

# One Life Suffolk

## Activity Log



Helping local people live healthier lives

In order to maintain and improve your health it is recommended that adults in England take part in 150 minutes of moderate intensity activity every week.

To make sure you're getting your recommended 150 minutes each week we have created this 3 month tracking tool. Simply jot down what activity you have done, including how long for, and at the end of the week count it all up.

Name:		
Height:		
Weight:	Start	End

## September

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# October

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# Activity Ideas

Here are some NHS recommended sitting exercises to get you started. If you would like to find more visit: [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

## Getting Started

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, chose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

To read about how people in Suffolk get there 150 minutes of weekly activity, or for more ideas on where to find activity visit: [www.onelifesuffolk.co.uk/activeageing](http://www.onelifesuffolk.co.uk/activeageing)

## Chest Stretch:

This stretch is good for posture.

**A.** Sit upright and away from the back of the chair.  
Pull your shoulders back and down.  
Extend arms out to the side.

**B.** Gently push your chest forwards and up until you feel a stretch across your chest.  
Hold for five to 10 seconds and repeat five times.



## Upper Body Twist:

This will develop and maintain flexibility in the upper back.

**A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.



**B.** Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.



## Hip Marching:

This will strengthen hips and thighs and improve flexibility.

**A.** Sit upright and away from the back of the chair. Hold on to the sides of the chair.



**B.** Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control. Repeat with the opposite leg. Do five lifts with each leg.



# One Life Suffolk

**STOP**  
*Smoking*



A free 12-week support programme delivered by trained advisors either face-to-face or over the phone.

BECOME MORE  
**active**



Specific support to help adults with long term conditions to become more active.

♥ **health** ♥  
**checks**

Our NHS Health Checks will be held in community spaces and are a free 'mid-life MOT' aimed at 40-74 year olds.

' L O S E '



**WEIGHT**



***For Adults & Children***

**Health**  
- W A L K S -

TRAINING  
***And more...***

Support programmes for both adults and children to help encourage everyone to improve their health and well-being.

Stepping Out in Suffolk provide free, short Health Walks suitable for all abilities with no need to book.

To find out more about the training that we offer, or to work with our organisation, please contact us.

**To find out more:**

**Call: 01473 718193**

**Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

**Email: [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)**

**Call us on 01473 718193 to find out more  
or email [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)  
[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

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