



CARDI-O SAYS:

Regular exercise is good for our physical and mental health!



Good nutrition and hydration are vital for your heart!

Employee Testimonial: Mike Higgins, National Technical Manager, CEMEX UK

“A couple of years ago, I went to a conference led by our asphalt business. Part of this day included a section on health & wellbeing, with an employee (Trevor Golding) talking about his health journey. I could see that Trevor had lost a lot of weight and he looked much healthier. He explained that he didn't do anything dramatic or overwhelming; instead making small changes to his diet and doing more exercise.

“At the time, I knew I was overweight and I wasn't living very healthily – and a blood pressure check later in the day confirmed this! This showed me I had to change. However, listening to Trevor inspired me – seeing someone I could relate to made it seem much easier as I knew that if he could do it, I could too.



“Since then, I've made small changes to my diet; cutting down on unhealthy snacks such as crisps for instance. I also make sure I'm more active, going for regular walks. I haven't committed to any exhausting exercise regimes or fad diets, just made simple, healthier choices – exactly what the Cardi-O campaign encourages us to do.

“I've noticed a real difference. I've lost weight and my blood pressure level has improved. I also feel much better in myself. I hope sharing my story encourages other employees; it's easier than you think to make small, positive changes that have a big impact.”