



MIND AND MEASURE

Welcome to your Summer health and wellbeing update!

As we head into the second half of the year, we are focusing on making wellness more accessible, interactive, and mind-boosting than ever before.

Whether you're looking to track your daily habits more seamlessly or give your cognitive health a tune-up, we've got some great updates lined up for you this quarter.

Here is a sneak peek of what's inside this issue:

- **Our Features Are Going Mobile!** We've officially integrated our best health and wellbeing tools directly into our Leisure Centre app. Your favorite features are now just a tap away, making it easier than ever to prioritise your wellness on the go.
- **The SiSU Health Station Trial is Coming:** Get ready for a hands-on approach to your health. We are launching an upcoming on-site Health Station trial, giving visitors to Crook Log leisure centre a quick, high-tech way to check in on your biometric stats and track your progress.
- **Keep Your Brain Sharp:** Physical health is only half the equation. Check out our deep-dive article on neuroplasticity, cognitive habits, and practical ways to keep your brain healthy, active, and resilient.

If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit myhealthyway.co.uk

The My Healthy Way Team

A man and a woman are working out in a gym. The man is holding a resistance band, and the woman is standing next to him. The background shows gym equipment.

LEISURE CENTRE

Gym access, swimming and fitness classes

A top-down view of various fruits (peaches, apples) and a small potted plant on a wooden cutting board.

myhealthyway

Healthy lifestyle coaching and wellbeing support



MY HEALTHY WAY IN YOUR POCKET

Active, Healthy, and Connected: "My Healthy Way" Has Arrived in our Leisure Centre App!

We are thrilled to announce a major upgrade to your fitness journey. Our official Leisure Centre app now includes My Healthy Way; your brand-new, all-in-one digital wellness companion. Whether you are looking to fuel your workouts, find mental clarity, or understand your body better, we are bringing expert health and wellbeing support right to your fingertips.

What's New?

With My Healthy Way fully integrated into our Leisure Centre app, you now have 24/7 access to specialised support designed to help you thrive:

- **Nutrition Support:** Discover how to fuel your body for energy, recovery, and long-term health.
- **Men's & Women's Wellbeing:** Targeted, practical advice tailored to your unique biological and lifestyle needs.
- **Mental Wellbeing:** Access mindfulness tips, stress-management strategies, and tools to help you find your daily balance.
- **And so much more!** From sleep hygiene to lifestyle habits, we've got you covered.

Cook Like a Pro: Our New Recipe Library

Eating well shouldn't feel like a chore. To help you smash your goals in the kitchen, we've added a brand new library of delicious, healthy recipes. Every single dish has been handpicked and curated by our very own resident nutritionist, Jen McDiarmid. Whether you need a high-protein post-workout breakfast, a quick family dinner, or a nutritious snack, you'll find easy-to-follow, balanced inspiration whenever you need it, and we're adding more every month.

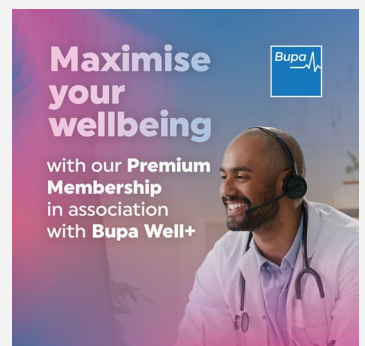
Bupa Well+ now included in Premium Membership

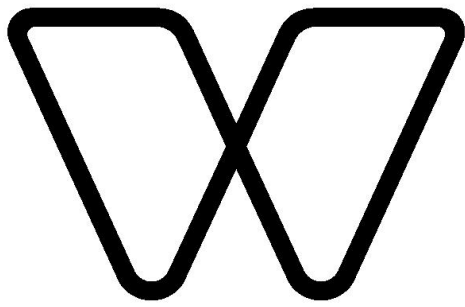
We are proud to bring Bupa's Well+ subscription directly to our Premium Members at no extra cost. By joining Premium, you're backed by a leading UK healthcare company. You get:

- Digital GP: Fast-track your health from your phone with remote GP appointments.
- Mental Health support, with remote counselling and therapy sessions.
- Remote Physio: Professional care to keep you moving at your best.
- On-Demand Fitness: Premium workouts for your busy schedule.

How to Get Started

1. Update or download our Leisure Centre app from the App Store or Google Play.
2. Tap the new My Healthy Way tile on your dashboard.
3. Start exploring recipes, wellness guides, and more!





IWG Women & Sport

SUPPORTING ACTIVE WELLBEING

Our Commitment to Equity in Sport

We're thrilled to announce that we have become an official signatory of the International Working Group (IWG) on Women & Sport's Brighton Plus Helsinki Declaration, joining a global movement for gender equity in line with the 2026 International Women's Day.

Growing our Future Workforce- A Partnership with the University of East London

We are continuing our successful partnership with the University of East London (UEL), following a year where the Clinical Placement Programme effectively bridged the gap between academic study and professional practice.

By providing Clinical Physiology students with up to 250 hours of hands-on experience across our health programmes in Bexley, Lewisham and Willesden, this initiative is vital for training the next generation of health professionals and safeguarding the long-term wellbeing of our communities.

New Rookie Rescue Skills Project for Children with Disabilities

We have joined RLSS UK as a Water Safety Education Partner to provide up to 50 children with essential life saving skills.

Rookie Rescue Skills sessions will run for ten weeks at five centre locations across England as an initial pilot. The hour-long, supportive sessions will teach water safety awareness and rescue techniques, with games designed to also improve confidence in water and swimming ability.

RLSS UK's Rookie Rescue Skills programme was created in 2025 with strategic partner Level Water to ensure that all children can access basic self-rescue and lifesaving skills and enjoy water safely.





SiSU HEALTH STATION TRIAL

This quarter we have partnered with SiSU Wellness to bring health stations to our Crook Log leisure Centre. For ten weeks we will be offering all visitors to the site a free health check from one of two Class II medical devices allowing users to get a full picture of their health in a safe, reliable and effective way.

Health checks take less than 5 minutes to complete and users will benefit from being able to track and view their health metrics via the SiSU Health app at any time.

For all visitors to Crook Log leisure centre, the Maxi health station will be situated downstairs in the main foyer. We will also be offering the SiSU Mini health station for those attending the Steps to Health office and Shapemaster Suite.

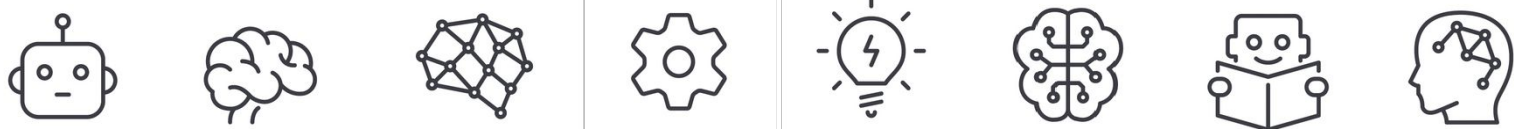


The two health stations will be on site from the end of July, for ten weeks. No appointment required. Pop in and get personalised insights to your health today. You can contact the site directly by telephone: (020) 8304 9090

Aims of the trial

1. To highlight cardiovascular, diabetes, stress, alcohol, activity, MSK and smoking risks
2. Provide users with accurate understanding of their height, weight, BMI, blood pressure, body composition and more so they can take proactive steps to improve their health.
3. Where a risk is identified the station will signpost the user to relevant health and wellbeing provision - preferred providers, local health initiatives or the NHS. All done via a QR code.
4. Helps us to demonstrate the impact and visible improvement that My Healthy Way and our partners have.
5. Provide users with complimentary lifetime access to the SiSU Health app where they can track their health and access free resources to help them make healthy choices.
6. Gain valuable insights into the state of population health and what it may be costing local authorities.





WHY BRAIN WORKOUTS ARE THE ULTIMATE WELLNESS HACK

We spend a lot of time talking about physical fitness, hitting step counts, stretching, and drinking enough water to float a boat. But what about the three-pound powerhouse sitting right between your ears? Just like a physical muscle, your brain thrives on regular exercise, the more we gently challenge it, the stronger and more resilient it becomes. Keeping your mind active isn't just about passing the time; it's one of the most rewarding ways to boost your daily mood, focus, and overall well-being.

The Beautiful Science of "Brain Plasticity"

Our brains possess a remarkable quality called neuroplasticity, the ability to reorganise, adapt, and build new neural pathways throughout our entire lives. Every time you learn something new, tackle a puzzle, or challenge your thinking, you are quite literally reshaping your brain.

What is Cognitive Reserve?

Think of cognitive reserve as a buffer. By consistently challenging your brain, you build up a "savings account" of strong neural connections. If your brain faces age-related wear and tear later in life, this reserve helps you maintain sharp thinking and memory.

The Head-to-Toe Benefits of Mental Workouts

Keeping your mind engaged does far more than just improve your memory. The ripple effects touch almost every aspect of your well-being:

Reduces Stress: Immersive activities (like reading, crafting, or solving a puzzle) put your brain into a state of "flow." This mimics the calming effects of meditation, lowering cortisol levels.

Boosts Mood: Successfully solving a problem or learning a new skill triggers a release of dopamine, your brain's natural "feel-good" chemical.

Improves Sleep: A brain that is constructively tired at the end of the day transitions into deep, restorative sleep much more easily than one that has been passively scrolling on a screen.

Enhances Focus: Just like physical training builds stamina, cognitive training builds your attention span, making you more productive in your day-to-day life.

Easy Ways to Challenge Your Mind

You don't need to learn rocket science to reap the benefits. The key is novelty and variety.

Switch up your routine: Brush your teeth with your non-dominant hand, or take a completely new route on your daily walk.

Learn a micro-skill: Spend 5 minutes a day learning a few words of a new language or practicing a quick card trick.

Get puzzling: Crosswords, Sudoku, and word searches are fantastic, low-stress ways to flex your cognitive muscles.

Your Brain Workout Starts Now!

Let's put theory into practice. Grab a pen (or your screen highlighter) and see if you can find the 10 healthy words hidden in our wellness wordsearch below. Words may run forwards, backwards, vertically or horizontally.

S	S	N	O	I	T	S	E	G	I	D	V	A	S	L
U	D	R	E	C	B	N	M	R	E	I	E	H	C	A
N	F	W	A	W	A	L	K	I	N	G	G	C	V	U
L	G	N	B	T	E	U	O	T	U	E	E	T	P	G
I	U	R	E	G	Q	W	E	Y	H	S	T	E	L	H
G	K	B	R	E	A	K	F	A	S	T	A	R	J	T
H	L	R	R	R	T	Y	L	K	J	I	B	T	M	E
T	P	E	S	R	O	O	D	T	U	O	L	S	M	R
Q	P	A	E	F	G	N	M	L	K	N	E	S	R	R
A	E	T	I	U	R	F	W	R	A	S	W	A	E	F
Q	E	H	W	E	F	T	Y	F	G	H	W	Q	G	G
H	T	I	W	E	R	T	T	Y	H	G	A	R	B	H
G	D	N	R	E	E	S	U	A	P	O	T	E	N	E
N	C	G	R	A	E	B	G	H	M	P	E	D	W	R
Y	Y	R	E	V	O	C	E	R	Y	G	R	E	N	E

Words to find: Breakfast, Breathing, Digestion, Energy, Fruit, Laughter, Outdoors, Pause, Recovery, Stretch, Sunlight, Vegetable, Walking, Water.

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