

Health & Wellbeing

Welcome to our Health and Wellbeing Event for 2018

Arrive for IMDM's welcome briefing at 08:15. Morning wellbeing sessions will follow and are delivered by leading experts in their field

Morning Wellbeing Session

- **08:30** Start of health measures and nutritious breakfast
- **09:00 Resilience and stress management. Learn the latest techniques used by the elite military/sports professionals** with Nathan Douglas, Double Olympian for Team GB, and a certified Peak Performance Coach.
- **10:00 The importance of exercise with simple, effective time-busting routines without the use of expensive gyms** with UK martial arts champion and Personal Trainer, Henry Cleminson
- **11:00 Healthy eating to boost energy, promote fat loss and a healthier lifestyle** with West Bromwich Albion FC Performance Nutritionist and University Lecturer, Jennie Carter

Afternoon Wellbeing Session

- **12:00** Start of health measures and nutritious lunch
- **12:30 Healthy eating to boost energy, promote fat loss and a healthier lifestyle** with West Bromwich Albion FC Performance Nutritionist and University Lecturer, Jennie Carter
- **13:15 The importance of exercise with simple, effective time-busting routines without the use of expensive gyms** with UK martial arts champion and Personal Trainer, Henry Cleminson
- **14:15 Resilience, stress management. Learn the latest techniques used by the elite military/sports professionals** with Nathan Douglas, Double Olympian for Team GB, and a certified Peak Performance Coach.
- **15:00 – 15:30 time for any last minute health checks (see above)**

Health measurements. Available all day:

Body Composition Analysis with GB International sprinter and personal trainer Tim Abeyie - 20 seconds standing on a simple scale provides you with detailed breakdown of lean muscle, body fat, bone mass and many other measures - discover what your metabolic age is and how hydrated you are. Enabling you to more accurately and effectively plan your dietary and exercise requirements - saving time, money and avoiding disappointment from diet/exercise programmes that don't support your goals. *If you took part in previous health events you will be able to compare your results.*

Blood Pressure Check with Dr Steve Lowe – one of the most important health measures you can do. High blood pressure often presents no or few symptoms. One reason heart attacks are called the silent killer.

Grip Strength Test with three-time Olympic bronze medallist Kelly Sotherton – Grip strength measures more than just strength, it is also an indicator of being at risk of a heart attack, cardiovascular disease and a stroke.

Please feel free to talk to any of the presenters at any time - they are available to help you plan your health and wellbeing. Please also note that the information provided on the day is for educational purposes and is not a substitute for the medical advice you receive from your GP or other medical professionals. If you are in any doubt about your health you should always make an appointment to consult your GP.

