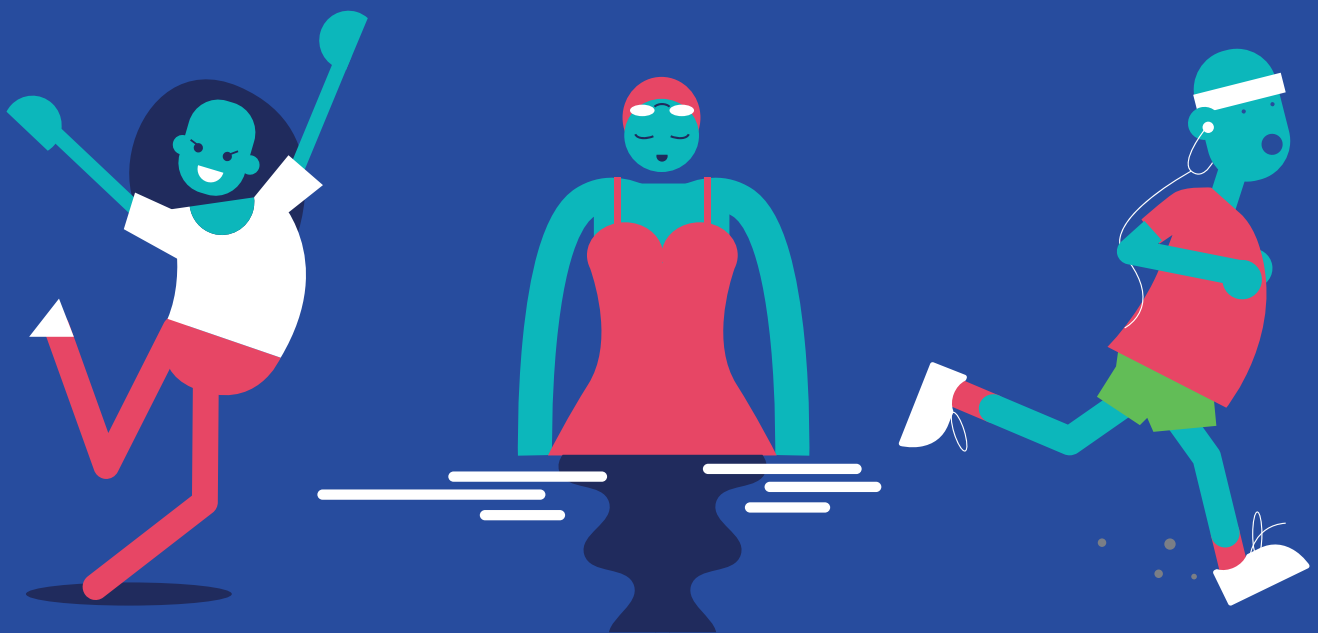


One Life Suffolk

10 Week Community Club Handbook

Name:



Intro...



Welcome to your OneLife handbook. It contains lots of information and things for you to do, to support your family whilst you are on the programme and beyond.

OneLife Programmes exist to provide families the support and advice to make better lifestyle choices to help you feel fitter and healthier. We do this by giving you the time and space to learn about what living healthily actually means, and how you can apply this to family life.

What do our clubs entail?

- 1** Lifestyle sessions where we explore a range of topics such as: what healthy eating really looks like; what's in the foods we love; and how to make those little changes that make big differences!
- 2** Loads of moving about! Your child will be taking part in fun physical activities in a friendly and relaxed environment. There will be various activity sessions from dodgeball to boxercise. They'll soon see how moving more can have a big impact on their confidence and how they feel.

Thank you for joining the OneLife family, here's to a healthier future for your family.



Goal Setting

The key to getting healthy is goal setting.

Goal setting is something you will hear during every session with OneLife Suffolk.

We know that individuals who set and monitor their goals regularly are the ones who are most likely to achieve the best results.

Learning about living a healthy lifestyle is great but you will only see results if you set goals and put them into practice.

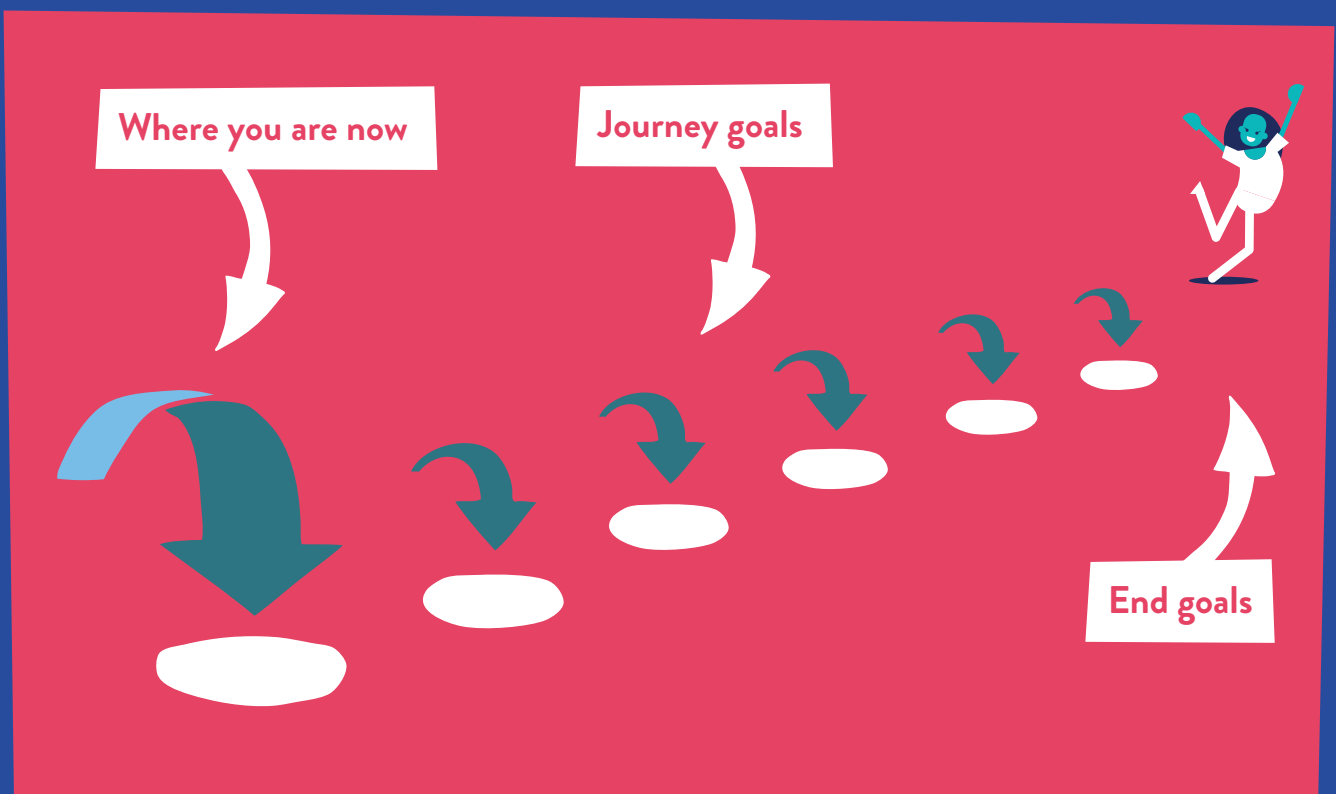
At OneLife Suffolk we split goals into:

Journey goals – weekly goals

These are shorter-term goals that you can achieve within a week. For example, ***'This week I will cut down from a packet of crisps a day to three packets a week.'***

End goals – your long-term goals

Things that you would like to achieve in 3, 6 and 12 months. For example, ***'I want to be fit enough to be able to get onto the football team at school next year.'***



Weekly Goals



My Goal this week is...

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

The Eatwell Guide

The Eatwell Guide shows us approximately how much we should eat from the five main food groups. To achieve a healthy, balanced diet we should be:



Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Fruit and vegetables

Eat at least 5 portions of a variety of fruit and vegetables every day.



Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.



Oils and spreads

Choose unsaturated oils and use in small amounts.



Dairy and alternatives

Choose lower fat and lower sugar options.



Foods high in fat, salt and sugar

Eat less often and in small amounts!



1 Eating plenty of fruit and vegetables provide us with natural forms of vitamins, minerals and fibre to help maintain a healthy body

2 Basing our meals around starchy foods, such as potatoes, bread, pasta and rice (choose wholegrain varieties when possible)

3 Having some milk and dairy products (choose low-fat options where you can)

4 Choosing some foods that are good sources of protein, such as meat, fish, eggs, beans and lentils

5 Eating foods high in fat, salt and sugar less often and in smaller amounts.

Note: You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.

Eating Regularly and Healthy Snacks



Research tells us that regular eating is very important in managing a healthy weight and your energy levels.

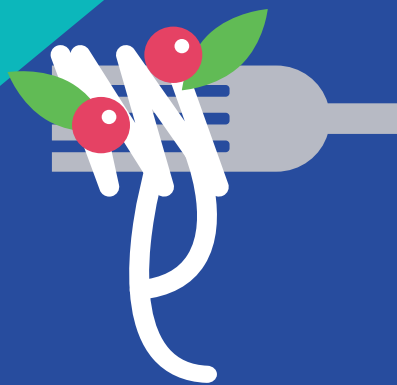
To keep your body working properly, and at it's best throughout the day, they should:

- 1** Eat 3 meals a day (breakfast, lunch and dinner) and enjoy 2 healthy snacks in between.
- 2** Stop skipping meals - skipping, for example breakfast, can make you want to snack on unhealthier options later on in the day.
- 3** To avoid getting over hungry choose healthy snacks to help keep you going until your next meal (see useful links page).
- 4** Aim for 100 calorie snacks. Ideal snacks will fill a hole and make you feel less hungry. Some good choices would be a piece of fruit, a palm full of raw vegetable snacks, one low-fat yogurt, a slice of toast, or one small soup.



Getting into a routine of regular eating may take a while, but don't give up!

Portion Control

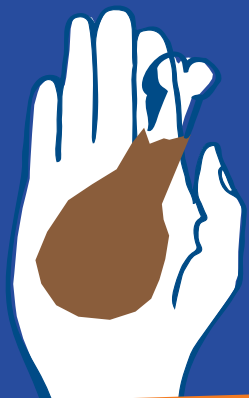


Research tells us that portion control is one of the key factors when trying to reach or maintain a healthy weight. It's a fact that we tend to eat larger portions if our plate is full, rather than stopping when we are full.

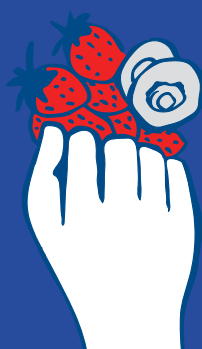
Use these guides to help you and your family eat the right amount of each type of food. Share them with whoever makes the meals so that they know what to dish up.

Be aware, portion sizes can sometimes sneak up a little bit so it's really important to keep checking them.

Top tip: Buy a smaller plate to use at home.



Meat
(A palm)



Fruit, rice,
pasta, potatoes
(A fistful)



150ml fruit
juice portion



Vegetables
(Cupped hand)

Physical Activity



Physical activity is really important to help keep you and your family healthy. You should be engaging in moderate to vigorous intensity physical activity for **at least 60 minutes every day**. This doesn't have to be done all at once it can be split into smaller chunks e.g. 3 lots of 20 minutes or 6 lots of 10 minutes throughout the day.

Why is physical activity good for you?

- It makes you feel great
- Reduces your risk of cardiovascular disease
- Reduces your risk for type 2 diabetes and metabolic syndrome
- Reduces your risk of some cancers
- Helps to control your weight
- It helps you meet new people and make friends
- Strengthens your bones and muscles

There are two types of activity:

Structured Activity

This involves activity such as sports or playing games that get you moving around and getting you a bit hot and sweaty.

The following activities are structured:

- Going for a jog
- Riding a bike
- Team sports
- Going to an exercise class
- Doing an exercise video

NEAT (Non Exercise Activity Time)

These are extra movements you can do to get yourself moving and use more energy without thinking about it too much.

Neat includes:

- Whilst you are on the phone, walk about rather than just sitting still
- Get off the bus a stop earlier and walk the extra distance
- Walk to school or work a few times a week
- Do housework like Hoovering

Making Healthier Choices



There will be many things that influence what your child chooses to eat such as: what their friends eat, adverts, habits, and even emotions such as stress and boredom.

When you identify specific influences, we call these 'triggers'. For example, you may treat your child to a chocolate bar from the vending machine after swimming. So swimming is the trigger for eating chocolate.

When you have identified your child's triggers we can then come up with ways to overcome them. For example:

What is the trigger?	What is the trigger for?	What could we do instead?
Going to the seaside	Eating fish and chips, candy floss and ice cream.	Asking your child to choose their favourite treat before you go and packing healthier snacks and/or a lunch for the rest of the day.
The cinema	Having popcorn and a sugary drink.	Bringing your own small bag of popcorn and choosing a sugar-free alternative.
Being 'good'	You may reward your child with food for good behaviour.	Find alternatives to food rewards such as stickers or a trip to the park.

Eating Out



Eating out should be fun; it should be about spending time with your family or friends with the added bonus of having someone else to wash the dishes! Preparation and planning are key to eating out healthily wherever you go!

Where You're Going	What You Can Do
A family barbecue	Why not make your own menu before you go? Think of the different options that will be there and plan the best choice ahead of time.
An all you can eat buffet	You're more likely to make a less healthy choice if you are hungry. Have a healthy snack and drink plenty of water before you go.
A friend's birthday party	If there's loads of party food, use a smaller plate and fill it up once - don't keep going back. And don't forget to pile on the vegetables!
A restaurant with friends	Many restaurants have menus on their websites, check them out before you set off and choose the best option for you.
The cinema	Take a bottle of water and a healthy snack with you so you're not as tempted by the popcorn and fizzy drinks.

What about snacks and sides?

- Does it come with chips? Why not ask for some vegetables, beans or a side salad instead?
- Avoid dips that are high in fat such as creamy dips, go for tomato based ones instead, like salsa
- Don't stand next to the snacks at parties – it is amazing how much you can nibble and not realise!
- Healthier options include side salads, beans, vegetable sticks, fruit, rice crackers, salsa and cottage cheese.

Food Labels



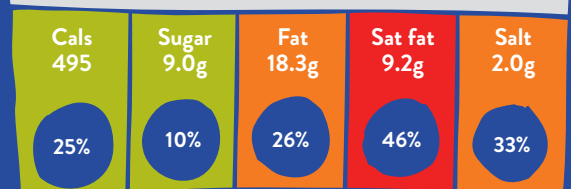
Our aim is to help you and your family eat healthier. To do that it's important for you to know what to look for on food labels and on menus. This will help you to manage your calorie intake.

The table below shows us the UK guidelines for calories for different age groups. You can use the information you have learnt about portion control and the Eatwell Guide to ensure that your child's calories are coming from the right sources. For example, not all your calories should come from fat or sugar. It should be the right mixture of carbohydrates, proteins, fats, and dairy.

Calorie guidelines

1-3 yrs	Boys	1230
	Girls	1165
4-6 yrs	Boys	1715
	Girls	1545
7-10 yrs	Boys	1970
	Girls	1740
11-14 yrs	Boys	2220
	Girls	1845
15-18 yrs	Boys	2755
	Girls	2110
Women		2000
Men		2500

Serves 2 - Half pizza provides



of your guideline daily amount

Sometimes nutritional information is helpfully summarised on the front of a food product using the Traffic Light System. Here's out it works:

- 1** Foods with mostly **RED** levels of fat, sugar and calories should only be eaten every now and again
- 2** Mostly **AMBER** indicates foods that can be eaten a little more often
- 3** Mostly **GREEN** indicates that it's a healthy choice.

What's in Your Drink?

Drinks can easily add to the number of calories and the amount of sugar your child consumes – without you even realising!

This can contribute to weight gain and tooth decay. These drinks also don't tend to contain many other nutrients so have little benefit to your child.

Water is a healthy and cheap choice for keeping you hydrated. If you don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could also add some no-added-sugar squash for flavour.

Remember that even unsweetened fruit juice is sugary, so limit the amount you have to no more than 150ml a day.



x 8.75



x 5.75



x 6



x 13.5

BE AWARE: Energy drinks such as Red Bull and Monster also contain high levels of caffeine which is a stimulant. Having too much caffeine can be dangerous as it may cause serious heart rhythm, blood flow and blood pressure problems.

The Importance of Water

Most of us don't drink enough water.
Do you know how much we should be having a day?

The average adult body contains 55-65% water. 80% of our muscle tissue is water!

DRINKmore
Water
GET MORE HEALTHY



Aside from oxygen, water is the most important thing we consume.

We can live a couple of months without food, but only a few days without water.

Water is vital for many of our bodily functions, it:

- Helps digestion and absorption of food
- Regulates body temperature
- Helps blood circulation
- Carries nutrients & oxygen
- Removes toxins & other waste
- Helps cushion joints

Did You Know



The department of Health recommends we drink at least 1.2 litres of water a day, which is about 8 glasses.

Remember if you exercise you will need to drink more.

The Importance of Sleep



How much sleep do you need?

Age (years)	Time (hours)
4	11 hrs 30 mins
5	11 hrs
6	10 hrs 45 mins
7	10 hrs 30 mins
8	10 hrs 15 mins
9	10 hrs

Age (years)	Time (hours)
10	9 hrs 45 mins
11	9 hrs 30 mins
12 & 13	9 hrs 15 mins
Teenagers	9 hrs
Adults	7 - 9 hrs

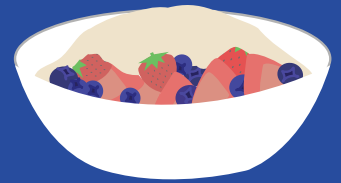
How to Get a Good Night's Sleep

Tips on how to get a good night's sleep

- Create a bedtime routine
- A warm, relaxing bath
- Using dim lights encourages your body to produce the sleep hormone, melatonin
- Create a good sleeping environment - ideally a room that is dark, cool, quiet and comfortable
- Read a book
- Listen to soothing music
- Talk through any problems
- At least 30 minutes of screen-free time before going to bed
- Limit screens in the bedroom
- Regular exercise (at least 60 minutes of physical activity every day)
- Try not to have caffeine at least 4 hours before bedtime (found in drinks such as cola, tea and coffee)



Healthy Breakfast

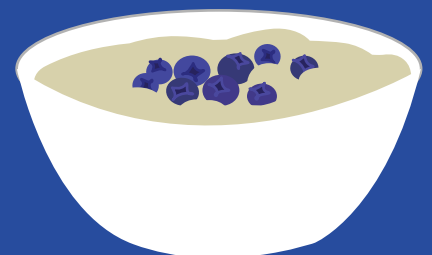


Eating breakfast is a great habit for your family to get into. Evidence shows that people who eat breakfast tend to be healthier than those who don't. However, some of us are making breakfast choices that are either too high in sugar or fat, or not having anything at all.

Eating breakfast will help give you the energy you need until lunchtime and reduce unhealthy snacking throughout the morning.

Healthy breakfast tips:

- 1** Instead of having porridge with syrup why not try adding some fresh fruit instead, it can also count towards one of your 5-a-day.
- 2** When having a cooked breakfast why not try grilling instead of frying and swapping to poached or scrambled eggs.
- 3** Try to avoid cereals high in sugar (look at the labels) the best options to go for are cereals such as porridge or wheat biscuits; which are also high in fibre.



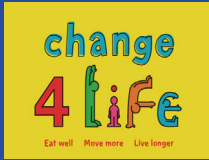
Useful Websites & Apps

**One
Life
Suffolk**

OneLife Suffolk

www.onelifesuffolk.co.uk/

Please like our OneLife Suffolk Facebook page & follow our twitter account to keep up-to-date with what's happening in your area.



Change 4 Life

www.nhs.uk/change4life/Pages/change-for-life.aspx

Lots of healthy eating tips, recipes & fun ways to exercise. Also try downloading the free apps



NHS Choices

www.nhs.uk/pages/home.aspx

Click on the Live Well tab for free information appropriate for the family



British Heart Foundation

www.bhf.org.uk/

UK's number one heart charity offering information about heart disease and advice on how you can help prevent it



Active Suffolk

www.activesuffolk.org

Your local physical activity and sports partnership



Inspire Suffolk

www.inspiresuffolk.org.uk/

A local charity working to inspire and motivate young people and adults in Suffolk through education, sport and health programmes



Ipswich Borough Council

www.ipswich.gov.uk/services/children-and-young-people

Find out about junior activities and children's parties at Ipswich Borough Council's sports centres and pools, or view their school holiday programme.



Netmums

www.netmums.com/

Netmums is the UK's biggest parenting website offering local info, expert parenting advice, chat, competitions, recipes and friendly support.



Day out with the kids

www.dayoutwiththekids.co.uk/

Looking for a day out with the kids - turn off the TV, lock up the games console and have a great time with the children.

parkrun

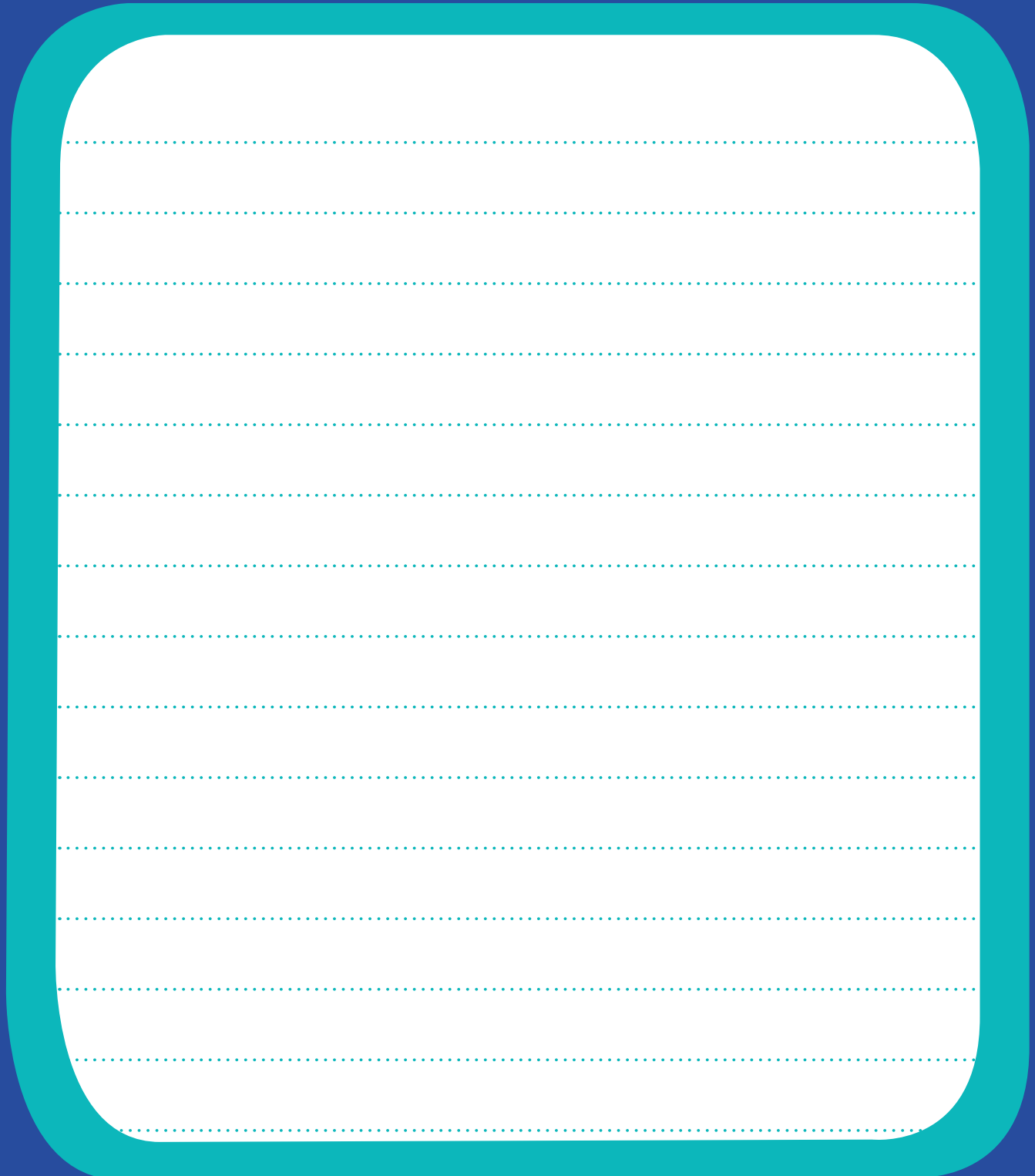
www.parkrun.org.uk/

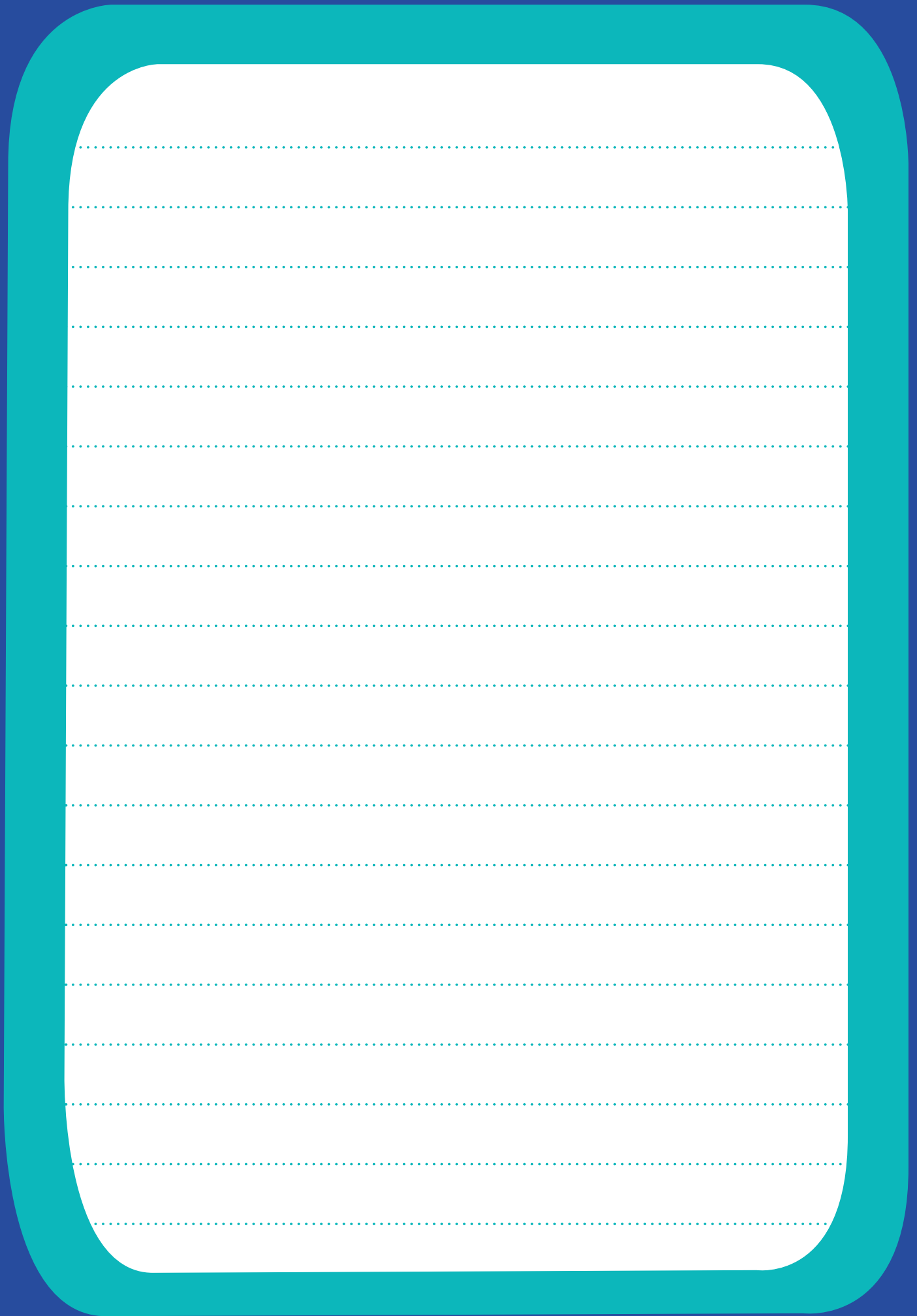
parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.



Congratulations!

Well done! You have now completed the OneLife Programme. You now have all the information you need to help you and your family live healthier ever after. Use the space below and on the next page to write down as much as you can remember. Don't forget you can always look back through this handbook if you forget anything and take a look at the useful links on the following pages for more support and ideas.

A large, rounded rectangular box with a teal border and horizontal dotted lines for writing. The box is designed for users to write down information they remember after completing the OneLife Programme. It features a thick teal border and a white interior with horizontal dotted lines for writing.



Families and Young People

STOP
Smoking

' L O S E '
WEIGHT

**Get Help
To Get
ACTIVE**

Health
-WALKS-

♥ *health* checks ♥

**One
Life
Suffolk**
CLUB

And more...

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