

MENTORING

FROM THE DIANA AWARD

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

Staying Fit and Healthy in the Winter Months

BY Yvonne Wake, BSc, MSc, Wellbeing and Lifestyle Consultant



Photo © Jo O'Hanlon 2017

Season changes and darker colder winter nights just around the corner, it's very easy to think that we can replace that brisk morning jog for an extra 30 minutes in bed. But sadly, we can't. Physical activity is as important as dietary intake — and even more so in the winter months.

Here are some tips to stay motivated through the winter months: 1. Sign up to an indoor dance class (like Zumba) or an aerobics class which gets a good sweat up, or try a HIIT (High Intensity Interval training) session at a gym. Inside fitness can replace the great outdoors during the winter months. 2. I believe in buddying up

with someone on a weekly basis, as this means you are more likely to stay committed. Swim together and find a pool where there is a steam room, or a sauna: always a great winter warmer. 3. Get the right gear! Even if it's just buying a new fleece, it helps to keep out the chill in the air as you travel from home to gym.

4. Warming up to some upbeat music before going out into the cold air for a jog is a great motivator. Your muscles take longer to react in the cold, so perform a few stretches before you rush out into the cold. 5. In the winter, we change our habits and don't really enjoy going out in the cold to exercise: nor do we want to eat healthy

foods — preferring to comfort eat. Try to be proactive and not reactive. Think it through, be mindful, plan meals, plan shopping for food, and make effective use of your organisational skills as much as when planning a summer holiday.

6. There is nothing like having a winter vegetable stew waiting at home after returning from a fitness class after work. Cook a batch and freeze in single portions. Good-bye salads, welcome hot healthy stews and soups.

7. Eat porridge for breakfast. Porridge is low GI and will keep you full for longer preventing you from snacking throughout the morning. 8. See friends in the winter.

It is so easy to hide away. Friends are important for social stimulation and joy.

9. Plan a Sunday morning walk in the park with a friend, followed by a healthy brunch afterwards. Nothing better!

10. Sleep is vital, and not only boosts our immune system, but keeps our energy levels high and helps weight loss by regulating metabolism and appetite.

11. Set yourself a goal for Spring, like the London Marathon, or a charity walk, or entering a fitness competition — all great for keeping us active during the winter months.

12. Keep a diary of your food intake and your physical output. It's a great way to be honest about what you are doing.

Yvonne Wake

is a registered public health nutritionist, fitness expert, life coach, university lecturer and a Wellbeing and

Lifestyle consultant, with over thirty years of experience.

For more info visit: www.wellbeingandlifestyle.co.uk