

# Health & Wellbeing

Welcome to our Health and Wellbeing Event for 2018

Arrive for IMDM's welcome briefing at 08:45. Morning wellbeing sessions will follow and are delivered by leading experts in their field

## Morning Wellbeing Session

- **09:00 Start of Health measures / Movement and mobility** with UK martial arts champion and Personal Trainer, Henry Cleminson **and nutritious breakfast**
- **09:30 Combating fatigue, with the latest research on sleep patterns and how to use them to boost recovery around shift work** - with Nathan Douglas, Double Olympian for Team GB, and a certified Peak Performance Coach.
- **10:00 Health measures / Movement and mobility** with Henry Cleminson
- **10:30 Interview presentation** with Mark Davies - 7Futures Director, Aston Moore – British Athletics Senior Coach and Adrian Shepherd – Workforce Health, Safety and Environmental Advisor for Birmingham Maintenance DU
- **11:00 Health measures / Movement and mobility** with Henry **and Protein snacks** with Performance nutritionist Jennie Carter

## Afternoon Wellbeing Session

- **12:00 Start of Health measures / Movement and mobility** with UK martial arts champion and Personal Trainer, Henry Cleminson **and nutritious lunch**
- **12:45 Combating fatigue, with the latest research on sleep patterns and how to use them to boost recovery around shift work** - with Nathan Douglas, Double Olympian for Team GB, and a certified Peak Performance Coach.
- **13:15 Health measures / Movement and mobility** with Henry Cleminson
- **13:45 Interview presentation** with Mark Davies - 7Futures Director, Aston Moore – British Athletics Senior Coach and Adrian Shepherd – Workforce Health, Safety and Environmental Advisor for Birmingham Maintenance DU
- **14:15 Health measures / Movement and mobility** with Henry **and Protein snacks** with Performance nutritionist Jennie Carter

## Health measurements. Available all day:

**Body Composition Analysis** with GB International Sprinter and Sports Scientist, Aidan Syers - 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 Charlotte Haynes - probably the most important simple test you can have. High Blood Pressure normally has no symptoms ... one reason why it is known as the 'Silent Killer'. If you KNOW about it, you can DO something about it!

**Grip Strength Test** with Sarah Warnock- this reflects your overall body strength, and may also indicate a future possible risk of heart attack and stroke. Do you need to increase your strength to improve your chance of a healthy old age?

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.