

# The Daily Telegraph

## Quarter of Britons working longer as recession bites

According to Cancer Research UK a quarter of Britons are working longer hours and their health is suffering as a result Photo: GETTY

A poll by Cancer Research UK also suggests that 56 per cent of people are taking less exercise than they did last year as the pressure of the economic downturn takes its toll.

The survey shows how job cuts and a looming fear of redundancy are affecting people's lifestyles. More than a third (38 per cent) of workers say they are unhappy with their work/life balance as they are working too much.

In terms of nutrition, 82 per cent of workers say that being busy at work affects their diet, with 41 per cent of workers going for speed over health when choosing food options.

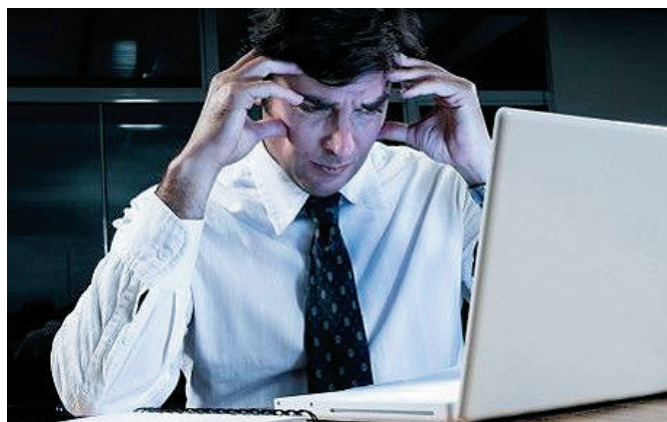
Four out of five (81 per cent) of all adults admit they do not get their five portions of fruit and vegetables every day.

The report comes as Cancer Research UK launches a "Take 5 Challenge" – designed to help people incorporate exercise and fitness into their lives

The "Take 5 Challenge" include tips on extra activity, stretching and hydration, have been designed to help people improve their general health and fitness.

Cancer Research UK is organising a series of 10k runs at venues across county in the autumn.

Cancer Research UK has worked closely with celebrity fitness expert Steve Halsall to create the step-by-step plans, which can be viewed and downloaded at [www.run10k.org/take5challenge](http://www.run10k.org/take5challenge) Steve Halsall said: "Doing the 'Take 5 Challenge' and making five small changes to your everyday routine, which require little or no extra time, can have a huge beneficial effect on your fitness levels and general wellbeing.



"It will also show you easy it is to take that next step and sign-up for a Run 10k this year. Taking part in a Run 10k will also give you that feel-good factor and sense of achievement that is second-to-none."

Birmingham City Football Club MD Karen Brady, who is backing the 'Take 5 Challenge' adds: "Encouraging a good work/life balance is crucial in keeping morale high and increasing motivation, commitment and engagement.

"Cancer Research UK's Run 10k 'Take 5 Challenge' encourages people to incorporate health and fitness into their busy lives, which is a great way for workers and their bosses to boost their sense of wellbeing.

"And by signing up to a Run 10k this year, people will be raising money for a fantastic cause at the same time."

To view and download the Take 5 Challenge plans, go to [www.run10k.org/take5challenge](http://www.run10k.org/take5challenge)