alivE
KEELE UNIVERSITY HEALTH & WELLBEING MAGAZINE
ISSUE 5 NOVEMBER 2013
KEEPING YOU UP TO DATE...
Exercise for less • Andy the Ironman • Beat the blues • Winter warmer recipes
**WELCOME**

**Ian Williamson**
Head of Department of Occupational Health and Safety

Welcome to the 5th Edition of Keele’s wellbeing magazine. I am delighted to say we have certainly come a long way since the first edition of Alive was launched in 2010. I hope you enjoy reading this issue.

Recent evidence suggests that adopting the following 5 themes into your daily life will improve your wellbeing so these will be promoted over the coming months!

**HERE ARE THE FIVE…**

1. **CONNECT**
   - With people around you. Building connections will support and enrich you every day.

2. **BE ACTIVE**
   - Go for a walk, cycle or run. Go outdoors and discover a physical activity that suits your mobility and fitness.

3. **TAKE NOTICE**
   - Be curious. Catch sight of the beautiful and remark on the unusual. Savour and appreciate the moment and reflect on your experiences.

4. **KEEP LEARNING**
   - Try something new or rediscover an old interest or hobby. How about learning to play an instrument or learn to cook your favourite food.

5. **GIVE**
   - Do something pleasant for a friend or stranger. Thank someone and smile. Volunteer your time into the community and CONNECT!

Up and coming will be a number of engaging wellbeing activities that you can take part in. Please get involved.

If you would like to contribute to further issues of Alive then please contact me. #Keelwellbeing on twitter

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**KEELE UNIVERSITY STAFF EXERCISE FOR LESS**
- Angela Dale, Head of Sport

We all know that sport and exercise can help to reduce stress and make us feel happy. Feel good endorphins are produced during exercise and we all need a few of those! It is also no secret that exercise can reduce the risk of heart disease, stroke, diabetes and many other major illnesses.

To give you the incentive to exercise the university has agreed, through the health and wellbeing group, to reduce the cost of exercise to all staff members. With effect from the 5th November as part of the wellbeing week launch we are pleased to announce that Keele staff can now access all activities at the University sports centre for the same price as Keele students.

This provides a significant cut in the cost of exercising and we hope that more people will choose to exercise.

Prices are available at www.keele.ac.uk/sport

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**CLASS TIMETABLE**

**SPORT : KEELE**

<table>
<thead>
<tr>
<th>DAY</th>
<th>LUNCH TIME (OFF PEAK)</th>
<th>EVENING (PEAK)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Indoor Cycling: 12:00-15:00</td>
<td>Yoga 12:30-13:30, Indoor Cycling 13:30-14:30</td>
</tr>
<tr>
<td></td>
<td>Core strength &amp; balance</td>
<td>Indoor Cycling &amp; Abs Exercise 14:30-15:00, Yoga 14:30-15:00</td>
</tr>
<tr>
<td>Tues</td>
<td>Quick Hit: 09:00-10:00, Yoga 10:00-11:00, Indoor Cycling: 11:00-12:00</td>
<td>Functional Fitness: 15:00-16:00, Indoor Cycling &amp; Abs Exercise 16:00-17:00</td>
</tr>
<tr>
<td></td>
<td>Core strength &amp; balance</td>
<td>Aerobics &amp; Abs: 17:00 - 18:00</td>
</tr>
<tr>
<td>Weds</td>
<td>Body Bar: 10:00-11:00, Fun energetic combination of Pilates, Dance and Yoga</td>
<td>Yoga: 17:00 - 18:00, Pilates: 18:00-19:00</td>
</tr>
<tr>
<td></td>
<td>Indoor Cycling 12:00-13:00</td>
<td>Total Body Blast: 19:00-20:00, Yoga: 20:00-21:00</td>
</tr>
<tr>
<td>Thurs</td>
<td>Abs Blast: 09:00-10:00, Abs &amp; Core exercises</td>
<td>Total Body Blast: 19:00-20:00, Yoga: 20:00-21:00</td>
</tr>
<tr>
<td></td>
<td>Core strength &amp; balance</td>
<td>Indoor Cycling &amp; Abs Exercise 20:00-21:00, Yoga 20:00-21:00</td>
</tr>
<tr>
<td>Fri</td>
<td>Indoor Cycling: 12:00-15:00, Indoor Cycling &amp; Abs Exercise: 15:00-16:00</td>
<td>Total Body Blast: 19:00-20:00, Yoga: 20:00-21:00</td>
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**CALLING ALL SWIMMERS!!**

In addition to this we have negotiated with Jubilee to allow all staff and students to access swimming during any public session for the greatly reduced price of £2 per person providing they show a valid Keele card on entry. This offer is exclusive to Keele staff and students and as such does not require the purchase of a Lyme card to access the discount. What are you waiting for?
WHAT COULD YOU DO WITH 6 HOURS AND 12 MINUTES?

Lay in the sun? Cut the grass? Go shopping?
Andy Davies, HR Manager, explains how he completed the Whitchurch half-ironman in August, stays active and gives a bit!

Earlier this year my daughter, Jess, was lucky enough to secure a place on a trip to Africa with the Girl Guides to help rebuild a community in Kidiidi, Mombasa. The only snag is that she needs to raise £2000. I have been putting my gas guzzlies and diesel burners to good use, and Jess was telling me her great news. I had just finished looking at the triathlon dates for 2013. Within a few minutes I had found the Whitchurch half-ironman which consists of a 2 km swim, 90 km bike ride and 20 km run and committed myself to raise some money for Jess’ trip to Africa.

For those who are unaware of the sport of triathlon, it combines three separate events (swim, bike and run) over various distances. The finish time also includes the time it takes to transition between the separate events. Completion of the long-distance races, like this one, also depends on careful planning of nutrition.

The big day was August 18 and meant an early start. After a quick breakfast of nutritious porridge and dried fruit the car was packed. Registration for the race started at 6:30 am. Once I had prepared all of my kit I placed it in the transition area. This included bike, helmet, glasses, bike shoes, socks, running shoes, gloves, food and drink.

The competitors lined up at 7:30am and paraded to the lake side for the pre-race briefing.

All 300 competitors entered the water at 7:50am in wetsuits for a quick warm-up. I ignored the advice to let the faster swimmers move to the front before the start of the race and made sure I was right on the front of the start line. As one of the slower swimmers I decided this would be the only chance I had to lead the race for a few metres!

The race started when an air horn sounded across the misty lake - the water erupted into a cacophony of noise, splashing and clashing of limbs. My plan to lead the race had failed and there were dozens of people swimming over the top of me - now I know why this phase of the race is referred to as ‘the washing machine’!

The swim was two laps of the lake and it took until the halfway point on the first lap for the field to spread out. At this point I managed to get into my normal swimming pattern. I then needed to get out of the water and run across the shore for 20 metres to the record my time before re-entering the water to start lap 2. By now I was moving well in the water, my first lap had taken 19 minutes and my second lap was only slightly slower at 20 minutes.

After completing the second lap I ran to the bike transition area. During this 100 metre run the trick is to take off your gas guzzlies and diesel burners, then undo your wetsuit and peel it down to your waist. This helps a quick change round at the bike rack.

Strict rules apply for the transition area - you are not allowed to remove your bike until your helmet is on your head and fastened. So in order, transition is dance your way out of the wetsuit, helmet on, glasses on, socks on, bike shoes on and a quick gulp of the isotonic drink that I had already opened. Then I needed to grab my bike and run to the exit of the transition area. (There is great potential to get confused and go the wrong way!)

The first few kilometres on the bike were spent getting my breathing right and drinking some much-needed fluids. These include energy tablets that help to replace electrolytes lost during sweating and help me through the bike phase.

Whilst I was settling into the bike, having a drink and an energy gel, I realised there was a neat line of 20 or so riders in front of me. Unlike other triathlons, this one permitted drafting (sitting in the slipstream of the bike in front). The result was a great first lap which averaged over 30 km/h and conserved a lot of energy. The initial group began to dwindle and on the second lap our group was down to 3. We all took turns at the front of the group until the lead man pulled away and the other guy dropped back. The last 20 km on the bike were tough as the wind started to pick up. On turning the final corner back to the transition area I changed down the gears with the aim of easing the effort on my legs.

On these events there are plenty of water/food stops available but as the bike is my best event I keep going to make up time that I will have lost on the swim. With two protein bars in my pockets, a bag full of energy gels attached to my bike and 1 L of energy drink I had enough to finish the bike ride without stopping. Other competitors had stopped to grab a drink and have a rest! Jumping off the bike is always interesting after 90 km of effort, averaging 30 km/h.

My legs held out and I quickly got into my running stride to get back to the bike rack. Again, there are strict rules about transition and bikes have to be re-racked before competitors are allowed to undo their helmets.

On this occasion transition was as follows: rack bike, helmet off, bike shoes off, running shoes on, gulp of isotonic drink.

So, now it was just a 20 km run before the enjoyment of stepping over the finish line. I ran out of the transition area trying to remember the course route and where the refreshment stands were located. Not only does this help me remain fuelled for the race but can also break up the run into 2.5 kilometre chunks. I had already noticed on the menu was water, energy drinks, bananas and flapjack.

Have you ever tried eating flapjack whilst running? I know from bitter experience that doesn’t work for me so I allow myself a 10 metre walk whilst I cram the flapjack into my mouth and wash it down with the energy drink. This was my fuelling plan for the rest of the race.

The first half of the run was on the closed roads outside the water park. We then re-entered the park and began a run around the fields. White tape showed the way and required competitors to run around two lakes, the perimeter of six fields, passing in front of the clubhouse and then do the same again to get to the end of lap one. On the second time around it became slightly disorienting and I really couldn’t tell how far I had left to go or where I was on the course.

I knew my shoulders were beginning to hurt (but not my legs) and I really couldn’t eat any more flapjack or energy gels. As I ran round the last corner of the lake I could hear the music playing and the announcer encouraging people in the last few hundred metres of the race.

Approaching the finishing funnel the support from strangers was fantastic. I looked round to realise I was on my own and could enjoy the last few metres to the tape. I crossed the line and grabbed the finishing tape, raising it above my head. I finished in a time of 6 hours and 12 minutes, although my placing doesn’t matter! (I did finish 270/700)

My finisher’s medal is now the property of my daughter, Jess and she has an additional £250 towards her trip with the Girl Guides. Anyone who missed the opportunity to sponsor me, please contact me at the HR reception.

KEY FIGURES:
Swim speed - 3 km/h
Bike speed - 30 km/h
Run speed - 9 km/h
(a lot slower than hoped for)
Calories burnt - Around 6000
Max bike speed - 56 km/h
Blisters - None!
FROM THE CHAPEL

By Rev James Stewart, Anglican Chaplain

As it says on our new Faith microsite www.keele.ac.uk/faith, “So often faith, spirituality and religion are seen as defining characteristics which keep people apart, but there is so much in each faith tradition that holds our common humanity sacred and holds our community together. Here at Keele, we’re working on conversation to undercut conflict, and we believe we’re called to understand not undermine one another.”

This is an extension of the conversations we’ve been having informally for years, which has now flowered into a Multi Faith Forum. Sure, it’s largely so that student groups can encounter one another and work for the common good, but we think it’s vital for staff too, and worries for what Alive magazine stands for: Health and Wellbeing at Work.

Part of that is simply about being valued and recognised for who you are, part of it is about having somewhere to express and experience one’s spiritual dimension.

To that end we have the Islamic Prayer Centre, the Jewish Prayer Room, and the ecumenical Chapel, which is a thriving, inclusive Christian community and Church set right at the heart of Keele University campus.

It also incorporates The Space - a non-religious place for quiet and meditation, in one of the “towers” off the East Chapel. And there’s always free tea and coffee available for a chill-out moment. Fix yourself a cup and then find a quiet corner...

The spiritual and pastoral aspects of Health and Wellbeing at Work are central to the work of the Chaplains. Facilitating events, groups and worship, but also available to meet with one-to-one. Ray is our Lay Catholic Chaplain, and having been here over 10 years, is taking on the role at co-ordinating Chaplain this year; he is a Lay Dominican. James Stewart is the Anglican Chaplain, who has been in post since January; his spirituality is fed largely from Celtic springs! And James Pritchard is the brand new FreeChurch Chaplain, coming to us from the Methodist tradition, and interested in variety and creativity in worship and engagement with the world. All their contact details are on keelechapel.org.

If you want to weave more silence, contemplation, and spirituality into your daily life - a coffee break retreat - then we hope to start a series of “Spiritual Exercises” which would take no more than 15 minutes.

www.keelechapel.org
www.facebook.com/groups/Keelechapel

GETTING THE BEST OUT OF YOUR VOICE

People who rely on their voice as a major instrument in their work need to know how to look after it. Without training, it is very common for people to suffer vocal strain and sore throats, which after many years can cause permanent damage if remedial techniques are not learned and applied. Getting the best out of your voice can help you be more effective in your role and enhance your ability to communicate in a variety of situations, as well as being an enormous confidence booster!

What is likely to happen in a voice coaching session?

Initially, the voice is assessed to see how it is currently produced and used, looking for habits that have formed that may prevent the voice being produced with ease and without restriction. Exercises are then aimed at releasing tension and promoting relaxation throughout the body, particularly the neck, throat, shoulders and upper body, although tension in many areas of the body will have impact on voice production. It is during relaxation that the first breathing exercises are carried out and this is also a great opportunity to discover the diaphragm and abdominal muscles and their role in controlling and supporting breathing and voice production. Work on posture and its effect is also on the agenda and time is also given to look at using the voice to maximise personal presence.

Looking out for problems:

Damage to the voice can occur when it is produced from a closed and restricted throat. This is particularly the case when used for long periods and when the voice is raised regularly and for considerable lengths of time. Therefore, work on safely projecting the voice is crucial. It is imperative that “heavy” voice users, for example teachers, lecturers and call centre workers, learn ways that they can protect their own voice and recognise the following signs of trouble:

• A change in the way your voice sounds
• Hoarseness
• Loss of voice either total or intermittent
• Pain or soreness in the throat
• A persistent cough
• Any other concerning symptoms

Whilst symptoms are usually nothing serious and have a simple cause, it is always better to be safe than sorry, so if the above symptoms last for longer than two or three weeks a trip to the GP is wise. Visit www.teachingspeaking.co.uk to obtain free information on looking after your voice.

About Teaching Speaking:

Teaching Speaking works with individuals and groups raising awareness of how to protect the voice through practical workshop sessions. Clients include local authorities, universities private business owners and individuals from all walks of life. Other course topics include public speaking, interview technique, presentation training, confidence and accent softening.

Mary Deane from Teaching Speaking will be running an Effective Voice workshop at Keele on the 7th November 2013, from 10-1. The session will help you to look after your voice, learn how to project the voice effectively without strain, improve the tone and quality of the voice, and work on confidence and energy.

For further details please contact Jen Smith from the Learning and Professional Development Centre on j.h.smith@keele.ac.uk
CONNECT, BE ACTIVE AND BE GREEN!

As part of the Universities ‘Green Impact’ scheme, staff teams are invited to take part in one of three 40min lunchtime tours operating across the campus to boost both wellbeing, and understanding of Keele.

The Green Impact scheme, led by the National Union of Students, has been running for 5 years and used by over 50 Higher Education and Further Education institutions to put a structure in place for individuals to create small changes that together have a big impact.

“There have been significant developments around environmental management and the sustainability agenda here at Keele in the last few years, and taking part in the Green Impact Scheme is a great next step. It will provide a structure for those who are keen on making the institution greener, to make real changes in easy and hopefully fun steps” - Huw Evans Environmental Manager

Individuals create teams within buildings and directorates, and use a simple online workbook to gain Bronze or Silver accreditation. Points are also awarded for team participation in the Green Impact Action Plan, with a maximum of 100 points per team. To achieve Gold accreditation, teams must achieve a minimum of 35 points. The criteria cover a wide range of sustainability from energy to wellbeing. The Green Impact team are working with a range of individuals across the institution to provide lunchtime tours of the campus and grounds as part of the wellbeing element.

“This is a fantastic and exciting way to link the wellbeing strategy to the green agenda. This really is an enjoyable excuse to get out of the office, connect and be active” - Ian Williamson, Head of Occupational Health and Safety

The four tours on offer:

Arboretum Walks: Dave Emley, an eminent ecologist and botanist, has agreed to spend lunchtimes taking staff on tours around the gardens. Although you can’t get around the whole site in just one lunchtime, his tour aims to give you a glimpse of the nature of the site. Depending on weather and season these tours can range from tree identification in the centre of campus, to a longer walk around the lakes (high heels not recommended).

“Coming on a lunch time walk is a great way to refresh your mind ready for the afternoon. We are incredibly lucky to have a nature reserve on campus, and it would be great for more people to enjoy it.” - Dave Emley

WHAT IS KEELE - WHY IS KEELE? KEELE HERITAGE, FOLKLORE AND MYTHS

Walled Gardens:
The historic Keele Estate walled garden, using funding from the National Union of Students is being turned back into a site for food production. The site now hosts 9 allotment beds, with over 15 staff and community members taking charge. There is a further two allotment beds which a student group, ‘Student Eats’ are running, with the eventual aim to grow and produce their own vegetables on campus, and sell excess to staff and students to raise money for next year’s seeds.

This tour will show you the site, explain the history, and give you the opportunity to muck in and help (if you want). You will even get a coffee and a biscuit to say thanks!

Sustainability Hub:
The derelict home farm building was renovated and opened as the University’s Sustainability Hub in 2012. The HUB is a focal point for sustainability activities on campus, exhibiting renewable energy production technology, running community outreach events, and running a conference venue. Sharon George, the HUB manager has invited staff teams to have a guided tour, and a brief talk.

All tours can be adapted for reduced mobility, and wheelchairs.

If you are not already involved in the Green Impact scheme, it’s not too late. Please contact estates.environment@keele.ac.uk to find out if there is already a team in your department, or if you want to start one. www.keele.ac.uk/greenkeele/sustainabilityinaction/greenimpact
HOW TO KEEP THOSE WINTER BLUES AT BAY

Many people find themselves feeling a bit low during the winter months; this could be due to the inability to participate in some of your favourite activities which often leaves you feeling bored or fed up. Or some may suffer from Seasonal Affective Disorder (SAD), which is thought to be caused by the lack of sunlight in the late autumn and winter.

Here are six simple and fun tips from the University’s Occupational Health Department to help you keep those winter blues at bay this year and hopefully leaving you feeling happier.

1. Keep Active

Research has found that by remaining active during the winter months can reduce the chances of feeling low or depressed. Even going for a walk, especially during the daylight hours has shown to help. Why not try and go for a brisk walk during your lunch break, catch some fresh air and get some vitamin D on your skin.

2. Get Out There

Try and get out the house! Do any form of activity such as going to the pictures, going to the gym, going out with friends or going for that walk. Often during the winter you can spend a lot of time in the house, which can lead to feeling like you have got a bit of ‘cabin fever’, which will have a negative effect on how you feel.

3. Eat Well

You have probably heard this before, but eating a balanced and healthy diet will also help you feel better this winter. Getting the right vitamins and minerals in your diet will help your body perform more efficiently. Food such as turkey, chicken, fish, nuts, and eating fresh fruit such as bananas and pineapples have all shown to help build your happy hormone serotonin.

4. Tea for the Soul

Research has found that by drinking chamomile tea eases anxiety symptoms and helps ease those winter blues.

5. Socialise

Often people feel the need to hibernate during the winter months and are less likely to go out and see friends. However one of the best things to do is to socialise as it has been found that socialising is good for your mental health and helps prevent those evil winter blues.

6. Something New

Starting a new hobby or challenge will also help keep you happier this winter. By keeping the mind active prevents you from feeling bored and gives you something to focus on.

WINTER WARMER RECIPES

Here are some links to simple recipe ideas that hope to get your taste buds tingling and also contains some of those serotonin boosting fruits and vegetables to help keep you happier this winter.

Creamy Tomato Soup: www.bbcgoodfood.com/recipes/2495646/creamy-tomato-soup
Spiced Carrot and Lentil Soup: www.bbcgoodfood.com/recipes/2089/spiced-carrot-and-lentil-soup
Chicken Noodle Soup: www.bbcgoodfood.com/recipes/1863/chicken-noodle-soup
Turkey and Smoked Salmon Hash: www.bbc.co.uk/food/recipes/turkeyandsmokedsalmon_93076
Turkey Meatballs: www.bbc.co.uk/food/recipes/carolinesmorky/medietairp_82702
Roasted chicken with winter root vegetables: www.bbcgoodfood.com/recipes/3377/chicken-roasted-with-winter-root-vegetables
For more info on beating winter blues check out this website: www.nhs.uk/Conditions/stress-anxiety-depression/Pages/dealing-with-winter-blues-SAD.aspx

AND FROM OUR OWN EXECUTIVE CHEF: KEELE KITCHEN KOOKS

From Peter Walters Executive Chef

“Personally I stay away from natural foods. At my age I need all the preservatives I can get.” - George Burns

It’s autumn and the nights are getting longer and there is a distinct chill in the air. No worries you can be warm in no time with this healthy eating seasonal nutritious recipe. Check out the sauce, settle back with some comfort food because it’s healthy too! The pheasant is available in most supermarkets now already to cook and is a really low fat option.

Pheasant in Apple & Coriander Sauce

For 4 persons
2 Pheasants (but you could just get 4 breasts)
500ml Apple Juice
200ml Water
Bunch Coriander
1 Red Chill
1 Chicken Stock Cube
Salt & Pepper
1 Carrot, peeled chopped
½ Stick Celery, chopped
1 Onion, peeled and chopped
2 tsp Coriander
Cut the breasts and legs off the carcass. Chop up the carcass and place in a saucepan with carrot, onion and celery. Add a dash of oil and fry until golden then add the apple juice, stock cube and 200 ml of water. Boil up then reduce to simmer over a gentle heat for an hour. If the stock reduces too much add a little more water, strain and thicken with a tablespoon of cornflour mixed with water or a glug of red wine. Keep to one side.

Pan-fry the legs in oil for ten minutes before adding the breasts to the pan. Remember when cooking to place skin side down first before turning to finish. Cook gently and not at full heat.

Drain the oil and add the sauce to simmer with chopped coriander and finely chopped chilli. Taste season with salt and pepper if necessary and serve with steamed carrots flavoured with cumin, wilted greens and mashed potatoes with leeks.

More recipes and videos at: www.cookingpole.com

Send in your healthy recipes to: williamson@keele.ac.uk. You never know we may include them in a later publication or on Keele’s health and wellbeing webpages.
STAY HYDRATED, STAY SHARP

By Chris Ellis, Deputy School Manager, Nursing and Midwifery

Do you ever find yourself either at work or home requiring that little extra boost at times to get you through the day? If so then help is at hand from one of the world’s most precious resources, water!

Did you know that each Briton uses about 150 litres of tap water a day, but if you include the amount of water embedded within products, our water consumption increases to about 3400 litres a day – all very interesting but how much water are you actually drinking throughout the day?

The ideal amount that you should drink each day depends on your activity levels but the general rule to remember is 8 by 8. This means that you should aim to drink 8 glasses in total 8 times a day.

What about the benefits?

Here are just some of benefits of following the 8 by 8 rule and maintaining hydration throughout the day:

Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted.

Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks. It can also help prevent headaches and back pain which is commonly caused by dehydration. Drinking water makes your blood thinner, leading to a faster blood flow and nourishment for your body cells. Lowering your blood pressure will give you a healthier heart and gives you much more energy. With your body feeling cleansed and in excellent working condition you will feel and look great, giving you a natural confidence boost.

In addition drinking plenty of water can also promote weight loss through removing by-products of fat and raising your metabolism. Water also helps to flush out toxins by getting rid of waste through sweat and urination which reduces the risk of kidney stones and UTI’s (urinary tract infections).

So remember next time you go reaching for your next caffeine fix how about doing what I do and make a substitution for water instead!

Sources
Allaboutwater.org
Mindbodygreen.com
Waterwise.co.uk