

# Sodexo's Mindful Active launched to serve the UK military with health and wellbeing support

3 years ago



Mindful Active, an educational tool that provides holistic health and wellbeing guidance, has been launched by Sodexo at Her Majesty's Naval Base (HMNB) in Portsmouth.

Mindful Active reinforces Sodexo's commitment to improving the lived experience as well as the health and wellbeing of UK military personnel. It has been developed using Sodexo's own client and customer insight and influenced by the MOD's own insight, such as the UK Armed Forces Continuous Attitudes Survey (UKAFCA), to understand the challenges faced by the UK military community.

Designed primarily for physically active personnel, the content is still relevant for what is considered to be the whole force; not only serving military personnel but also partners and civilians who live, work and visit the base.

Mindful Active is accessible at home and at work and provides nutritional information, wellbeing signposting, recipes, and cooking advice. It has been built on four pillars, each designed for body and mind.

- Fuel: prepare the body for what lies ahead and sustain a healthy lifestyle
- Focus: target body performance goals and power up brain training
- Perform: boost energy levels and strengthen mental endurance
- Restore: re-energise the body post-workout and re-set mental wellbeing

Mindful Active forms the new approach to catering. Throughout the base Mindful Active messages, tips and guidance are communicated and made available online via a smart phone app, empowering customers to

make informed lifestyle choices with ease.

Holistic mental health guidance is also available with everything from simple tips through to links to professional advice and services, helping users learn how to manage stress and discover relaxation techniques.

Paul Anstey, CEO, Government, Sodexo UK & Ireland, said: “We are committed to improving the lived experience of all those who live and work on military bases and are pleased to be able to launch Mindful Active at HMNB Portsmouth as part of our new contract.

“We know how important it is to ensure all our customers get the best possible experience and feel connected with and supported by the military, its partners and the wider community. This innovative new tool will undoubtedly have a positive impact and supports the Ministry of Defence’s key priorities to ensure all defence people enjoy a state of positive physical and mental health and wellbeing.”

Sodexo was awarded the soft services contract for HMNB Portsmouth earlier this year as part of the Ministry of Defence’s Future Maritime Support Programme (FMSP). The contract, valued at around £54 million, will run until March 2026, replacing the previous Maritime Support Delivery Framework (MSDF).

Commodore JJ Bailey RN, Naval Base Commander of HM Naval Base Portsmouth, added: “Service people and their families are all exposed to various pressures and demands, physical and mental, due to the nature of their roles and the impact it can have on family life and on individuals. This initiative focussed on catering and the importance of maintaining a healthy diet and lifestyle is a very welcome one for all my people.

“I absolutely agree that good nutrition is crucial to their health and wellbeing and being able to perform at their best and so Sodexo’s Mindful Active is a really great tool to enable this. It has already had some very positive feedback and I look forward to working with Sodexo to continue to ensure that anyone working or living on our base experiences the best lived experience we can offer.”

Photo credit: Sodexo