



Physical
health &
wellbeing

ben
Support for life

Physical health check programme: Jeremy Hicks' story

Jeremy Hicks, Managing Director, Jaguar Land Rover UK, has recently piloted Ben's physical health check programme which will launch to the automotive industry later this year. Jeremy is sharing his numbers to highlight the importance of physical health and raise awareness of this new health check service for the industry.

Jeremy's numbers:

Height - 177.5cm

Weight - 89kg

Body fat percentage - 27.4%

BMI - 28.2

Resting Heart rate - 77bpm

Blood Pressure - 163/108

Background

Jeremy joined Jaguar Land Rover in 2011 from Audi UK where he was a director. Previously he worked for Volkswagen Group UK Ltd, and before that he worked for Vauxhall.

The next challenge

Jeremy Hicks is currently in training for the 'Jaguar Land Rover Channel Swim Challenge' in August this year to raise awareness and fundraise for Ben. To donate to this epic challenge visit: www.justgiving.com/fundraising/jlrchannelswim



"We all have extremely busy lives and I know from personal experience we often neglect our own physical health. We all sometimes need a reminder of the importance of staying physically fit and active. Ben has launched a fantastic quick and easy physical health check programme, which will be available to all companies and employees in our industry later this year.

"Having done it myself I would highly recommend it to everyone, it only takes 15 minutes and highlights your general level of fitness as well as offering top tips on how to improve your physical wellbeing. I was surprised by some of my results and I've been working hard to improve my own numbers ahead of my Channel Swim Challenge for Ben in August! I'll certainly be encouraging my Jaguar Land Rover colleagues to embrace the health check programme and make their physical health a priority."

Jeremy Hicks

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