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CO-CEO HFI &  
HAWI

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HEALTH AND  
WELLNESS  
INTERNATIONAL



Health and Fitness Ireland

**PARENTAL  
HEALTH  
AWARENESS**

**IMPROVING  
ALL AREAS OF  
YOUR LIFE**



# WORRYING STATISTICS

- Ireland is on course to be the fattest nation by 2030
- Cause: purely by poor diet and not getting enough exercise
- 1,000 new people a month are diagnosed with type 2 diabetes
- Cause: eating excess amounts of sugar and making poor dietary choices
- Over half of all adults in Ireland over the age of 45 have high blood pressure.
- Cause: a high-fat diet, a high amount of salt in your food, a lack of exercise, being overweight, smoking, drinking large amounts of alcohol and stress.
- High cholesterol leads to heart attacks and strokes which are the highest causes of deaths in Irish men and women.
- Cause: Unhealthy diet, saturated fat in your diet, Lack of exercise or physical activity, Drinking excessive amounts of alcohol.
- One in seven Irish people have an undiagnosed lung condition.
- Caused by: Lack of exercise, smoking



Rank	Condition	Number of deaths	% of all deaths
1	Coronary heart disease	2427	8%
2	Heart attack	2260	8%
3	Lung cancer	1801	6%
4	COPD	1416	5%
5	Pneumonia	1075	4%
6	Stroke	1009	3%
7	Dementia	716	2%
8	Breast cancer	698	2%
9	Alzheimer's disease	561	2%
10	Colon cancer	543	2%

## IRELAND'S TOP 10 CAUSES OF MORTALITY



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# YOUR HEALTH

How healthy are  
you right now  
(mentally and  
physically)?



When was the last  
time you  
completed a full  
health screen?



How important is  
your health to  
you?



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# THE ROAD TO OPTIMAL HEALTH

## WHAT IS OPTIMAL HEALTH?



**WHO**....A state of optimal well-being, not merely the absence of disease and infirmity.



Optimal wellbeing requires a balance that comprises the whole person

Optimal Health  
6%

Moderate Health  
50%

Poor or very poor  
Health 44%

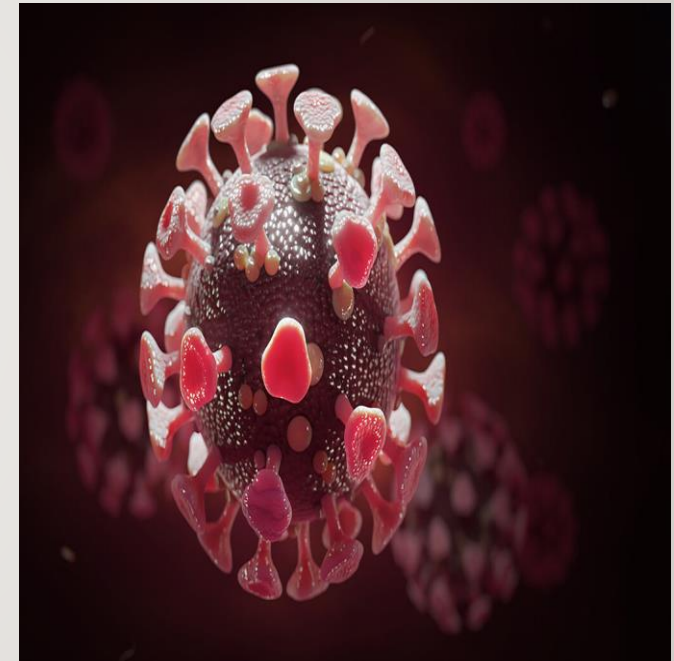


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# VIRUSES & ILLNESSES

- What is important now?
- The top risk factors to receiving viruses, illnesses & infections.
- What practices do we need to put in place in this new world?
- WE CANNOT MEDICATE OR SUPPLEMENT OUR WAY OUT OF A HEALTH CRISIS.
- HOW WE APPROACH NUTRITION, WELLNESS AND HEALTH IS VITAL.



## Chronic Illnesses

“The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition”

Thomas Edison.



## Symptoms of a compromised immune system

- Lifestyle related illnesses
- Breakdown of muscles
- Tiredness (chronic)
- Weight gain or loss
- Growth problems
- Increased risk of injury/infection/viruses/illnesses
- Metabolism/mood/joint pain



## WELLBEING PILLARS

- Physical wellbeing
- Mental wellbeing
- Social wellbeing
- Spiritual wellbeing
- Emotional wellbeing
- Intellectual wellbeing

# MINDFULNESS

- You can learn how to nurture wellness for disease prevention & increase your resilience to overcome stress at home & in the workplace
- Reduce stress & anxiety
- Improve memory & concentration
- Lower blood pressure
- Learn to nourish both body & spirit
- 10 minutes a day can help prevent burnout/host of stress related illnesses





# Nutrition & Lifestyle Choices

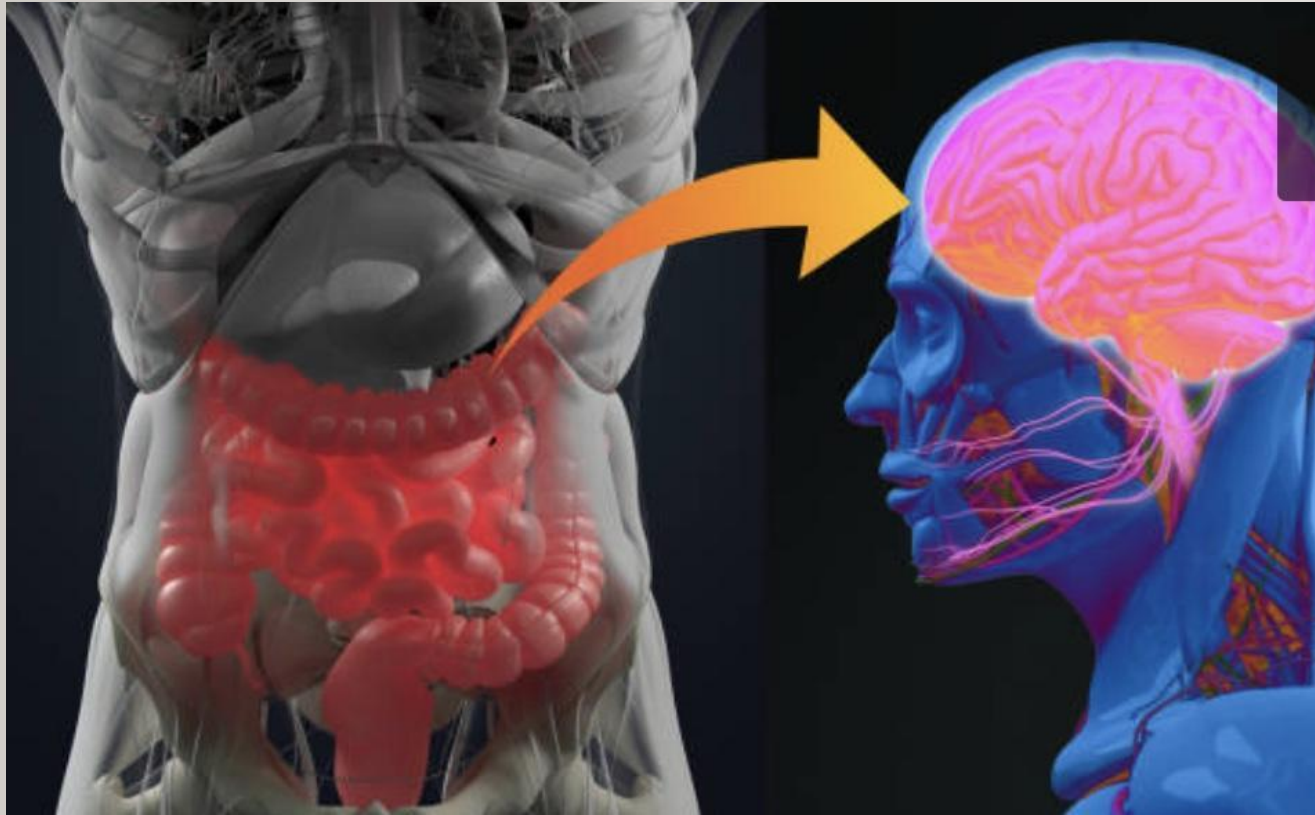


# YOUR RELATIONSHIP WITH YOUR FOOD

- **WHAT**
- **WHERE**
- **HOW**
- **WHEN**



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# BRAIN-GUT AXIS



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**HFI** Schools

**Health & Wellness programs for  
Students and Teachers**



# Benefits of **HAWI** School Health & Wellness program

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- **Builds** student confidence levels
- **Boosted** student morale
- **Battle** weight loss, better fitness and mobility, reduction of stress
- **Equality** for children who have less access to health care
- **Reduced** future health care costs
- **Increased productivity and focus**
- **Reduced absenteeism**
- **Improved study environment and culture**
- **Collaboration** between health professionals and schools can have long-lasting positive effects on youth





# HAWI Aims to Deliver

**HAWI** endeavour to help your school create a culture of health and wellbeing, which fosters genuine care for all staff and students. We will strive to re-enforce a culture of health and wellbeing among the individuals and the school as a whole. Parents health and wellbeing cannot be ignored in this process and a strategy must be included to assist all involved.

**Our programs aim to educate and empower staff and students, benefiting their personal lives and their lives in the school environment.**



# SUPPORTS

- NAPD (National Association of Principles and Deputies) both Chief executive and regional executives
- ETBI (Education and Training Board of Ireland) Director of Schools
- Regional Directors of Schools
- Individual schools
- Political support
- Provincial Ambassador for Schools

# STUDENT OPTIONS



- Student Health Matters
- Student Health Screening
- HAWI Diplomas
- HAWI Workshops
- HAWI Student Health & Wellbeing Awards

# Student Health Matters Programme

School  
consultation,  
signup

Student Health Screen

Education components

Student  
Monitoring  
inc Logbook

Student  
Rescreen

Student Feedback

School Findings &  
Recommendations



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# HAWI Metabolic Screen

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- Body Composition / Body Fat / BMI
- Metabolic Testing/ Age
- Height and Weight Measurements
- Blood Oxidation
- Blood Pressure
- Lean Muscle
- Free Fat Mass
- Segmental Body Composition (player development)
- Lung Function
- Hydration Levels
- Quality Movement Screens





# HAWI SCREENING PROCESS

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# HAWI Pre Screening Process

- HAWI will assist with the promotion of the health screen by supplying a link for parents to download the HAWI digital health app. Within the app the parent will create a profile for their teenager and sign up.
- This health screen is optional.
- GDPR guidelines to be clearly outlined and met throughout the health screening process.
- Health screen contracts are between the student's parent and HAWI.
- HAWI will supply an email, outlining procedures of the screen and other important details such as fast times and arrival times etc.
- HAWI's hotline will help any queries prior to the health screen.





# HAWI Education & Training Program



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# HAWI DIPLOMAS

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## HAWI HEALTH & WELLNESS DIPLOMA

- Introduction to Wellness and Intellectual Wellness
- Social Wellness
- Financial Wellness
- Emotional Wellness
- Physical Wellness
- Personal Wellness

## HAWI HEALTH, EXERCISE & NUTRITION DIPLOMA

- Positive Psychology
- Goal Setting and Time Management
- Complete Nutrition
- Resilience and Coping Skills
- Nutrition Lifestyle Choices and the Immune System
- Exercise, Activities and Fitness

## HAWI COACHING DIPLOMA

- Speed & Agility
- Strength & Power
- Sport Planning/Periodisation
- Sport Psychology
- FMS and Corrective Exercises
- Sports Nutrition



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# HAWI WORKSHOPS

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## HEAT (Health Exercise & Activity Training)

- Health Awareness
- Nutrition and Hydration
- Quality Movement
- High Intensity Training
- Health Psychology
- Circuit Training

## CAP (Confidence and Positivity)

- Positive Psychology
- Goal Setting and Time Management
- On the Move
- Home Training
- Sleep Quality
- Monitoring, Evaluating and Reviewing





# HAWI WORKSHOPS

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## PAD (Player & Athlete Development)

- Building Confidence
- Strength and Power
- Fuel for Sport
- Speed and Agility
- Flexibility and Stretching
- Rest, Recovery & Overtraining

## HAW (Health and Wellness)

- Stress Awareness and Management
- Leadership and Emotional Intelligence
- Mindfulness and Meditation
- Communication and Networking
- 'My health and wellbeing'
- Balanced Lifestyle

## FAMH (First Aid and Manual Handling)

- Basic First Aid
- Manual Handling



# HAWI Student Education Options

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## Workshops

1 day (6 hrs)

Options – HAW, CAP,  
HEAT, PAD of FAMH

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## Diploma

3 days (18 hours)

Options – Wellbeing,  
HEAT or Coaching

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## Student Health Matters

4 days (20 hours)

2 workshops, 2 health  
screens and program log

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## Semester Program

10 days (20-40 hrs)

2 Diplomas plus  
2 health screens

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# IN CONCLUSION

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- Your health and the health of your family matters
- This can be catered for with Student health screen and Family health screening options
- Wellness Education in schools
- I to I Lifestyle Coaching, Nutrition, Personal Training, Psychological assistance
- Follow up options for this Parents Council



# LET'S BEGIN THE JOURNEY



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