

9th – 13th May

# Wellbeing Week

AT BIRCHWOOD PARK



Get involved with another jam  
packed week of activities

[parklife.birchwoodpark.co.uk](http://parklife.birchwoodpark.co.uk)



Download the  
**PARKLIFE APP**  
for more info  
and bookings



 **PARKLIFE**

# #BeActive

## Guided Lunch Time Cycle

Monday 9th May / 12.15pm - 12.45pm  
Engine Rooms

Meet Mandi outside the Cycle Centre at the Engine Rooms (by the Hire a Bike) for a leisurely guided lunch time Cycle.

The route should take around 30 minutes and you will need to bring your own Bike, helmet, and anything else you might require.

To book your place email  
[travel@birchwoodpark.co.uk](mailto:travel@birchwoodpark.co.uk)

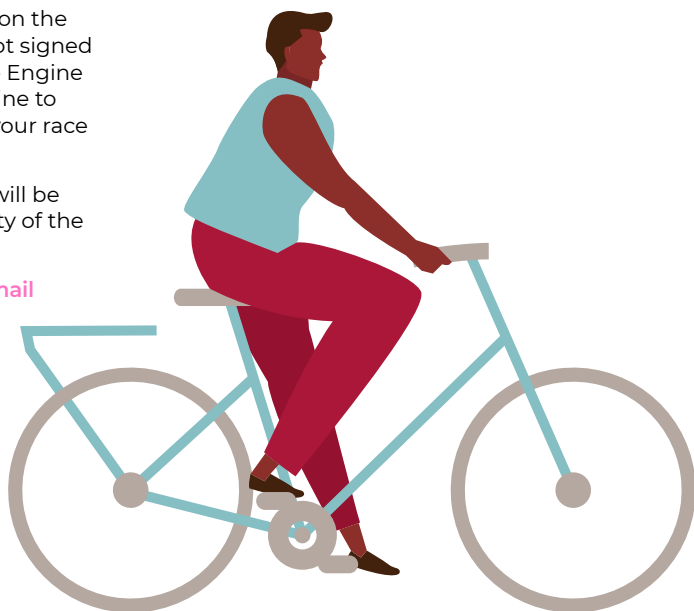
## Fun Run Sign Up

Tuesday 10th May / 12.00pm-1.00pm  
Engine Rooms

Our Summer Fun Run will be back on the Park Thursday 26th May. If you're not signed up already get yourself down to the Engine Rooms, this lunch time and see Elaine to get yourself signed up and collect your race number!

Entry costs £5 and all funds raised will be donated to the Park's chosen Charity of the year Walton Lea.

Download the PARKLIFE APP or email  
[ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)



## Wednesday Walk

Wednesday 11th May from 12.00pm  
Chadwick House

Meet Elaine at the entrance to Chadwick House to get away from your desk, clear your head and go for a little stroll around the Park – weather permitting!

The walk should take around 30 minutes.

To sign up email  
[ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)

## Keep Dancing

Our Zumba, Latin and Fitsteps sessions are free to our occupiers but spaces are limited. Please sign up on the Fitsense App or call 01925 824455.

### Zumba Taster Session

Thursday 12th May / 12:30pm - 1.00pm  
Alive & Well

Grooving to the beats of salsa, merengue and reggaeton music feels more like a dance party than a workout, which is why Zumba is so popular. You don't need to be a great dancer to feel welcome, you'll get a great cardio workout that burns fat, strengthens your core, and improves flexibility.

### Club Latin Dance

Friday 13th May / 12.00pm - 12.30pm  
Green by the Lake\*

A mixture of different Latin styles of Dance; Salsa, Rumba, Cha-Cha, to give you a full body workout. All abilities, fitness levels and ages are welcome. Dance steps can help with your co-ordination and memory and you're guaranteed to leave with a smile on your face!



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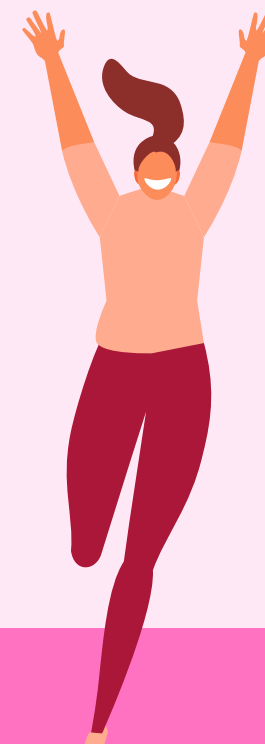
### FitSteps with Suzanne

Friday 13th May / 12:30pm - 1.00pm  
Green by the Lake\*

A Ballroom & Latin Dance Fitness class where you can learn to dance the Waltz, Tango, and Foxtrot to name a few. Suitable for all ages, fitness levels and abilities, and you don't need a dance partner or any previous dance experience to join in.

All you need to bring is YOU, suitable footwear such as trainers, and a bottle of water.

\*Please go to the **Studio in the Gym** in bad weather



# #BeHealthy

## Eat well

To help celebrate Wellbeing Week our chefs at the EngineRooms have come up with their usual tasty menus using a range of ingredients that offer a wide range of benefits for both your body and mind, which will include:

### Butternut Squash

Beta-carotene in butternut squash helps fight against later life cognitive issues. The gourd vegetable is also believed to prevent damage from ultra-violet rays. Elevated levels of potassium in butternut squash offer heart-healthy benefits by lowering blood pressure, while fibre improves digestion and lowers risk of inflammation in the colon.

### Asparagus

A useful source of prebiotic dietary fibre inulin, which is known to improve gut bacteria levels, boost the immune system and assist in weight loss. High fibre intake is also linked to less cardiovascular disease.

### Mozzarella Cheese

Contains more tryptophan, an amino acid, than turkey. The benefit of tryptophan to your health is that it's linked to brain function and production of serotonin, both of which are helpful for boosting mood and improving cognition.

### Sesame Seeds

A reliable source of non-dairy calcium, which is good for strong bones and teeth.



The omega-3 in salmon can increase collagen. So if you want a more youthful glow, eat plenty of it!

### Fresh Salad

Your leafy greens and raw veggies are a superb source of natural fibre, and consuming enough fibre each day has several health advantages

### Mushrooms

Mushrooms have been found to inhibit the growth of cancer cells, aid heart health and immunity, and provide benefits to those with type 1 and 2 diabetes.

### Salmon

Rich in omega-3 fatty acids, this cold-water fish boasts properties that help reduce inflammation, lower heart disease risk, and help in the prevention of certain neurological issues associated with aging. Salmon's omega-3 fatty acids are particularly important for pregnant women.

### Tuna

Once again, it's the omega-3 fatty acids in fish, in this case, tuna, that fight against inflammation and reduce heart disease. Tuna also promotes the production of collagen for soft, smooth skin.

### Poached Chicken

A poached chicken may contain higher B vitamins which can play an important role to boost body metabolism.

### Quorn

High in protein and low in fat – a winning combination for those looking to watch their weight and remain satisfied. It's packed with fibre that helps reduce cholesterol and essential in feeding our gut bacteria. It also contains all nine essential amino acids for adults.



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## Get on your bike

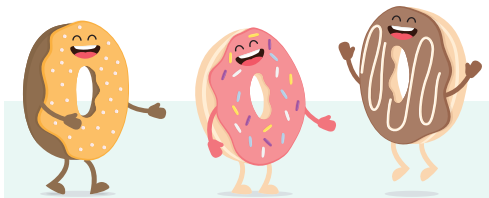


### Walton Lea Bikes

Walton Lea have a huge Bike Workshop where they sell refurbished bikes that have been donated.

There's something available for everyone, from toddlers to adults and there's a variety of styles including, trail, road, mountain and shopping bikes at a fraction of the cost of purchasing new.

[CLICK HERE](#) for more information



### National Donut Week

Wellbeing Week coincides with National Donut Week! We think this means that the Universe is trying to say that donuts make you happy! We have a limited amount of Donuts to share with our occupiers so once they're gone they're gone so keep a look out in your buildings for the Donut Fairies.





# The New Flexitarian

## EAT LESS MEAT. GET HEALTHY. SAVE THE PLANET.

Sounds like a great idea – but what exactly IS a flexitarian diet, is it good for you (and the planet), and what does it entail?

It seems that being a flexitarian is as easy as making a conscious effort to eat less meat. A vegetarian who occasionally cheats. Given that increasing our consumption of plant-based foods pays health dividends, and that food choices are in the spotlight in the debate over countering climate change, this lifestyle choice feels like a win-win.

The trend also mirrors the consensus of the EAT Lancet commission, a group of 37 world leading scientists from various disciplines charged with reaching a scientific consensus by defining targets for healthy diets and sustainable food production, in order to form a workable plan to feed 10 billion people by 2050. The commission reached the conclusion that a flexitarian diet would be key to combating climate change and abating around 11 million premature deaths from ill health around the world. The resulting guidelines form what could be a world changing “planetary health diet”, which proposes dramatically reducing meat and sugar consumption (by around 50% globally), while consumption of nuts, fruits, vegetables, and legumes must double.

## YOU START?

Whatever you want to call it, ‘flexitarianism’ seems to be an achievable dietary change that recognises the fact that meat is enjoyed by many and is a valuable source of nutrients, whilst understanding the need for alternative and sustainable sources of dietary protein from a health and planetary perspective.

So how can you start to reduce meat and increase plant protein day to day? Here are five easy steps toward a more flexitarian diet;

- **Meat free Mondays – automatically reduces your meat consumption by up to 15%**
- **Add vegetarian protein sources to your favourite recipes. For example, chicken casserole becomes chickpea and chicken tagine and beef stew becomes beef and black bean chilli. You’ll save a fortune – freeze the extra.**
- **Change the proportions of your meals – we habitually make meat or fish the star of the plate, with veg providing a weak supporting role. Fill at least half your plate with veg or salad.**
- **Swap burgers for veggie burgers**
- **Replace minced beef with lentils in your cottage pie, lasagne and bolognaise.**



## Sleep tips from Magda, Alive & Well

I could write about the countless reasons why sleep is so important for you; your appetite, your mental health, your happiness and especially your fat loss and muscle gain.

But I’m not going to bore you with the science stuff. That’s not the approach I take with fitness.

Get 6-8 hours of quality sleep every night. I can’t stress how important this is for both fat loss and muscle gain, especially when you’re in workout mode.

Your body, your workouts and your goals will suffer from a lack of quality sleep.

If you have trouble getting to sleep try forming a sleep ritual.

### Two hours before you want to go to bed:

- Dim the lights and unplug from electronics.
- Try sleeping with your phone in another room.
- Replace the TV with some light reading
- Meditation

If you’re still having trouble – try supplementing with Melatonin and/or drinking Chamomile tea before bed.

[CLICK HERE](#) to book ‘Meditation with Katya’ on EventBrite



# #BeSocial

Birchwood Park's Wellbeing Week also coincides with Mental Health Awareness Week and the theme for this year is Loneliness. Since the pandemic and the need to socially distance, isolate and the closure of many public spaces millions of people have suffered from loneliness. It has been proven to be a key issue when it comes to poor mental health.



**Birchwood Park Listening Ears**  
Monday 9th May / 11.00am – 11.30am  
Wednesday 11th May / 12.00pm – 12.30pm  
EngineRooms

This free service isn't just available during Wellbeing Week, but if you're looking for a listening ear or just someone to sit with and have a chat, please pop over to see them.

**General Wander & Walkie Talkie**  
Monday 9th May / 11.30am – 1pm  
Wednesday 11th May / 12.30pm – 2pm

If you'd rather get some steps in while you're at it try joining our chaplains for a walk. They will be walking around the lake and through the Park down to The Wood Shed. Please stop them to say hello if you have time to chat.

**Walton Lea Decoupage Craft Workshop**  
Tuesday 10th May  
12.00pm – 1.00pm and 1.00pm – 2.00pm  
401 Faraday Street Hub/Café

It's always good to keep your hands and mind busy, so join Walton Lea to make your own decoupage desk tidy from recycled materials – which can also double up as a plant pot!

All materials will be provided, and you will be talked through the decoupage process step by step.

This activity is free to our occupiers but donations are always greatly appreciated.

[CLICK HERE](#) to book your space via Eventbrite

**Get Warrington Talking**  
Tuesday 10th May  
08.00am – 2.00pm  
EngineRooms

Ian and Pip from Get Warrington Talking will be available to have a chat to promote positive conversations around mental health and wellbeing. They will have information on services available for support, self-help resources and lots of ideas of groups and activities available across the town to promote wellbeing.

[CLICK HERE](#) for more information

**Live Music- Engine Rooms**  
Thursday 12th May / 12.00pm – 2.00pm

Get your team together and join us for lunch, laughs and live feel-good music at the Engine Rooms with **Chris Haggood**.



**Liftshare Social**  
Thursday 12th May / 12.00pm – 1.30pm  
EngineRooms

Come down today to sign up and get a **free coffee**, treats and even the opportunity to meet any potential matches you may have.

Liftsharing is a more eco friendly and wallet friendly way of commuting to your workplace – not to mention it's also an opportunity to meet new people and potentially have someone to chat to on your way into the office.

If you send over your postcode to Elaine at [ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk) we can get started on working on matches for you in advance.

**Movie Night is back**  
West Side Story  
Wednesday 11th May / 5.30pm  
EngineRooms

Our free Movie Night is back for a trial for Wellbeing Week for our occupiers!

We all know music makes us feel good, so bring your friends & family down to enjoy a night at the movies with free movie snacks.

Download the **PARKLIFE APP** or [CLICK HERE](#) to book your space via Eventbrite



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# #BeMindful



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## Yoga

**Monday 9th May / 12.15pm – 1.00pm**  
**Wednesday 11th May / 12.15pm – 1.00pm**  
**Thursday 12th May / 12.15pm – 1.00pm**  
**4th Floor 401 Faraday St.**

Yoga is a wonderful workout for the body and mind. Helping to tone up muscles and increase flexibility, whilst calming the mind and de-stressing completely.

Free to our occupiers but spaces are limited.

**Sign up on the Fitsense App or call**  
**01925 824455.**

## Meditation with Katya

**Thursday 12th May / 1.15pm – 1.45pm**  
**4th Floor 401 Faraday St.**

Join Katya our Yoga instructor for a 'mindful sleeping meditation' that will take place seated or lying.

The session will promote breath and body awareness, reduce stress and anxiety. Nourish the cells deeply to improve energy. Balances the nervous system, strengthen the immune system, lowers blood pressure and reduces aches and pains!

Nothing is needed but yourself unless you would like to bring a blanket and pillow to help you rest even deeper!

**CLICK HERE** to book your space via Eventbrite

**Mindfulness with Treasure your Wellbeing**  
**Friday 13th May / 12.00pm – 12.30pm**  
**4th Floor 401 Faraday St.**

Russell from Treasure your Wellbeing will be giving a talk on mindfulness and meditation to help you learn and attain some of the benefits of Mindfulness.

He will introduce you to The Chimp Paradox, using the breath to relax and taking a "mental break" during busy or stressful times to recharge.

**CLICK HERE** to book your space via Eventbrite

**Mental Health workshops from**  
**3TL Training**  
**10th & 12th May**  
**12.15pm - 1.15pm**  
**Accessed via Zoom**  
**Free for you and any employees**

The four pillars of health include nutrition, exercise, sleep and stress management. Mindfulness is simply to pay attention to the present moment. What if we were to combine the two?

We could add 'being mindful' to our ever growing to do list and end up feeling more overwhelmed. Or we could just pay more attention and make small tweaks to the things we already do that could make a big difference to how we feel?

**Spaces are limited book your place by**  
**contacting [info@3tl-training.co.uk](mailto:info@3tl-training.co.uk)**





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