

YOUR HEALTH matters

#MovingCan

TURN A 10 MINUTE WALK INTO 30 MINUTES EXERCISE

100 reasons why you should be active

- Physical Activity**: #MovingCan be one of the most effective things we can do for our health. It is proven to positively affect more than 23 physical and mental health issues.
- Stroke**: Just 30 minutes of moderate activity five days a week can reduce your risk of stroke by over 25%.
- Hypertension**: 150 mins of moderate-intensity aerobic activity such as cycling or fast walking every week keeps your heart in good condition.
- Osteoporosis**: #MovingCan help you prevent the onset of osteoporosis and improve bone health.
- Diabetes**: Getting active and staying active can help you manage your diabetes and reduce your risk of developing Type 2 Diabetes.
- Heart/Stroke**: #MovingCan improve your cholesterol numbers. Combine aerobic exercise and strength training to reduce your heart disease risk.
- Back Pain**: #MovingCan prevent and reduce the symptoms of back pain. Strength building exercises and stretching can also aid recovery from injury.
- Depression**: #MovingCan increase blood flow to the brain and release endorphins, the body's very own natural antidepressant.
- Anxiety**: #MovingCan have a huge impact on our wellbeing. Physical Activity can increase our self-esteem, reducing stress and anxiety.
- Stress**: Reduce stress and improve your mood. Moderate exercise can improve your mental well-being.
- Pain Prevention**: #MovingCan help to improve and prevent the decline of muscle strength, balance and endurance, all the risk factors for falling.
- Arthritis**: #MovingCan prevent the early onset of osteoarthritis by 69% and alleviate the symptoms. Swimming and cycling are great options.
- Improved Sleep**: #MovingCan help you sleep! Reduce insomnia by taking part in regular moderate physical activity including swimming, cycling and walking.
- Increased Energy**: #MovingCan ensure you have more energy! Being active boosts our brains and makes our bodies more efficient.
- Reducing Social Isolation**: #MovingCan reduce isolation by alleviating the harmful effects of loneliness by lifting our mood.
- Increased Longevity**: Regular #MovingCan help you live longer by up to 4.6 years!
- Improves Immune System**: A healthy lifestyle and regular exercise is the single best step you can take to boost your immune system.
- Reduces severity of colds**: #MovingCan reduce the symptoms of Asthma. It can improve the way your lungs work, boost your immune system and make you feel good.
- Promotes healthy Pregnancy**: #MovingCan improve your fertility and promote healthy pregnancy. Walking, dancing and yoga have been proven to improve conception and look after your baby.
- Slows the ageing process**: #MovingCan can counteract the physiological, psychological and cognitive consequences of ageing.
- Reduces risk of certain cancers**: #MovingCan lower cancer risk in a range of different types of cancer and also help both during cancer treatment and during recovery.
- Increases range of motion**: #MovingCan increase your range of motion and flexibility, giving you the ability to achieve daily tasks such as sitting up from a chair or climbing the stairs more easily.
- Brain Function**: #MovingCan help your brain function such as memory, process and concentration functions. This can help with everyday functions and key to having a long, healthy life.
- Dementia**: #MovingCan significantly impact the wellbeing of people with Dementia and Alzheimers.
- Improves Sex Life**: #MovingCan stimulates the brain to produce more endorphins. This can aid your mental and physical health in a relationship, reducing your divorce rate.
- Remain independent in later life**: #MovingCan help us stay independent in later life by keeping us fit, strong and flexible.
- Increases self-esteem and confidence**: #MovingCan improve self-confidence and self-esteem. It boosts energy and releases 'feel good' endorphins.
- Prevents mental health issues**: #MovingCan help combat other poor lifestyle choices and habits.
- Improves Educational Performance**: #MovingCan increase educational attainment, improve concentration and improve attention at school.
- Can reduce absence**: #MovingCan increase costs for yourself and your employer. Being physically active not only increases productivity but also reduces your chances of taking absence.
- It's Fun!**: It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy like gardening, cycling, or even clearing.

Tell us what you think by emailing Karen Dadds, Chair of Parents and Public Engagement Group, West Berkshire Health and Wellbeing Board - kdd@hwb.org.uk

Sign up for Race for Life – men too

PEOPLE are being encouraged to sign up for Cancer Research UK's Race for Life – which will be open to men for the first time this year.

Cancer Research UK is inviting everyone in the area – women, men and children – to the colourful event at Newbury Racecourse on Sunday, June 30.

Run in partnership with Tesco, the day will offer an inspiring series of 5k, 10k, Pretty Muddy and Pretty Muddy Kids events, which raise millions of pounds every year to help beat cancer by funding crucial research to fight 200 types of the disease.

Money raised from the event will also be used to fund clinical trials which give patients in Newbury access to the latest cancer treatments.

More people are surviving the disease than ever before, with cancer survival in the UK having doubled since the early 1970s.

Cancer Research UK's Newbury event manager Fiona Miller said: "The Race for Life is a powerful, inspirational movement which unites participants in Newbury with people across the South East and the whole of the UK.

"Taking part in our Race for Life events enables like-minded people to get together and remember loved ones lost to cancer or celebrate the lives of those who have survived.

"You don't have to be sporty to take part. You don't need to train or compete against anyone else.

"All you need to do is go to the Race for Life website, pick an event, sign up and there will be fun raising money in whatever way you like."

Race for Life events have been women-only since they started more than 25 years ago.

Ms Miller said: "We now feel the time is right to open them up so that everyone – women, men and children – has the chance to participate together.

"This January, we're urging mums, dads, nans, grandpas, brothers, sisters, friends and workmates to show their support by joining the Race for Life.

"It's a perfect example of everyday people doing an extraordinary thing – uniting in a common cause to help beat cancer."

As an added incentive, there's 30 per cent off entry fees during January, with the code RFL30.

To enter Race for Life, visit raceforlife.org or call 0300 123 0770.

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OXFORD STREET KITCHEN & BAR

Valentine's Day at OSK in Chequers Hotel

Make your special day a beautiful memory.

Complimentary glass of Prosecco and a five-course meal for just £37.50

Book your table (18:00-21:30) on 01635 38000 or reservations@chequershotelnwbury.co.uk

Amuse Bouche
 Beetroot Tartar, Rosemaryish Foam, Basil

Starters
 Sweetcorn Velouté, Charred Sweetcorn, Miso Cordon, Homemade bread
 Tarragon Braised Lobster, Mango, Roast Pepper Sauce, Sea Vegetables, Kaffir
 Beetroot Cored, Marinated Salmon Teriyaki, Charred Sponge, Avocado Pate, Pickled Rabe Vegetables
 Spiced Pickle, Apricot, Pecan, Mango and Chili Gel, Charred Quinoa and Game Jus

Main
 Pan seared Venison Loin, wild potato, braised mushrooms, Charred onion and bottarga sauce
 Roasted Lamb of Spain, Artichoke Dauphinoise Potato, Tomahawk, Chorizo and Lobster Range Foam
 Crust Shellfish, Garlic soy, truffle honey goats cheese mousse, herbs and wild Venet
 Edible Beef-Cup, Herbaceous Foam, seared Kuku, braised skin, Grilled Mushroom and Pomegranate Jus

Pre Dessert
 Caramel Panna Cotta, Lime Gel, Lychee Fruit, Malibu Cream

Desserts
 Bitter Chocolate Delice, Warm Chocolate Ganache, Hood Orange Sorbet
 Cherry Souffle, Cherry Cavendish Sorbet, Tiramisu, Cherry and Amaretto Sorbet
 Stolen Haberdashery Crisp Purée, Strawberry Vanilla Crèmeux
 Compagnon Strawberry, Strawberry Parfait, Miso Whirligig, Red Oil, Vanilla Ice Cream

Selection of Small British Cheeses
 Add Hot Sauce for £5 or Hot Ice for £4

Coffee and Petit Fours
 A selection of homemade petit fours

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