



Physical
health &
wellbeing

BenHealthCheck

Your physical MOT

Designed to determine
someone's general physical
health using four key tests:

- Resting heart rate
- blood pressure
- BMI
- body fat percentage

Participants can compare their test results to national health guidelines to gain a clear understanding of their current health. They are supported with information and practical tips on how to improve their health and wellbeing.



For more information or to book a BenHealthCheck for your employees email Ben4Business@ben.org.uk or call **01344 298135**.

www.ben.org.uk

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Support for life



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Physical HealthCheck programme: Jeremy Hicks' story

Jeremy Hicks, Managing Director, Jaguar Land Rover UK, has recently piloted Ben's Physical HealthCheck 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.

Channel Swim Challenge

In August 2017, Jeremy and some of his Jaguar Land Rover colleagues successfully completed a relay-style swim across the English Channel, raising over £200,000 for Ben. Not only did the training and challenge improve their physical health, but Jeremy found it benefitted him mentally too!



"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 HealthCheck 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 worked hard to improve my own numbers ahead of my Channel Swim Challenge for Ben! I'll certainly be encouraging my Jaguar Land Rover colleagues to embrace the HealthCheck programme and make their physical health a priority."

Jeremy Hicks

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