



**IRISH HEART
FOUNDATION**
Fighting Heart Disease & Stroke

Happy Heart at Work News

NEWSLETTER

FEBRUARY 2011

**Dates for
your Diary
2011**



**Cupid's Dash fun run
13th February**

**National No
Smoking Day
9th March**

**Workplace Physical
Activity Training Day
24th March**

**World Health Day
7th April**

**Mulcahy Lecture
on Food Marketing
7th April**

**Happy Heart
Weekend
12-14th May**

**World No Tobacco
Day
31st May**

**Celtic Cycle
Challenge
13th-20th August**

**Heart Month
September**

**Climb Kilimanjaro
13th-22nd October**

Give your workplace a healthy boost!

Tips to get staff active for at least 30 minutes a day 5 days a week

- Put up posters to encourage people to use the stairs (e.g. it's a free exercise machine!)
- Organise a walking/step challenge
- Have regular theme days e.g. Walking Wednesdays
- Organise heart health checks
- Trigger talks on healthy eating, benefits of activity, stress management
- Health leaflet and poster corner
- Employee well-being suggestion box in the staff restaurant/common area
- Set a goal... encourage employees to sign up for the Women's mini marathon on the 6th June in aid of the Irish Heart Foundation



A group of walkers in Waterford making their way around the park as they follow the 3.7km Slí na Sláinte Route for the Operation Transformation National Walk on Saturday 15th January 2011.

Make February Fruit Month in your workplace!

Why not encourage your staff restaurant to promote fruit and veg?

- Raffle a small fruit and vegetable hamper
- Offer exotic fruit salad
- Try new ways of serving vegetables such as broccoli with tomato and orange sauce
- Add fruity desserts to the menu like strawberry yogurt mousse with raspberry coulis
- Have a juice and smoothie day with heart-healthy choices

Healthy Eating Awards 2010

The Happy Heart Healthy Eating Award promotes healthier cooking practices and provides healthier food choices for staff.

70 companies achieved the award in 2010. Many thanks to award recipients Sodexo Catering in Pfizer GFSS Ringsend who hosted the awards ceremony in their restaurant in Dublin.

For more information phone **Janis Morrissey** on (01) 6346959 or email jmorrissey@irishheart.ie



Asta Vasiljevaite, Kelley-Ann Gallinagh and Marta Greiciene, Sodexo Catering, Commscope EMEA, Bray, recipients of the Healthy Eating Award pictured with (second from left) Catherine Fulvio, celebrity TV chef and food writer and (right) Michael O'Shea, Chief Executive of the Irish Heart Foundation

**For more information
on our campaigns see:
www.irishheart.ie and
www.stroke.ie.**

Healthy messages for your employees

Fortify with fruit... Vitalise with veg

Fruit and vegetables are almost fat-free, packed with vitamins, minerals and fibre and so are great for heart health. Here are some tips for including more fruit and veg every day.

Go for five a day!

- Slice a banana on your toast or cereal in the morning
- Grab a mid-morning fruit snack
- Add salad to your lunchtime sandwich
- Stock up on veg with your main meal
- Choose a variety of different colours of vegetables and fruit each week
- A wide range of colours means you're getting the full amount of nutrients that fruit and veg offer

Keep them handy

- Have washed fresh fruit or vegetables in the fridge in bite-sized pieces. They make great snacks. Try carrots, tomatoes, apples, grapes, melon or anything that takes your fancy!

Seasonal favourites

- Buy fruit and veg in season – they are better value and have a better flavour



Get your employees' Health in Check.

This 30-minute health check is carried out by Irish Heart Foundation nurses at your workplace. This overall individual assessment includes; blood pressure and cholesterol check, waist measurement and BMI, information and recommendations on healthy eating, alcohol consumption, physical activity, stress and a carbon monoxide check for smokers with advice on quitting. Each employee is also given a personal record card with all their results and advice.

Results have shown that health checks encourage employees to get more active, make dietary changes and take control of their health.

For more information on the heart health check please call **Marese Damery** on (01) 6346957 or email mdamery@irishheart.ie



Fit for Life - Support active living in your workplace

Specialist fitness and health professionals are now available to deliver practical and interactive sessions on physical activity and heart health in your workplace. These activity sessions will be tailored to your workplace. They can also include information on healthy eating, weight management, stress handling and back care.

Sessions run for 1-1 ½ hours and can be run once off as part of your well-being day or could be run for up to six weeks.

For further information please contact **Sharon** on (01) 6346956 or email sdaly@irishheart.ie



Organise a walking challenge in your organisation

Employees who are regularly active report increased productivity, reduced injuries, reduced stress and take less sick days! To promote active living in your workplace you could organise a walking challenge and virtually climb a mountain a week for 6 weeks.

For example, in week one aim to reach the top of Kilimanjaro. To organise the challenge put staff into teams, each person records their own steps on their record card. These steps are then put together to give the team score. To get to the top of Kilimanjaro by the end of the first week teams need to have a combined score that adds up to 80,000 steps for each person in the team. So if there are four people in the team the total team steps must add up to 320,000.

Our active@work programme will help you to **get started** and **plan your challenge**.

The support we provide includes the active@work coordinator guide, promotional posters, walking challenge cards, certificates for all participants and a variety of heart health information leaflets. We also provide telephone support and follow up advice to the coordinator of the programme.



For further information visit our website www.irishheart.ie or contact Sharon Daly on (01) 6346956 email sdaly@irishheart.ie

Active@Work participants 2010

In 2010, 6,000 employees across 299 worksites took part in active@work programmes.

2,500 employees from workplaces across Ireland also took part in the One Small Step Challenge run by the National Transportation Office in partnership with the Irish Heart Foundation.

Order your pedometers from the Irish Heart Foundation

Reliable pedometers for your step challenge can be purchased for €10 each for orders less than 50 and €9 each for orders over 50.



Workplace Physical Activity Training Day for workplace leaders

Learn how to organise an activity programme in your workplace and hear about the experiences of other workplaces. The day will include:

- The benefits of having active employees
- Barriers and motivators to physical activity
- Case studies from other workplaces
- Practical sessions
- How to set up and run your physical activity programme
- Information on Slí @ Work walking routes, walking leader training and the active@work programme

Date: Thursday 24th March 2011

Location: Carmelite Community Centre, Aungier Street, Dublin 2

To register: Contact **Sharon Daly**, email sdaly@irishheart.ie or phone (01) 6346956 before 28th February

This training day is free of charge!

Overcome the 3 o'clock slump

Get your staff moving – at 3 o'clock turn on the Desk Work Out DVD and follow the simple desk based exercises with your team. Not only will this wake your staff up for a productive afternoon, a short break from their work and a laugh with colleagues will also help to reduce stress levels. The cost of the DVD is €15, one copy is sufficient per organisation as you can upload this on your intranet for individuals to download to their PC.



If your employees or their families are worried about heart disease or stroke, they can talk to an Irish Heart Foundation nurse in confidence on our **Heart & Stroke Helpline** Locall 1890 432 787, Monday to Friday, 10am to 5pm.

Walking Leader Training 2011

Encourage your employees to promote walking in your workplace by taking part in an **Irish Heart Foundation** Walking Leader Training Weekend supported by the **Irish Sports Council**.



It is aimed at people interested in promoting walking. The course covers all aspects of motivating people to take up walking, as well as planning and leading a safe, enjoyable, health-enhancing walking session for small groups.

Residential Course (Over Night Stay)

Location	Date	Cost
Cork (Macroom)	4 th -6 th March	€100
Westmeath (Athlone)	13 th -15 th March	€100

Non Residential Course (Day Course)

Location	Date	Cost
Limerick (UL Campus)	1 st -3 rd April	€50
Kildare (NUI Campus)	27 th -29 th May	€50
Waterford (Waterford City)	16 th - 18 th Sept	€50

Please checkout www.irisheart.ie/sli for further information or contact **Edel** on (01) 6685001 or email eburne@irisheart.ie

'Was fantastic training, I learnt so much and received plenty of ideas on how to start my walking programme. I took a lot professionally and personally from the course.'

Emma, Tullamore, Co. Offaly.

The Irish Heart Foundation Mulcahy Lecture

Protecting Children from Unhealthy Food Marketing...What Parents Need to Know

Guest Speakers: Sue Davies, Chief Policy Adviser, WHICH? UK and Dr Edna Roche, Consultant Paediatrician

Date: Thursday 7th April 2011 at 7.30pm

Venue: The National College of Ireland, IFSC, Dublin 1

This lecture is open to the public, all are welcome to attend, please contact **Sharon** to register on (01) 634 6953 or email sdaly@irisheart.ie

Visit www.irisheart.ie for further information

Climb Kilimanjaro 2011

The Irish Heart Foundation team will be climbing Kilimanjaro from 13th-22nd October 2011. Kilimanjaro is Africa's highest mountain- a magnet for trekkers and climbers the world over. This challenging trek takes us along the beautiful Machame route that approaches Kilimanjaro from the south, through dense tropical rainforest all the way up to the mighty snow capped summit at 5896m for simply breathtaking views. For more information and your application pack please contact **Gráinne** on (01) 6685001 or email gkennedy@irisheart.ie



98FM Morning Crew presenter Claire Solan and model Suzanne McCabe (left to right)

Celtic Cycle Challenge

If you are a keen cyclist and interested in a unique challenge, then this is the activity for you! The Irish Heart Foundation and Barnardos have teamed up to bring you the best charity cycle ever - The Celtic Cycle Challenge. This is the ultimate challenge for 2011!

- Six days cycling, covering 600 miles with daily averages between 80-100 miles.
- The cycle starts in Dublin then travels through Wales, England, Scotland, Northern Ireland before finishing in Dublin.
- The fundraising target is €2,500 with a deposit of €150 to secure your place.

For more information and to register please visit www.celticcyclechallenge.ie

Would you like to receive our newsletter by email?

If you are not already receiving our newsletter by email and wish to do so, please email Susan Buckley sbuckley@irisheart.ie We know it's not always possible to receive communications by email, but if you do so, you will be helping our charity save money on postage and printing as well as helping the environment. If you do not wish to receive further communications from us, email unsubscribe@irisheart.ie or call **01-6685001**.

For more information on our health promotion programmes visit www.irisheart.ie. Join us on FaceBook and post any stories or events related to heart health to www.facebook.com/irisheartfoundation

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