



May 2018 NURSES NEWSLETTER

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It's time to get walking for National Walking Month!

You may not realise it, but May is National Walking Month and now the evenings are lighter for longer, this makes it the perfect time to get outside, and get walking. Walking has a whole host of different health benefits that you can use to motivate you to introduce walking into your daily lives.

Walking is good for your heart

Your heart is responsible for pumping the oxygen and blood around your body and keeping all the other organs working. Walking not only strengthens your heart but reduces the risk of heart disease and strokes. In fact a brisk walk for 30 minutes every day is said to reduce your risk of a stroke by 27%. If this wasn't enough, it also reduces bad levels of cholesterol and increases the levels of good cholesterol too!

Walking helps you to lose weight

If you are new to exercise, or maybe trying to lose weight gradually in order to keep it off, then walking is a great form of exercise for you. If you walk at around 2mph for 30 minutes then you will burn around 75 calories, and if you increase this to 4mph this will rise to around 150 calories. 20 minutes of walking a day will burn an incredible 7lbs of body fat a year.

Walking gives you energy

There are times when you feel more lethargic than others, and if you find yourself in this zone then a walk could do you good. It boosts your circulation and increases the oxygen supply is around your body, which in turn will keep you feeling alert and awake.

It's a full body workout

Many muscles in your body are activated during walking including; calves, glutes, hamstrings, quads and abdominals, so give it a try and give your legs, bums and tum a workout.

Increase your Vitamin D intake

Here in the UK there are lots of people who are deficient in Vitamin D, the best way to increase your levels of Vitamin D is to get outside in the sunshine. Vitamin D is good for your bone health, as well as your immune system and also improves your mood and "feel good" factor which is why it is important to try and increase the levels in your body.

Walking makes you happy

In the same way walking can help you feel energised, it is also great for making you feel happy. A brisk walk can be just as beneficial as taking an antidepressant, and can be a great helping hand if you are suffering from depression, anxiety or feeling stressed.

These are just some of the reasons why you should try to work in more walking to your daily routine. A walk to the park. Leave the car and walk to the shops. Walk the children to school. Collect Pokemon. Find hidden treasures and go Geocaching.



70
YEARS
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1948 - 2018

Lancashire Care **NHS**
NHS Foundation Trust

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Saturday 12th May is International Nurses' Day

2018 Theme Nurses a voice to lead – Health is a Human right.

I have been a Nurse since 1984!!! Just a few years!!

I am a Registered General Nurse(RGN) & Registered Sick Children's Nurse(RSCN).

This means I can nurse Adults and Children.

I strive to give my best every day with the time and resources available.

Feedback is always welcome.

I am attaching our Special Needs School Nursing feedback forms with this Newsletter and would appreciate your comments.

I have worked for the biggest employer in the country, the NHS since September 1984 and I am proud to be part of the NHS which celebrates 70 years since its birth this year!

I am a Volunteer Nurse for a North West Charity Destination Florida who take 72 very sick, terminally ill children to Florida for a week's holiday of a lifetime every other year.

I did Couch to 5K 2 years ago and starting running in races to raise money for the charity.

I am running in the Manchester 10K on the 20th May. Watch out for Number 20940!!!

I'm sure I won't be too far behind Sir Mo Farah!! Or will he be chasing me?

I am also running to raise money for Mencap (A UK Charity for people with a learning disability. They also support families and carers.)

I am running the Mencap 10km at Heaton Park, Manchester on May 13th & Berlin Marathon 16th September.

The National Health Service is turning 70 on 5th July 2018.

If you want to send me in your stories and/or pictures of your NHS experiences I will put a collage together for the school website to celebrate this day.

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