Service – 20-minute cardiovascular tests on a stepper machine

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The following readings are taken at the end of each 10-minute exercise session and written down for the person being assessed to take away with them.

- Average heart rate of total exercise
- Maximum heart rate of total exercise
- Minimum heart rate of total exercise

Supporting information will be supplied from the British Heart Foundation on cardiovascular topics and fact sheets on the importance of cardiovascular exercise.

Number of cardiovascular tests that can be undertaken in one day by one consultant:

20 tests in one day (8 hours)
11 tests in half a day

Service – 30-minute fitness assessments

An experienced fitness and exercise consultant will provide a 30-minute fitness assessment which will include the following.

The fitness assessment includes an evaluation of your overall fitness level that will enable you to better understand where you are and where you can be. The fitness and exercise consultant will test your fitness level in the following areas:

body composition
muscular strength and endurance
aerobic capacity
and flexibility.

A form will be completed for the staff member to take away with them and they will be guided as to how to implement an ongoing fitness program. The fitness assessment will need to be conducted in the company gymnasium or the equipment will be provided and it can be provided in a free room.

July 2011:

Holiday health:

Seminar – 60-minute The importance of drinking water

- How water helps your body?
- What happens if you skimp on water intake?
- How much water is enough water and what your body needs?
- How to boost your water intake and hints and tips?

Seminar – 60-minutes - Eating out the healthy way

- What to look for when you eat out
- What foods should we be eating in different restaurants?
- What foods to avoid?
- How to choose a healthier meal?

Change for life - Eat well, move more, live longer:

Seminar – 60-minute 8 tips for eating well:

- What components make up a healthy nutritious diet
- Why a nutritious breakfast is so important?
- What are the 8 tips for eating well?

Seminar – 60-minute The importance of physical activity

- The benefits of exercise.
- How much exercise and how often?
- Finding time for exercise.
- Different exercise options available to us?
- Exercise that can be done during the work day

August 2011:

Relaxing your mind – Positive thinking and the power of the mind

Seminar – 60-minutes - The power of positive thinking

- How does positive thought affect your mind and body?
- How to change negatives into positives.
- Tips for remaining positive as much as possible

Seminar – 60-minutes – Boosting Your Self-Esteem

- Why do you feel the way your do?
- How can you change how you see yourself?
- Tips for feeling positive about yourself

Effective stress management techniques:

Seminar – 60-minutes De-stressing your mind and body

- How does stress affect your mind and body?
- What causes negative stress?
- Effective relaxation techniques to calm both mind and body.

Seminar – 60-minutes Relaxation and wellbeing techniques

- Stretching techniques to alleviate aches and pains.
- Powerful relaxation techniques to use when under pressure

September 2011:

National cholesterol testing awareness week

Service: Cholesterol tests

Provision of 10-minute cholesterol tests by a qualified nurse.

World Heart Day

Seminar - 60-minute The importance of maintaining a healthy heart

- What is heart disease and what causes it?
- The effects of smoking on your heart?
- Blood pressure
- Cholesterol
- The importance of exercise

Seminar 2 - 60-minute Effects of diet on your heart:

- Poor diet and risks of heart disease
- The effects of alcohol
- Too much salt
- The effects of stress
- Keeping your weight down

Fitness and exercise initiative. Get active be healthy

Seminar 1 - 60-minute The importance of physical activity:

- The benefits of exercise.
- How much exercise and how often?
- Finding time for exercise.
- Different exercise options available to us?
- Exercise that can be done during the work day

- How to stay motivated and on track?
- Setting a game plan

Seminar 2 - 60-minute Developing a personal fitness program

- Creating strong, clear and realistic fitness goals
- Determining your true fitness level
- Knowing all the benefits of exercise
- Examining the barriers to fitness
- Creating motivation that is sustainable
- Doing exercise correctly gets real results sooner

Service – 20-minute cardiovascular tests on a stepper machine

An accurate cardiovascular reading is obtained from 10-minutes of exercise on a stepper machine. A cardiovascular heart rate monitor is used to obtain the heart rate reading at different levels of exercise intensity and is assessed by a cardiovascular health and fitness consultant. Following the 10-minutes of exercise activity, the results below are recorded, written down and discussed with the person being assessed. Recommendations are made as to ways in which cardiovascular fitness activity can be easily incorporated into their lives, the most suitable activities and the setting of goals to improve their cardiovascular fitness levels by the cardiovascular health and fitness consultant.

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Number of cardiovascular tests that can be undertaken in one day by one consultant:

20 tests in one day (8 hours)
11 tests in half a day

October 2011:

Breast Cancer Awareness Month:

Seminar - 60-minute Breast Cancer Awareness:

- Causes of breast cancer
- How women know when something is wrong.
- When to seek help from your doctor.
- Modern treatments available.

Seminar - 60-minute coping with pre-menstrual syndrome and the menopause:

- Overview of women's hormonal patterns throughout life.
- What causes the symptoms of PMS and menopause?
- How women can help themselves: natural remedies and treatments.
- How your doctor can help.

World mental health day and emotional wellbeing

Seminar – 60-minutes - The power of positive thinking

- How does positive thought affect your mind and body?
- What is your mental bank balance?
- How to change negatives into positives.
- Tips for remaining positive as much as possible

Seminar – 60-minutes – Boosting Your Self-Esteem

- Why do you feel the way you do?
- How can you change how you see yourself?
- Tips for feeling positive about yourself

Back Care Awareness Week

Seminar 1 – 60-minutes – The causes of back pain and RSI

- Back pain and its causes
- RSI and its causes
- The spine and other important structures and their roles

Seminar 2 – 60-minutes – How to prevent back pain and RSI

- The importance of Posture (muscles, flexibility and correction basics)
- Techniques to Prevent pain
- How to manage the pain?

Seminar 3 – 60-minutes The importance of posture

- The importance of good posture
- Correct standing posture
- Correct seated posture

Seminar 4 – 60-minutes Improving your posture

- Improving and strengthening posture
- Protecting your posture (work routines, stress)
- Postural stretches and exercises

Seminar 5 – 60-minutes Health and safety at your workstation

- Workstation health risks explained (musculoskeletal disorders, stress, etc)
- Seated posture and chair set-up
- Equipment features and set-up
- Pain prevention stretches and exercises

Service - Ergonomics, back pain and posture stand and first come first served advice:

A demonstration workstation is setup and a specialist ergonomics, back pain and RSI consultant will discuss back pain, RSI and posture problems with staff. Staff can schedule a 10-minute consultation and they will be shown how to improve the way they sit, their posture and the way they work.

Leaflets and fact sheets will be distributed about back pain and posture and a rolling PowerPoint presentation will run in the background.

Service – Back pain clinic

A Relaxa Posture Group ergonomics, health and safety and physiotherapy consultant will spend 20-minutes with each client and will discuss any pain conditions in detail, their working tasks and exercise routines. The consultant will then discuss practical exercises at work and at home that can help their condition, ways to carry out their working tasks that will put less stress on their body and workstation or manual handling tips to help alleviate pain.

Service – 60-minute Introduction to Yoga classes

This is an introductory class for those who are new to yoga and want to find out more about yoga and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to Pilates classes

This is an introductory class for those who are new to Pilates and want to find out more about Pilates and try it for themselves.

Maximum number of participants . 12 per class.

National Customer service week:

On-site massage treatments. Either 10, 15 or 20 minutes long. Various therapies available:

- On site acupressure massage
- Indian Head Massage
- Reflexology
- Hand massage

November 2011:

Lung cancer awareness month

Seminar - 60-minute Protecting yourself from Lung Cancer

- What is lung cancer?
- What causes lung cancer?
- Who is at risk of lung cancer?
- What can be done to prevent lung cancer?

National stress awareness day and stress awareness

Seminar - 60-minute Balancing your lifestyle and health: Creating a better work / Life Balance

- The Anatomy of the personality
- Taking care of all of ourselves: needs, wants and desires.
- Assessing where we are now with work and life balance.
- Hints and tips to maintain a greater balance in your life

Seminar - 60-minute Positive Thinking Positive Health: Staying Positive During Periods of Stress

- What happens when we are stressed?
- The connection between stress and ill health.
- Assessing our stress levels.
- Tailoring stress relieving techniques to our individual needs.

Seminar - 60-minute Relaxation: How DO you do it? Effective relaxation and wellbeing techniques

- What is relaxation?
- Types of people.
- Types of relaxation techniques.
- Tailoring relaxation techniques for individual use.

Seminar - 60-minute Coping with stress at work - Effective de-stress techniques for the office

- Work, an overview and how it affects you
- The place of work in your life: different kinds of workers
- Attitudes and work
- De-stress techniques to help you cope better with stress at work

Service – 20-minute stress and lifestyle consultations:

A stress and wellbeing consultant will spend 20-minutes with each participating employee reviewing his or her lifestyle.

An emphasis is placed on the following key lifestyle areas:

- Exercise
- Nutrition
- Managing stress
- How they boost their own self esteem and positive thinking
- Sleep
- Relaxation techniques
- Setting realistic lifestyle goals

Key focus will be placed on any areas that the participant feels are of concern. Participants will then be offered suggestions as to ways in which they might be able to improve their lifestyle and how to incorporate those changes into their current work and home lives.

Service: Stress and wellbeing health promotion exhibition area

Exhibition area setup in a suitable area.

What is included?

5 large display boards on exhibition display stands.
PDF fact sheets and handouts for all the display board topics.

Consultant manning the exhibition area and providing information on a first come first served basis:

A stress and wellbeing consultant to talk about diet and nutritional health issues on a first come first served basis

Service – 60-minute Introduction to Yoga classes

This is an introductory class for those who are new to yoga and want to find out more about yoga and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to T'ai Chi classes

This is an introductory class for those who are new to T'ai Chi and want to find out more about T'ai Chi and try it for themselves.

Maximum number of participants . 16 per class.

Service – 60-minute Introduction to Pilates classes

This is an introductory class for those who are new to Pilates and want to find out more about Pilates and try it for themselves.

Maximum number of participants . 12 per class.

Service – 60-minute Introduction to Meditation classes

This is an introductory class for those who are new to meditation and want to find out more about meditation and try it for themselves.

Maximum number of participants . 16 per class.

World Diabetes day

Seminar 1– 60-minutes – Protect yourself from type 2 diabetes

- Importance of a health lifestyle
- Importance of exercise
- Why a healthy diet is so important?
- Weight and BMI management
- Blood sugar control

Seminar 2 – 60-minutes Diabetes awareness: causes and risks

- What is diabetes?
- Causes and symptoms of diabetes
- Who is at risk of type 2 diabetes?
- Who must make changes to their lifestyle to prevent diabetes
- When to seek help from your doctor?

Service – Blood glucose tests

Short tests provided of blood glucose levels to determine the level of glucose in the blood.

December 2011:

Drugs and alcohol initiative

Seminar – 60-minutes – Drug awareness seminar

- Which substances are abused or misused and information about them
- Recognising the effects, signs and symptoms of drug misuse
- When to seek help?
- What help is available?

Seminar – 60-minutes Alcohol, how much is too much?

- Overview of alcohol and its effects, usage and danger.
- Drinking and driving.
- What is a safe level of alcohol consumption?
- How to cut down your alcohol consumption?

Seminar – 60-minutes – combined drugs and alcohol awareness

- Which substances are abused or misused and information about them
- Recognizing the effects, signs and symptoms of drug misuse
- Alcohol awareness and prevention
- Overview of alcohol and its effects, usage and danger.

- Drinking and driving.
- What is a safe level of alcohol consumption?
- How to cut down your alcohol consumption?
- When to seek help?
- What help is available?