

Health Matters Assistance Programme

Employee Support Bulletin July/August 2012



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

On your bike!



With cycling very much making the recent headlines and the fantastic achievement by Bradley Wiggins becoming the first British cyclist to win the Tour de France, as well as cycling being one of the main events of the Olympics, London 2012 - we are all being encouraged to get active and on our bikes !

Indeed cycling is the ideal activity to build into your daily life. Regular cycling reduces a number of cardiovascular risks, including high blood pressure. A major study of 10,000 civil servants suggested that people who cycled at least 20 miles over a week were half as likely to suffer heart disease as their non-cycling colleagues. This finding was independent of other factors such as smoking, obesity, high blood cholesterol and blood pressure.

Cycling also helps maintain a healthy weight. Steady cycling burns approximately 300 calories per hour, so a half-hour daily cycling trip will burn 11lbs of fat a year ! And, because it's a daily activity, the weight is likely to stay off. Cycling also reduces the risk of problems such as depression, stress and anxiety.

If you haven't cycled for some time, you may be surprised to find how many towns and cities now have dedicated cycle traffic lanes. There are also miles of cycle path networks where you can build up your confidence away from the roads.

However, if you haven't been active for some time, please consult with your doctor before you start cycling. You can also get related help and advice from your EAP service.

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk