



**wellbeing
people**

A Guide to Health and Optimal Wellbeing

Welcome to Wellbeing People's Guide to Health and Optimal Wellbeing

If you're reading this, it's likely that you've taken some health readings and you're curious about ways you can improve your wellbeing. **We believe that optimal wellbeing is personal, subjective, and unique to each and every one of us, and so we hope this guide empowers you to upgrade your habits and helps you to find your own version of optimal wellbeing!**

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“

We cannot change what we are not aware of, and once we are aware, we cannot help but change.

Sheryl Sandberg

Self-awareness

Self-awareness is the first step in any optimal wellbeing journey. It is only when we fully accept our current reality that we are able to make true sustainable change happen.

Here at Wellbeing People, we have two services to make the self-awareness process easier and hopefully more enjoyable:

1

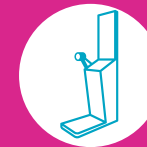


My Wellbeing People Account

This is a free online account that anyone can create in order to complete the Self-Awareness Questionnaire, calculate your Wellbeing Age®, access exclusive resources, and find out more about our signature Recalibrate Wellbeing® Programme.

[CLICK HERE TO CREATE A FREE ACCOUNT](#)

2



Interactive Health Kiosk

This is a physical machine that companies and communities utilise to engage individuals in optimal wellbeing. The machine takes several readings to calculate your Wellbeing Age®

See page 7
for more
information about
Wellbeing Age®

How are you doing out of 10?

Think about your **mental, physical, and emotional wellbeing**, if 10 is high and 1 is low, which number intuitively springs to mind?



1 - 3 YEAR INVESTMENT
(DEPENDENT ON YOUR WELLBEING STARTING POINT)

What does your score mean?

Remember: Optimal wellbeing is personal, subjective, and unique to you so use the guide on the right as a reference but never forget you are the expert on you!

1-3

A score of 1 to 3 would suggest you're currently struggling and would likely benefit from either mental, physical, or emotional intervention.

Recommended action: Ask for help from a healthcare professional

Contact your GP for more information on healthcare support available to you. It's easier said than done to reach out for support but it's an essential step to move up the graph towards optimal wellbeing. Plus, who knows you might be pleasantly surprised by the people you meet and the support you receive.

4-7

A score of 4 to 7 may suggest you're ready for an improvement. You may be suffering from headaches, low energy, digestive problems, poor mental health or other mental, physical, or emotional concerns.

Recommended action: Review your lifestyle habits

Our signature Recalibrate Wellbeing® Programme addresses numerous different lifestyle habits including mindset, nutrition, movement, stress, and sleep to naturally increase energy, mood, and self-confidence. See page 15 for 1% Progress Experiments that you can attempt today and pages 19-20 for the Optimal Wellbeing Habit Checklist.

8-10

A score of 8 to 10 would suggest you're currently thriving. Mentally, physically, and emotionally you feel at ease, strong and resilient.

Recommended action: Empower others

One of the best ways to sustain new habits is to teach others. Actions really do speak louder than words. Start by empowering others through your daily actions, rather than your opinions. We'd recommend enrolling in the Recalibrate Wellbeing® Programme to continue your development and to support others around you to achieve optimal wellbeing.

What is Wellbeing Age®?

Wellbeing Age® is a unique algorithm exclusive to Wellbeing People that's centred around longevity research*. It considers your **blood pressure, heart rate, BMI, sleeping habits and smoking habits** to provide a snapshot of how well your body is presenting compared to your biological age.

Due to the fact this is a snapshot tool, and the fact wellbeing is **personal, subjective, and unique** to every one of us, we recommend using it to generate more **self-awareness** but remember: no one knows your **body, mind and life** better than **you!**

The below information is just a **guide**, and we **recommend** speaking to a **health and wellbeing professional** if you want to dive even deeper into your own **personal health metrics!**

What's the best Wellbeing Age® I can score?

The best possible score you can receive is your exact age. This algorithm is designed to be a quick self-awareness snapshot measurement tool. If your score has a decimal place that represents months.

Tips for an accurate Interactive Health Kiosk reading:

1. Sit for 1-2 minutes before stepping onto the Interactive Health Kiosk as rushing to the Kiosk could increase your blood pressure, heart rate and Wellbeing Age® readings
2. Ensure you're standing on the blue footprint guide
3. Carefully read the on-screen instructions

BLOOD PRESSURE

Blood pressure measurement indicates the force of blood against artery walls – both as the heart contracts (systolic) and rests (diastolic). High blood pressure increases your risk of heart disease and stroke. It can also increase the risk of other conditions such as congestive heart failure and kidney disease. Early treatment can reduce the risk considerably.

You'll find
1% PROGRESS
EXPERIMENT
on pages 15-16
which are
designed
to improve
your metrics!

⚠️ Health Risk:

High blood pressure is considered to be 140/90 or higher and you should seek a doctor's advice immediately. A third of patients with high blood pressure don't know they have it.

Low blood pressure is less than 90/60 this often isn't a concern unless you are experiencing other symptoms such as blurred vision, dizziness, confusion or fainting.

Blood pressure is often related to stress - both internal stressors (stress that comes from within the body) and external stressors (our perception of other people or circumstances) can impact our blood pressure. To reduce your blood pressure we recommend starting by upgrading your internal stressors such as; hydration, nutrition, movement, sleep, stress management and/or reducing or removing toxins such as smoking and alcohol.

HEART RATE

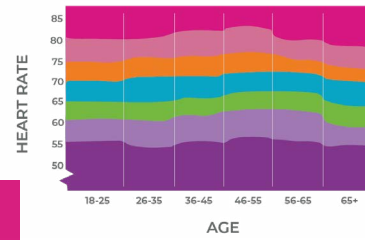
Your heart rate indicates how many times your heart must beat per minute to circulate blood around your system.

Health Risk

The NHS recommends that you should contact your GP if you think your heart rate is continuously above 120 bpm or below 40 bpm.

How can I improve my resting heart rate?

Heart rate is related to an imbalance of stress in the body and has strong correlations to poor sleep quality, a lack of movement and excessive toxins such as smoking and alcohol.



- Poor
- Below average
- Average
- Above average
- Good
- Excellent
- Athlete

BMI

BMI as a measurement has been discredited over recent years due to the fact it doesn't consider full body structure. Therefore, it cannot tell the difference between excess fat, muscle, or bone. This often leads to very muscular adults and athletes being classed as 'overweight' or 'obese' even though their body fat is low. Another common problem with BMI and elderly adults who lose muscle as they get older may fall into the lower range even though they may be carrying excess harmful fat. However, BMI is still used in most medical studies as an assessment of weight as it's a relatively straightforward and convenient measurement that is accurate for a large portion of the population.

Health Risk

If your BMI is below 18.5 or above 25 you may consider contacting your GP for a more in-depth health assessment.

How can I improve my BMI?

As BMI is a calculation of your weight and your height the standard advice is to adjust your weight. However, that's usually much easier said than done. From our experience when you focus on optimal wellbeing, healthy weight becomes a beneficial by-product.

BMI Chart

Height (m)

	1.46	1.5	1.54	1.58	1.62	1.66	1.7	1.74	1.78	1.82	1.86	1.9	1.94	
130	61	58	55	52	50	47	45	43	41	39	38	36	35	20st 6
128	60	57	54	51	49	46	44	42	40	39	37	35	34	20st 2
126	59	56	53	50	48	46	44	42	40	38	36	35	33	19st 12
124	58	55	52	50	47	45	43	41	39	37	36	34	33	19st 7
122	57	54	51	49	46	44	42	40	39	37	35	34	32	19st 3
120	56	53	51	48	46	44	42	40	38	36	35	33	32	18st 13
118	55	52	50	47	45	43	41	39	37	36	34	33	31	18st 8
116	54	52	49	46	44	42	40	38	37	35	34	32	31	18st 4
114	53	51	48	46	43	41	39	38	36	34	33	32	30	17st 13
112	53	50	47	45	43	41	39	37	35	34	32	31	30	17st 9
110	52	49	46	44	42	40	38	36	35	33	32	30	29	17st 5
108	51	48	46	43	41	39	37	36	34	33	31	30	29	17st
106	50	47	45	42	40	38	37	35	33	32	31	29	28	16st 10
104	49	46	44	42	40	38	36	34	33	31	30	29	28	16st 5
102	48	45	43	41	39	37	35	34	32	31	29	28	27	16st 1
100	47	44	42	40	38	36	35	33	32	30	29	28	27	15st 10
98	46	44	41	39	37	36	34	32	31	30	28	27	26	15st 6
96	45	43	40	38	37	35	33	32	30	29	28	27	26	15st 2
94	44	42	40	38	36	34	33	31	30	28	27	26	25	14st 11
92	43	41	39	37	35	33	32	30	29	28	27	25	24	14st 7
90	42	40	38	36	34	33	31	30	28	27	26	25	24	14st 2
88	41	39	37	35	34	32	30	29	28	27	25	24	23	13st 12
86	40	38	36	34	33	31	30	28	27	26	25	24	23	13st 8
84	39	37	35	34	32	30	29	28	27	25	24	23	22	13st 3
82	38	36	35	33	31	30	28	27	26	25	24	23	22	12st 13
80	38	36	34	32	30	29	28	26	25	24	23	22	21	12st 8
78	37	35	33	31	30	28	27	26	25	24	23	22	21	12st 4
76	36	34	32	30	29	28	26	25	24	23	22	21	20	12st
74	35	33	31	30	28	27	26	24	23	22	21	20	20	11st 9
72	34	32	30	29	27	26	25	24	23	22	21	20	19	11st 5
70	33	31	30	28	27	25	24	23	22	21	20	19	19	11st
68	32	30	29	27	26	25	24	22	21	21	20	19	18	10st 10
66	31	29	28	26	25	24	23	22	21	20	19	18	18	10st 6
64	30	28	27	26	24	23	22	21	20	19	18	18	17	10st 1
62	29	28	26	25	24	22	21	20	20	19	18	17	16	9st 11
60	28	27	25	24	23	22	21	20	19	18	17	17	16	9st 6
58	27	26	24	23	22	21	20	19	18	18	17	16	15	9st 2
56	26	25	24	22	21	20	19	18	18	17	16	16	15	8st 11
54	25	24	23	22	21	20	19	17	17	16	16	15	14	8st 7
52	24	23	22	21	20	19	18	17	16	16	15	14	14	8st 3
50	23	22	21	20	19	18	17	17	16	15	14	14	13	7st 12
48	23	21	20	19	18	17	17	16	15	14	14	13	13	7st 8
46	22	20	19	18	18	17	16	15	15	14	13	13	12	7st 3
44	21	20	19	18	17	16	15	15	14	13	13	12	12	6st 13
42	20	19	18	17	16	15	15	14	13	13	12	12	11	6st 9
40	19	18	17	16	15	15	14	13	13	12	12	11	10	6st 4
38	18	17	16	15	14	14	13	13	12	11	11	11	10	6st
	4'9½	4'11	5'½	5'2	5'4	5'5½	5'7	5'8½	5'10	5'11½	6'1	6'3	6'4½	

Weight (kg)

Weight (st/lb)

- Underweight
- Healthy
- Overweight
- Obese
- Morbidly Obese

You'll find
1% PROGRESS EXPERIMENT
on pages 15-16
which are
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TOTAL BODY FAT CONTENT

Body Fat Content (BFC) is an estimate of what proportion of the body consists of adipose (fatty tissue), as opposed to muscle, bone, and other lean tissue. The readings of BFC will vary during the day and is dependent upon the amount of water in the body as well as the type of measurement tool you use to calculate this reading.

Health Risk

Fat can be stored in the body in different places. The two main places it can be stored are:

Subcutaneous fat - under the skin

Visceral fat - around the internal organs

Visceral fat can have much greater health risks than subcutaneous fat. Therefore, a high body fat content can imply an individual may also have a high visceral fat content. This isn't always the case, and in fact it is possible to have high total body fat content with low visceral fat content and equally it is possible to have a healthy BMI but suffer from high visceral fat content.

How can I improve my total body fat content?

Engaging in regular exercise and upgrading your nutrition to consume more vegetable and less processed foods.

Male* Age	Low (%)	Normal (%)	High (%)	Very High (%)
16-29	< 08.0	08.0-17.9	18.0-23.9	24.0 >
30-39	< 11.0	11.0-19.9	20.0-25.9	26.0 >
40-49	< 13.0	13.0-21.9	22.0-26.9	27.0 >
50-59	< 15.0	15.0-23.9	24.0-29.9	30.0 >
60+	< 17.0	17.0-25.9	26.0-33.9	34.0 >
Female* Age	Low (%)	Normal (%)	High (%)	Very High (%)
16-29	< 20.0	20.0-28.9	29.0-35.9	36.0 >
30-39	< 22.0	22.0-30.9	31.0-37.9	38.0 >
40-49	< 24.0	24.0-32.0	33.0-39.9	40.0 >
50-59	< 26.0	26.0-34.9	35.0-41.9	42.0 >
60+	< 28.0	28.0-36.9	37.0-43.9	44.0 >

*refers to sex at birth

SMOKING

Smoking is the most detrimental habit to your health. A significant body of research has used the distinction of smokers, previous smokers, and people who have never smoked. In this study there is little difference between how the two former fare compared to the latter.

Health Risk

Causes health issues and worsening the effects of many other elements of your health.

How can I quit smoking?

Did you know that you're up to 4 times more likely to quit successfully with the help of your local stop smoking service?

Services staffed by trained Stop Smoking Advisers are available all over the country. You can join a local group which meets once a week or have one-to-one support if you prefer.

The NHS Smokefree campaign is an effective way of helping you quit smoking. They can offer free support and advice in a variety of forms.



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SLEEP

Sleep is a basic human requirement. Understanding how sleep affects your health and wellbeing can allow you to make upgraded habit choices for you and your family.

Age Group	Recommended Hours of Sleep Per Day
18–60 years	7 or more hours per night
61–64 years	7–9 hours
65 years and older	7–8 hours

⚠️ Health Risk


Less than 7 hours of sleep for adults has been linked to accelerated aging, poor mental health, and low immune function. Whilst more than 9 hours could indicate an underlying health problem.

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Progress
Not
Perfection





1% PROGRESS EXPERIMENT

A previously mentioned, **optimal wellbeing** is individual to us all, which means we have to **experiment** with different things to **find what works for us**. The key to staggering **long-term** transformation is small daily progress, that's why we **promote 1% Progress Experiments**.

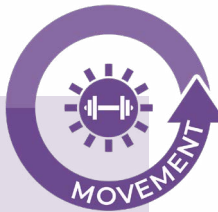
Schedule time once a week to reflect.

Block 10-15 minutes into your calendar and set it to repeat weekly. Then answer the following questions:

- How have I benefited/what have I learnt from experimenting with the rest of your 1% Progress Experiment?
- If I were to relive the week again, what would I do differently?
- What will I experiment with this week?

Aim to consume 30 different plant-based foods in 7 days

This list can include vegetables, fruits, pulses, beans, legumes, nuts, seeds and whole/ ancient grains like quinoa. Simply keep a list for the week, research shows people who consume 30+ different plant based foods per week have reduced the risk of cancers, heart disease, type 2 diabetes and obesity.



Complete over 7000 steps per day

One study found participants who completed at least 7000 steps per day compared with those taking fewer than 7000 steps, had a 50-70% lower risk of mortality.

Upgrade your afternoon to caffeine free

Caffeine is a stimulant and can stay in your body for up to 10 hours. This can affect the quality of your first sleep cycle which in turn lowers the quality of sleep you achieve for the rest of the night. Upgrade to caffeine free hot drinks and fizzy drinks or experiment with herbal teas.

MINDSET learn how to achieve steadfast motivation that stays with you for years as your wellbeing goes from strength to strength.

NUTRITION discover when and what is best for YOU to eat.

MOVEMENT learn the difference between daily movement for wellbeing, and exercise for fitness. Boost sustainable energy, mobility and immunity without ever stepping foot in the gym.

LIFESTYLE discover how to optimise your restorative sleep time, silence your 'monkey mind' and enhance your overall mental fitness.



Our signature **Recalibrate Wellbeing® Programme** was developed to make sustainable behavioural change **easier, more inclusive, and more enjoyable**. If you liked the 1% Progress Experiments and would like to continue your journey towards optimal wellbeing we'd recommend logging in or creating a free account at myaccount.wellbeingpeople.com to watch the short expectations video which contains three more experiments!



Click here to create a free account!



Don't just take our word for it!



Click here to hear what some of our graduates thought of the programme

"You know that everything you do takes you one step closer"
Louise Davidson
 Recalibrate Wellbeing Graduate

"It has changed my life!"
Dan File
 Recalibrate Wellbeing Graduate

Nothing **changes** if nothing changes.

Albert Einstein

The **Optimal Wellbeing Habit Checklist** is a **great tool** to use in order to create the life that you deserve!



Click here
to download the
**Optimal Wellbeing
Habit Checklist!**