

♥ KEEPING HEALTHY



Being healthy and fit for my job is crucial. If I'm sick I just don't get the work or the pay.

1 WHY IS BEING HEALTHY FOR WORK SO IMPORTANT?

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2 WHAT DO YOU THINK ARE THE BIGGEST CAUSES FOR WORKERS BEING OFF WORK DUE TO SICKNESS?

Stress Being Hung over Flu Kids not well Lack of sleep the night before
Back pain Hospital appointment Pulling a 'sickie'

3 DO ENERGY DRINKS GIVE YOU ENERGY?



Lots of people use caffeine for a pick me up – just look at how many coffee shops there are on the high street. But Energy drinks with lots of caffeine and sugar can have side affects. According to the Website www.drinkaware.co.uk/ there are a number of dangers of drinking energy drinks especially combined with drinking alcohol including causing anxiety attacks and risk of developing type2 diabetes.



Source <http://www.strive2bfitblog.com/2013/04/>

4 HERE IS AN INTERESTING THING TO RESEARCH

Google keeping healthy at work

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Boost your health at work - Live Well - NHS Choices
www.nhs.uk/Livewell/workplacehealth/Pages/workplaceoverview.aspx
 Improve your health at work, with tips on dealing with stress, RSI, back pain, exercise and ... For tips on **keeping a healthy** back, read more in **Back pain at work**.

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**WHAT'S YOUR
CHALLENGE**



Could you live without a sugar drink for a week?

**Man drinks ten cans of
Coca-Cola every day for a month
and gains TWO STONE**

FIT George Prior decided to drink can after can of the world's most popular beverage in order to highlight the effect it has on our health

By SARAH BARNES

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George Prior decided to challenge himself to drink multiple cans of Coca-Cola every day for a month to show the effects of the amount of sugar it contains.

WATCH THIS FILM

<http://www.express.co.uk/life-style/diets/542271/Sugar-content-in-Coke-George-Prior>

- ? Could you do without a sugar drink for a week or even a month?
- ? Do you think you would you feel healthier and lose weight?
- ? Would you miss the sugar?
- ? Do you think you would get caffeine withdrawal?
- ? Could you do this with your mates as a sponsored event!