



Looking after your physical health

To help you during the pandemic take a look at our [video on](#) why being physically healthy is even more important now.

The video is hosted by Carl Laidler from Health Shield and he is talking about:

- Why being physically healthy is particularly important now.
- Testing – Your 4 health numbers that are key to your physical wellbeing – blood pressure, cholesterol, blood sugar and body mass index.
- What are some easy measurements you can do on yourself to check your own health?
- How to stay healthy - exercise, nutrition, hydration and weight.
- Boosting your immune system - vitamins from food, sleep, stress, Vitamin D.

[Click here](#)
to watch
the video

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