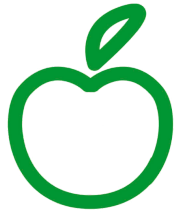




# THE HEALTHY EMPLOYEE



HEALTH AND WELLBEING CALENDAR

## 2020

### JANUARY

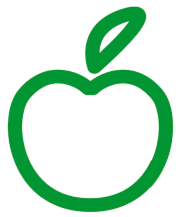
- 3 month Wellness challenge: Biggest Loser, Best Improver part 1
- **1-31** Dry January: Smoking & alcohol zone
- **13-20** National Obesity Awareness Week: Nutrition table, food tasting table and hydration station

### FEBRUARY

- **1-28** National Heart Month: Health Checks - Blood pressure, hip to waist ratio, blood glucose & cholesterol testing, body composition analysis including weight, fat and muscle
- **10** Time To Talk Day: Resilience training zone or stress management zone

### MARCH

- **11** No Smoking Day: Smoking & alcohol zone
- **13** World Sleep Day: Sleep zone
- **16-22** Nutrition & Hydration Week: Food tasting table and hydration station
- Men's Health Workshops (non-medical, wellbeing focussed)
- Women's Health Workshops



## APRIL

- 3 month Wellness challenge: Biggest Loser, Best Improver part 2
- **1-30** Stress Awareness Month: Stress management zone, resilience training zone
- **5** Work To Work Day: Physical activity zone
- **7** World Health Day
- **26** On Your Feet Britain: Physical activity zone
- **28** World Day for Safety and Health At Work: Sleep zone, nutrition zone, cancer awareness zone

## MAY

- **1-31** National Walking Month: Physical activity zone
- **18-24** Mental Health Awareness Week: Resilience training/stress management zone/mindfulness and meditation zone
- **13-19** National Vegetarian Week: Nutrition zone

## JUNE

- **10-14** British Nutritional Foundation Healthy Eating Week: Nutrition zone
- **10-16** Men's Health Week: Workshops

## JULY

- **6-12** Health Information Week

## AUGUST

- **8** Cycle To Work Day

## SEPTEMBER

- **9-15** Know Your Numbers! Week: Blood pressure and hip to waist ratio zone
- **26** National Fitness Day: Posture zone, boosting immunity workshop



## OCTOBER

- **1-31** National Cholesterol Month: Blood glucose & cholesterol testing zone
- **1-28** Stoptober: Smoking & alcohol zone
- **1** World Vegetarian Day: Nutrition zone
- **1-5** National Work Life Week: Resilience training
- **8-12** Back Care Awareness Week: Posture zone/massage zone
- **10** World Mental Health Day: Resilience training

## NOVEMBER

- **1-30** Movember: Men's health awareness month - Men's health workshops
- **4** National Stress Awareness Month: Stress management zone
- **11-17** Sugar awareness week: Nutrition zone
- **18-25** Smoking and alcohol zone

## DECEMBER

- **1-7** Anger Awareness Week - Resilience training

## SERVICES ALSO PROVIDED:

- Workshops: Ask us for our comprehensive list
- Weight Management Clinics
- Nutrition Mini Videos
- Online Nutrition Programme
- Health Assessments
- 1-2-1 Nutrition Programmes
- Becoming Fatigue Free Project
- Stop Smoking Hypnotherapy

**WELLBEING  
AT WORK**