

Healthy Weight in the workplace



Inspire * Engage * Embed

Eating well during working life will support workers to maintain a healthy weight and stay healthy so that businesses have a reliable, resilient workforce who are well enough to do their jobs. One in six working people have a long-term condition (such as diabetes, cardiovascular disease, chronic obstructive pulmonary disease, depression) or a disability, but eating well can help support all workers to maintain health.

Cornwall & Isles of Scilly Workplace Health Scheme would like to invite local businesses to sign up for Healthy Weight in the workplace advice & support.

These sessions can be tailored to meet the needs of your workers, we can offer 1 hour long group sessions of weighing & measuring with healthy eating advice or drop in sessions where workers can be weighed & measured and have any questions answered. All workers will be given a folder of helpful information, such as a recipe book, information on serving sizes, snack and lunch ideas and more!

Staff will be encouraged to sign up for Healthy Weight online support for 12 weeks, we will then return for a final weigh in to see the progress they have made!

There must be a minimum of 8 staff attending for us to be able to deliver the sessions. Places are limited to a max. of 15 staff – staff are required to commit to both sessions.

If you would like further information or you would like to arrange for Healthy Weight in the workplace session to be delivered at your workplace please contact Workplace Health on 01209 313419 or email workplace.health@nhs.net

Healthy weight in the workplace sessions provide:

- Opportunity for staff use body composition scales & monitor their weight on week 1 & week 12
- Increase knowledge and skills to manage weight
- Healthy eating & serving size advice
- Fat, Salt & sugar games
- How to sign up for Healthy Weight online support
- A folder of useful resources for each member of staff

