

Live Well, Work Well

February 2021

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Exercising Safely Outdoors During the Coronavirus Lockdown

Although England is in the midst of another lockdown due to rising rates of COVID-19, one exception that allows people to leave their homes is to get exercise. While many people have become more accustomed to working out indoors, there are some who still prefer to do so outside—even during the winter.

It is important to understand the current restrictions and allowances when it comes to exercising outdoors. In January, two women were issued fines by Derbyshire police for travelling 5 miles from their homes to take a walk. Officers issued the fines due to the distance that the women travelled in order to take their walk. Additionally, Prime Minister Boris Johnson himself came under criticism for riding his bicycle 7 miles from his residence.

Although police have said that Johnson's ride did not violate any laws, and the Derbyshire fines were eventually rescinded, these cases emphasise the importance of understanding what is allowable and safe when it comes to outdoor exercise during lockdown.

Current restrictions pertaining to outdoor exercise include:

- People are permitted to leave their homes to exercise outside once each day.

- People are allowed to meet with one other person from another household or support bubble for exercise in a public area, but 2 metres of social distance must be maintained.
- People should utilise parks, beaches, the countryside and other public spaces in their local area for exercise.
- Team sports that require gathering with more than one person outside of your household or support bubble are not permitted.

In addition to these rules, it is also important to keep yourself safe while exercising outdoors in the winter—especially when you are alone. Consider these precautions:

- Check the forecast and select attire that will protect you from cold stress, frostbite and hypothermia.
- Think about taking a break from work and exercising during the day to avoid being outside alone after dark.
- Tell a friend, family member or colleague about your exercise plans to ensure someone will know where you are if something goes wrong.

For more information, contact us today.

Steps for Taking Care of Your Heart

Each February, the UK celebrates National Heart Month. This annual campaign focuses on raising awareness regarding the prevention and treatment of various heart-related conditions. Heart disease may be used interchangeably with cardiovascular disease. Both terms refer to the many different disorders that can afflict the heart and blood vessels.

According to the British Heart Foundation, approximately 7 million people in the UK are currently living with heart disease. But while these issues may be common, there are many ways to minimise the chance of developing heart disease. In commemoration of National Heart Month, consider these lifestyle choices:

- Consume a healthy and balanced diet with minimal levels of saturated fat, salt and sugar.
- Exercise for at least 150 minutes every week.
- Limit alcohol consumption to 14 [units of alcohol](#) each week.
- Quit smoking.

Be sure to consult your GP if you have any questions about these steps, or heart disease in general.

Join the Fight on World Cancer Day

World Cancer Day—which takes place on 4th February each year—is a global initiative organised by the Union for International Cancer Control (UICC). The UICC uses this campaign to unite organisations from around the world in the fight against cancer.

According to the NHS, approximately 50 per cent of all people in the UK will develop some form of cancer during their lives. There are over 200 different types of cancer. The most common forms in the UK are breast cancer, lung cancer, prostate cancer and bowel cancer.

While there is plenty of variance in the symptoms and effects of different types of cancer, there are some general symptoms that people should be aware of, including:

- A lump appearing somewhere on the body
- Unexplained bleeding
- Changes in bowel habits

There are also general lifestyle habits that may help reduce the chance of developing any type of cancer, such as:

- Eating healthy
- Exercising regularly
- Avoiding smoking

Click [here](#) for more information on World Cancer Day.

Pasta Carbonara



Serves: 4
Prep time: 10 minutes
Cooking time: 15 minutes

Ingredients

300g dried spaghetti
4 slices lean back-bacon rashers, cut into pieces
5 spring onions, trimmed and finely chopped
150g lower-fat soft cheese with garlic and herbs
1 egg
150ml semi-skimmed milk
40g reduced-fat hard cheese, finely grated
1 tsp vegetable oil
2 tbsp fresh parsley, chopped
1 pinch ground black pepper

Method

- 1) Bring a large saucepan of water to a boil. Add the pasta and cook for eight to 12 minutes, according to packet instructions.
- 2) Meanwhile, heat the oil in a large, non-stick frying pan. Add the bacon and spring onions and cook for approximately five minutes, stirring often.
- 3) Beat together the soft cheese and egg in a mixing bowl, then stir in the cooked bacon and spring onions. Add the milk, half of the hard cheese, the parsley and the black pepper.
- 4) Drain the pasta and return it to the saucepan. Add the egg mixture and heat gently for two to three minutes, stirring constantly until the mixture thickens. Sprinkle with the remaining hard cheese.

Nutritional Information (Per Serving)

Kcal	409
Total fat	9g
Protein	26.5g
Carbohydrates	61g
Sodium	688mg
Dietary fibre	2.6g

Source: NHS