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Employee Health and Wellbeing Day

Welcome to the 2nd edition of our Lovely & Healthy news letter 'Apple Tree'. Spring is set to be an exciting time at Lovely & Healthy with our 2nd Employee Health and Wellbeing Day for Sandwell Homes taking place on Friday 18th April. Some of the highlights we have planned include a range of exercise taster sessions for employees to enjoy throughout the day including Salsa, Yoga, Tai Chi, Deskercise, Aikido, Morning Energiser Workouts, Dance Fit and Keep Fit.

There will also be a fruit area with exotic fruits freshly prepared for employees to come and sample and our chef will be cooking up some healthy treats. We have invited back many of the popular exhibitors featured at our last event and there will be lots of healthcare professionals on hand to offer employees help and advice on many topics related to their health and well-being.

The event will focus mainly on obesity prevention, stress relief, and awareness regarding musculoskeletal disorders. We are very pleased to be working closely with Sandwell Primary Care Trust, Workwell, Wellbeing in the Workplace, and the Harborne Complementary Health Clinic. We are also going to be working with Wrist Donut, Yakult, The Diet Plate, and Blendavenda in the near future and look forward to exciting times ahead. Watch out for the fantastic feature about how a wrist donut can make computer use more comfortable in our next edition of Apple Tree.

Get Walking

This time of year can be a great inspiration for getting more active. A bit of spring sunshine can encourage even the most exercise resistant of us to venture out the house for a stroll. If you are hoping to improve your health and fitness through walking you'll be pleased to hear that we now have Omron Pedometers in stock in our online shop for just £29.99. A pedometer is a little machine that you can clip to your belt or keep in your pocket that measures the number of steps you take each day. The chart below may help you to record your progress over a week and see how active you really are!

Mon	Tues	Weds	Thurs	Fri	Sat	Sun

Now have a think about your week ahead and see if you can set yourself a realistic target to aim for.

Total steps	Divide your total steps for the week by 7 to get...	Average daily steps	Daily target for week two

Inside This Issue	Page
Employee Health and Wellbeing Day	1
Walking for Health	1
Race for Life	2
Hayfever Help	3
Race for Men	4
Spotlight on Radishes	4
Can muscle turn to fat?	4



You could try increasing your steps by 5% each week e.g. if average is 500
 1% of 500 steps would be 500 divided by 100 = 5
 5% = 5 (1%) x 5 = 25
 500 + 25 = 525.
 New daily target = 525!

Get Ready, Get Set, Go!

By Jo Baker, Personal Trainer

Cancer Research UK's Race for Life began in 1994 to raise funds for the charity's pioneering work to help beat cancer. It is now the biggest women-only fundraising event in the UK, with every pound raised in sponsorship going towards furthering their ground-breaking work. This includes the scientists, doctors and nurses who work tirelessly to find new treatments for the disease.

At the Race for Life there are no winners or losers. It's all about women taking part to raise funds for research into cancer. Some people don't do any training before their Race for Life event. But it is healthier and safer to do some training before your event. To help you prepare, Reebok, the official training partner of Race for Life, has come up with three training options for you to download from their website www.raceforlife.org.

Which training plan is best for you?

If you don't do much exercise, would prefer to walk and are in no rush, you just want to get around comfortably – use the "walk and talk training plan". If you're not sure if you could run all the way, but feel it would be great to run for some of the event, especially when crossing the finishing line – you'll need the "walk, run, walk" training plan. If you already do some running and want to run the entire 5km – go for the "run easy" training plan.

Important note: it is a good idea to check with your doctor before starting any type of exercise programme, especially if you, or any member of your family have diabetes, high/low blood pressure, a history of heart disease or high cholesterol.

Can you enter online and how much does it cost?

You must have your credit/debit card and an email address to be able to enter online. If you don't have both of these, you can call the Race for Life hotline number on 08716412282. Entry costs £12.50 per person. You can enter up to ten people online, if you're entering yourself as part of a group, you will need the postal address, telephone number, date of birth and email address of each participant to complete their registration. For legal reasons under 18s cannot enter online individually.

Entry costs £12.50 per person. This covers the costs of organising and running the event on the day e.g. venue, hire, medals and toilets. This means that the sponsorship money you raise will go directly towards the work of Cancer Research UK into the prevention, treatment and cure of all forms of cancer.

www.raceforlife.org



Enter the Race for Life this summer; it might just be the start of a new hobby!

West Midlands Race for Life Venues

Sandwell (Sun)	08 Jun 08 (14:00)
Birmingham Central (Wed)	25 Jun 08 (19:30)
Birmingham Central (Thu)	26 Jun 08 (19:30)
Birmingham East (Sat)	12 Jul 08 (11:00)
Birmingham East (Sun)	13 Jul 08 (11:00)
Wolverhampton (Wed)	18 Jun 08 (19:00)
Wolverhampton (Thu)	19 Jun 08 (19:00)
Bromsgrove (Sun)	20 Jul 08 (11:00)
Redditch (Sun)	06 Jul 08 (11:00)
Stafford (Tue)	08 Jul 08 (19:30)
Stafford (Wed)	09 Jul 08 (19:30)
Telford (Sat)	17 May 08 (14:00)
Telford (Sun)	18 May 08 (11:00)
Coventry (Sun)	08 Jun 08 (11:00)
Coventry (Sun)	08 Jun 08 (14:30)
Warwick (Tue)	15 Jul 08 (19:00)
Warwick (Wed)	16 Jul 08 (19:00)



So far 2.7 million women have taken part in the Race for Life, why not set yourself a goal and join them this year? Go on, you can do it!

Hayfever Help

At least a third of the UK population suffer from hayfever, and numbers are rising every year, according to Allergy UK. It causes misery to millions, but taking precautions early can help. Hayfever sufferers needn't sneeze away their summer or spend their sunny days locked inside. Allergy UK has these tips for managing hayfever.

- Peak pollen counts occur in May for trees and June and July for grass - 25% of the UK population are allergic to tree pollen, 75% to grass pollen.
- Around one in six teenagers and one in ten of the whole UK population have hayfever.
- Males are a little more likely to have hayfever than females.
- One of the few benefits of getting older is that hayfever often becomes less severe.
- Hayfever is more common in the cities and towns than in the countryside because of emissions from vehicle exhausts, which may increase sensitivity to allergies.

www.allergyuk.org



Top tips

- Put a smear of Vaseline inside each nostril to ease the soreness and to capture pollen entering the nasal passages.
- Wear wrap-around sunglasses to reduce allergens affecting the eyes.
- Never sleep with the bedroom window open.
- Don't drive with the window open.
- Take off clothes before entering the bedroom - changing inside the bedroom will transfer the outside allergens attached to your clothes into the area where you sleep.
- Wash your hair before going to bed. Pollen sticks to your hair and will transfer to your pillow making for a very disturbing bedmate.
- If you hang your washing on the line, make sure you hang it out mid-morning and bring it in before early evening otherwise you could bring a lot of pollen into your home.
- Think about the food you eat - people don't realise there is a connection.
- If you react to birch, you may also react to celery, curry spices, raw tomato, raw carrot, apples and pears.
- If you react to grasses, you may also react to oats, rye, wheat, kiwi and raw tomato; and if you react to weeds try to avoid raw carrots and curry spices.

Top Products for Hay Fever Relief

Sue McGarrigle Naturopath and Nutritional Therapist

Bee Pollen

Nature's 'Super Food' is a must for any hay fever sufferer. Bee Pollen contains a rich and balanced source of all the essential nutrients required by the human body, which are readily absorbed. These include all known vitamins, a complete spectrum of amino acids, over 25 trace elements, essential fatty acids, carotenoids, flavonoids, phytosterols, and thousands of enzymes and co-enzymes. Bee Pollen should not be confused with airborne pollen, which is a common cause of hay fever and other related allergies. Regular intake of Bee Pollen can desensitise the body and help to relieve symptoms of respiratory disorders including sinusitis. *£10.87 for 100 tablets.*

Aloe Berry Nectar

A refreshing drink containing Aloe Vera Gel, cranberry, and apple providing a rich cocktail of nutrients which support and enhance the immune system, gently cleansing the digestive system and aiding absorption of food. Apple contains Quercetin, an effective flavanoid for inhibiting histamine. A favourite amongst asthmatics. *£18 for a 2-3 week supply.*

Both products are now available in the Lovely & Healthy online shop or call our order line on 01212883396.



Product Guarantee

We offer a complete money back guarantee. If you are not completely satisfied with any item simply return the receipt to us together with the unused part of the product or empty containers and within 60 days of the date of purchase and we will refund you the price paid.



Race for Men!

It wouldn't have seemed fair to encourage all you wonderful ladies to get involved in Race for Life without highlighting a challenge for the guys. Run for Moore is a series of 5km runs for men to raise money for the Bobby Moore Fund's research into bowel cancer. This event isn't as well established and doesn't receive as much media attention as the Race for Life but nevertheless it's a great event for a worthy cause.



Run for Moore



Although there isn't an event in Birmingham, there are events being held in Ipswich, London, Oxford, Hull, Manchester and Bristol between May and July. Maybe you could even persuade the event organisers to establish a run in the West Midlands if there are enough of you wanting to enter!

www.cancerresearchuk.org/runformoore

Entry costs **£15 per runner**. This helps cover the cost of staging the event and also includes a Run for Moore T-shirt

"I had a great time taking part in Run for Moore. It's great to see so many guys having fun, whilst doing something positive for a good cause."

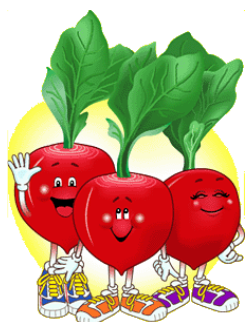
David Seaman MBE, Patron of Run for Moore.

Can muscle turn in to fat?

People often talk about muscle turning into fat, but in fact this is about as likely as hair turning into teeth. If a muscle isn't used, it won't convert itself into fat - instead, it will waste away. Anyone who has had a broken leg or arm will almost certainly have seen a clear demonstration of this. After the plaster cast is removed the leg or arm will appear smaller than before, because unused muscles have deteriorated. If muscle did turn to fat, the unused limb would be fatter than before and certainly not smaller. Fat tissue is found directly under our skin. Muscle tissue is located beneath the fat, and is attached onto our bones – they are completely different tissues. Muscle tissue is made up of muscle cells and is approximately 70% water, whereas fat contains fat cells, which contain less than 25% water.

It's the season for Radishes!

At this time of year raw radishes are a great option if you're looking for a healthy snack. That's because radishes are high in vitamin C, rich in folic acid, vitamin B6 and potassium and they're also a good source of magnesium, calcium, sulphur and iron. Just seven radishes are all it takes to make one serving, and this would only contain 20 calories! Try some crunchy radishes with a low-fat dip for your next snack. You can eat them raw, whole or sliced thinly in a spring salad. They taste crisp and peppery and will add a kick to coleslaw. Did you know that it's really easy to grow radishes? You can grow them in your backyard or even in a window box. Imagine how convenient it would be if all you had to do was pull your snacks out of your own garden!



Try putting some radishes and carrots through the juicer for a spicy smoothie packed full of goodness.

Extract from Why is Yawning Contagious. Everything you ever wanted to know about the human body – and some things you'd rather not know. By Francesca Gould (£7.99)

