

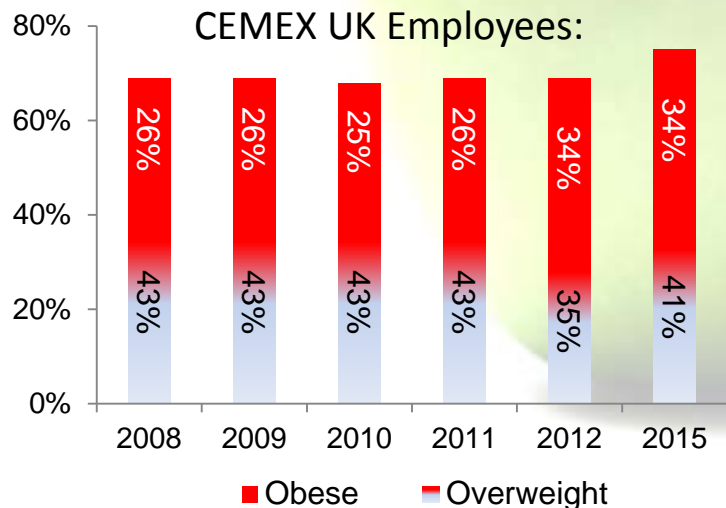
# UK HEALTH ALERT

HA01/2016 – 07.03.16



## PEDOMETER CHALLENGE 2016

Off we go around the world again!



Whilst the company doesn't receive health screening information relating to specific individuals, except where there is a safety critical concern, general health trends are made available. This helps identify where the business can improve the health and wellbeing support for everyone's benefit.

One concerning trend identified in last year's screening is the increase in people who are overweight. Of nearly 1,000 employees who were screened in the first 8 months of the year 75% were overweight, with 34% being obese; this is significantly above NHS figures, which indicate the 62% of the UK population are overweight, with 25% being obese.

Being overweight can lead to many health complications, such as type 2 diabetes, coronary heart disease, some types of cancer and stroke.

If you need the motivation to take a bit more exercise, perhaps lose a little weight and have fun you might want to take part in our third annual Pedometer Challenge:

- Agree who will be in your team
- Nominate a team captain and decide on a team name
- Download the guidance from the SHIFT community (Follow the Pedometer Challenge link from the UK Health & Safety Community)
- Walk an average of 10,000 steps per day
- Raise money for charity if you want.

**The Pedometer Challenge starts on the 2<sup>nd</sup> May...Teams need to register with Kathy Willcox (katherine.willcox@cemex.com) by 4<sup>th</sup> April 2016 (Please note we are not be able to accept new entries or changes after this date)**



HEALTHY HEART



EAT & DRINK WISELY



WATCH YOUR HEALTH

