

Customer version
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Guide to Physical Health

The importance of physical health

Feeling good involves taking care of our physical health and our emotional needs. For some of us that means getting more exercise, losing weight or eating a healthier diet. For others, it may mean learning how to make time for the people we care about or learning how to manage stress so we have the energy to meet challenges.

How exercise helps our physical and mental health



- Helps build and maintain healthy bones, muscles and joints
- Helps manage weight
- Helps control blood pressure
- Lowers risk factors for cardiovascular disease, colon cancer and type 2 diabetes
- Builds endurance and strength



- Helps manage stress and negative emotions
- Reduces the risk of depression, anxiety and dementia
- Promotes self esteem and psychological wellbeing

What resources are available?



Use the following links to explore further resources on your physical health

- [52 tips for improving your lifestyle](#)
- [Healthy eating](#)
- [Why being active matters](#)
- [Fitness Ideas](#)
- [Relax the body, Calm the mind](#)
- [Mental Health at Work gateway](#)

Musculoskeletal support

Lower back pain, neck pain and sciatica are very common physical health problems that can impact on employees in the workplace.



The following resources can help both employees and line managers understand causes, impacts and treatments

- [Guide to Good Posture at work](#)
- [Managing Back Pain with Exercise](#)
- [Desk Workers Workout](#)

Changing your work environment

Identifying problems and making workplace adjustments can help keep employees healthy and happy making sure everyone can bring the best of themselves to work.

This short guide provides information regarding workplace adjustments.



[Making work place adjustments](#)

Assess your health

Health assessments can be an important step. One way to evaluate your health is to visit your doctor.

Your doctor can provide important screening tests which can help to uncover diseases early when they are easier to treat. They can check for high cholesterol, high blood pressure and diabetes.



[Check your heart age](#)

Useful Resources and Contacts

To access physical health support, you can use the following resources:



Visit Online:

[Mind](#)

[Nuffield Health Topics](#)