



Back in Action^{UK}
Keeping workplaces moving

Back Story

Quarterly Newsletter



Autumn 2022
Issue 04



WELCOME

Welcome to the Autumn edition of Back Story. This quarterly newsletter aims to bring you the latest news, recent research, and the up-to-date guidance on staying healthy in the workplace and beyond.

In this edition, we will offer you some tips on how to stay active on a tight budget and bring you new research on healthy eating. We also introduce one of our Back In Action UK physiotherapists and give you some ideas on how to add some joy to your exercise programme by recapturing childhood fun.





BACK TO BASICS

TOP 5 TIPS

Exercising on a Budget

The current cost of living crisis means that many of us will need to cut back on our expenses. We offer you some tips on how to exercise on a budget so that you can keep moving this Autumn.



If you would like advice about exercising, get in touch with **Back In Action UK** on **020 7480 5976**

Our Physios can develop a tailored programme for you which considers your current levels of fitness and individual needs.

1

ONE

Outdoor Gyms

Gym memberships can be expensive, so why not make use of the UK network of outdoor gyms which are completely free. The Great Outdoor Gym Company have installed inclusive, family friendly open access gyms. They even provide a free app to help you locate and use the equipment, and track your activity.

2

TWO

Online exercise videos

If the weather forces you indoors, there are plenty of online exercise videos that require little or no equipment for you to try out at home. Go to the NHS website for free online aerobic and strengthening workout videos or try 'Yoga with Adriene' which has plenty of videos to suit every level and ability.

3

THREE

Free trials and Events

Keep a look out for free gym membership trials in your local area. New studios may also offer introductory unlimited class passes. Websites such as Eventbrite regularly offer free classes or workshops. Fitness clothing companies such as Sweaty Betty also offer free Yoga and Pilates classes at some of their stores.

4

FOUR

Personal Training Apps

If you want to work out at home, but need some guidance on exercises, repetitions and progressing your fitness, there are many free apps which offer ideas, technique tips and allow you to track your progress. Try the Nike Training App for on-demand workouts or the Seven app for short tailored sessions.

5

FIVE

Steps are free!

If workouts and classes are not your style, then one of the best ways to keep moving for free is to walk. There is overwhelming evidence that walking has numerous health benefits such as protecting us from heart disease and diabetes to improving our mental health and sleep quality. Aim to gradually build to 7-10,000 steps per day, walking at a moderate pace.



BACK IT UP

NEW RESEARCH ON DIET AND HEALTH

This section of our newsletter brings you some of the latest research news in the field of occupational health and general wellbeing.

In this edition, we look at how our food choices can have a big impact on our wellbeing. In particular, how eating processed food can have a negative impact on health and quality of life.



'Eating highly processed foods is linked to poor health and lower life expectancy'

If you would like to know more about taking steps towards a healthier diet, get in touch with **Back In Action UK** on **0207 480 5976**.

Our Physiotherapists can advise you on making healthier choices

We are what we eat: A common phrase that we may not pay much attention to, but new research has provided further evidence that what we choose to eat has a big impact on our quality of life and life expectancy.

Two large studies examining the diets of thousands of men and women over the course of several years have shown that a poor diet increases the risk of death, chronic disease and ill health. It also reveals that highly processed foods are the worst culprit. Highly processed foods include packaged baked goods, sugary breakfast cereals, fizzy drinks and ready meals with high fat, sugar or salt content. The biggest association was found between regular consumption of these types of food and bowel cancer, particularly in men. In one of the studies, they found it could increase the risk of this type of cancer in men by up to 30%. The second study found a strong link between eating ultra-processed food and heart disease, with a 32% increase in risk compared to those on a healthy diet.

Try these healthy food swaps:

- Switch crisps for a handful of plain nuts (e.g., almonds, brazils or walnuts)
- Swap chocolate covered cereal for porridge with honey
- Try some natural yoghurt with fresh fruit instead of a cake bar

The NHS website has more ideas on food swaps, plus a free Foodscanner app to help you find swaps when you shop: <https://www.nhs.uk/healthier-families/>





BACK OFFICE

MEET THE BACK IN ACTION UK TEAM

Back in Action UK are a team of experienced occupational physiotherapists and support staff who provide workplace health and physical health solutions to our clients all over the UK.

In this edition, we would like to introduce you to team member **Julianne Jameson**, Senior Occupational Health Physiotherapist at Back in Action UK



Picture: Julianne after completing 3 marathons in 3 days

Julianne Jameson

Senior Occupational Health Physiotherapist

Can you tell us about your role?

I run two in-person physiotherapy clinics a week (Bristol and Birmingham) as well as carrying out remote triage assessments. In addition, I develop presentations for our clients on various topics from Strength & Conditioning to Pain Management.

What do you enjoy about being a physio?

Before I trained as a physio I had a career in marketing. I suffered from a knee condition and was guided back to health by a physio and this inspired me to change careers. For me it's a privilege to help people understand and reach their potential, whatever their goals.

How do you keep fit and healthy?

I love getting sweaty outdoors! I recently finished 3 marathons in 3 days along the South West coast. It was challenging terrain with hills and boulders to negotiate and was definitely some of the hardest running I've ever done. This picture shows how pleased I am to finish!

What do you enjoy about running?

Running, particularly in ultra endurance events, has given me the self-confidence to tackle whatever comes my way. It makes you realise that you can cope with difficulties and has given me many transferable skills that have been useful as a physio.

What's the most unusual job you've had?

My husband is a tree surgeon and I used to help him at work regularly. When I'm not being a physio, I still help out as a 'groundie'. My favourite job is using the chipper machine - which is incredibly satisfying - unless it breaks down in the rain (which is not so much fun!)



BACK FOR GOOD

MAKING MOVEMENT FUN!

Exercising can sometimes feel like a chore. We can get stuck in a rut, repeating the same gym routine or exercise class, leading to de-motivation and boredom. One way to energise your programme is to draw on activities that we may have connected with as children. Why not try some of these 'childlike' pastimes to get moving - you may find them unexpectedly joyful!



Skipping

Skipping was a playground staple for many of us, but perhaps you never learnt to skip? Ropes are cheap and you can skip indoors or out. Start off slowly with a step skip pattern and gradually build your counts. Skipping is a great way to improve your cardiovascular fitness.



Dance Classes

There are a huge variety of adult dance classes to suit all levels and styles. Dancing has many physical benefits such as improving balance and flexibility. It has also been shown to have a positive effect on mental health and boosting low mood. To find local classes visit www.dancenearyou.co.uk



Climbing

Children love to clamber over a climbing frame. Adults can feel the joy of climbing too at indoor walls or outdoor mountaineering clubs. Climbing is an all body workout and a great way to build upper body strength, flexibility and agility. It has also been found to reduce stress and build mental strength and self-confidence. For more details on how to get started head to The British Mountaineering Council website www.thebmc.co.uk



Obstacle Courses

The obstacle course has kept kids entertained for generations. There's no reason why adults have to miss out on the fun! Indoor and outdoor obstacles courses offer a way to get fit, socialise and enjoy some friendly competition. Organisations such as Let's Do This (gigantic inflatable obstacles) and Mud Runner (running through mud pits, hills, lakes and swamps!) hold competitive obstacle races around the country.

If you would like further advice about exercising, get in touch with your **Back in Action UK** team on **020 7480 5976** or email at enquiries@backinactionuk.com to discuss how we could support you further.



BACK TO THE FUTURE

BACK IN ACTION UK NEWS

The Back In Action UK team has been very busy over the last few months working on new initiatives and developing existing services.



Welcoming New Clients

Back in Action UK have been delighted to welcome three new clients over the last few months. Aside from our company being well respected within the medical and corporate physiotherapy community, we have noticed a recent trend for companies to prioritise staff welfare.

An increasing number of companies, particularly since the Covid pandemic, are recognising that their staff are their biggest asset. To retain valued talent, they are investing more in occupational health services.

Our research shows that when companies invest in staff wellbeing, the financial health of the company also benefits. In fact, the expected return on investment is over 6:1 which is achieved by preventing absence due to injury and getting people back to work sooner if they are injured or unwell.



New Award for Quality

We are pleased to announce that we have completed the first stage of our Safe Effective Quality Occupational Health Service (SEQOHS) accreditation.

Back in Action UK have been working hard towards this respected award by performing regular audits and prioritising professional development. The SEQOHS standards were developed by the Faculty of Occupational Medicine (FOM), which is a charity committed to improving health at work. Its aim is to support excellence in the practice of Occupational Medicine by ensuring the highest possible standards of competence, quality and ethical integrity.

We look forward to working towards completing the next phase of this accreditation.



Her Majesty The Queen

We were deeply saddened to hear of the death of Her Majesty The Queen. The Chartered Society of Physiotherapy were honoured to have her as their patron since 1953, where she demonstrated her appreciation of the role physiotherapists play in supporting the health of the nation.

In 2020, The Queen also recognised the contribution that physiotherapy staff made in response to the Covid pandemic. We send our sincere condolences to the Royal Family and thank The Queen for her support and patronage of the Physiotherapy profession.



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