



## BECOME A DIANA AWARD MENTOR IN LEEDS

Mentoring from The Diana Award provides a 6 month group employer programme to local year 8 – 10 students in the LEP regions of Leeds, Sheffield, Birmingham and York.

We pair young people with volunteers from the world of work who can support them to implement a campaign or social action project, as well as give them an insight into the business world and careers skills training.

The mentoring occurs fortnightly and is face-to-face within 12 group sessions, facilitated by Diana Award youth facilitators. We are looking for volunteers from The Leeds LEP Region to

get involved in supporting our schools from November 2017 on wards.

The Diana Award is a charity legacy to Diana, Princess of Wales' belief that young people have the power to change the world.

Our programmes include; Inspire Series, Anti-bullying, Mentoring and The Awards, which all aim to foster, develop and inspire positive change in the lives of young people.

We are proud to have the support of TRHs The Duke of Cambridge and Prince Harry.

Register your interest by emailing:

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## Health

### Marrying up nutrition, exercise and lifestyle

BY Yvonne Wake, BSC, MSC, Wellbeing and Lifestyle Consultant



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Summer is upon us – and as much as that fills us with joy, it's also important to plan ahead a little, to maintain our healthy glow. Time is of the essence for most people, especially if you have your own business or are running a busy home, as well as holding down a full-time job.

There are a few simple scenarios we can put in place to make sure we are getting the most out of our time. For starters – and you've heard this all before – a good, low GI (Glycaemic Index) breakfast is paramount, because this keeps us energised and we can keep going for longer without stopping for that unhealthy snack. Having lunch matters

too, of course. Getting into the habit of stopping for lunch and not snacking our way through the day is way more efficient, and again, longer-lasting, as it drip-feeds us energy.

Making sure that we eat a bowl of porridge oats with berries and yoghurt for breakfast is the gold-star choice. Follow that at lunch time with a medium plate of protein (i.e. chicken or fish) with multiple different vegetables. This gives us health, energy and a multitude of antioxidants to keep our gut in good condition, which ultimately helps us to maintain great skin health.

Fitness is so important, since we live in a sedentary world, so for the best results in

obtaining more energy, use those legs of yours and walk to work. If it's too far, get off the bus or train a few stops earlier and walk at least 30 minutes each way. A good one-hour walk each day will transform you.

And it's free! Walking is also very stimulating and a great place to think as you go. If you are already a member of a gym, find the best time for you to attend – is it before work (since the days are lighter)? Or is it mainly at the weekends? Once you have found the right time, put it in your diary like a business appointment and don't let anything stop that happening. Yoga and meditation are great levellers and attending

a class once a week is a great place to start. But make sure the venue is not too far from home or work; otherwise, you will never go.

Massage is often thought of as a 'treat', but increasingly, research is telling us that a one-hour massage once a week powers us up for the week ahead.

Finally, being mindful and purposeful each day will calm you and give you the opportunity to get things done more quickly and with great efficiency. Make every day count and you can find the space to do things you enjoy, like seeing a movie, going to the theatre or simply being with family and friends.

#### Yvonne Wake

is a registered public health nutritionist, fitness expert, life coach, university lecturer consultant, with over thirty years of experience.

For more info visit: [wellbeingandlifestyle.co.uk](http://wellbeingandlifestyle.co.uk)