

**Get Help
To Get
ACTIVE**

Level 2

One Life Suffolk

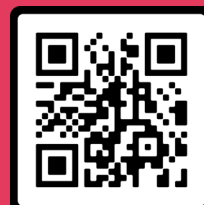
Supporting people with long-term health conditions

Discover the **POWER of physical activity**



**You don't have
to do it alone!**

onelifesuffolk.co.uk



 **SCAN ME**

Welcome to OneLife Suffolk

Name:

Welcome to the OneLife Suffolk Get Help To Get Active programme!

OneLife Suffolk offers a variety of FREE programmes to help local people live healthier lives. These include weight management programmes for adults, children and families, stop smoking services, NHS Health Checks, help to get people more active, training for professionals and more.

All our programmes are based on a psychological approach to ensure you change your habits for the better and, more importantly, for the long-term. You will be guided and supported by our trained practitioners to understand how your thoughts, emotions and feelings influence your decisions. We will provide you with the tools you need to make a positive change.

Your Practitioner

Throughout your sessions on this OneLife programme, you will be supported by a dedicated Get Help to Get Active practitioner who is there to help you every step of the way.

Practitioner name

Practitioner email and contact number

Date and time of group

Contents

What is this programme about?	P4
Weekly activity journal	P5
RPE Scale	P6
What is activity?	P7
Physical activity guidelines	P9
Setting goals for physical activity	P11
Successful goals are SMART	P13
My own SMART chart	P14
Making small goals	P15
Setting your own goals	P16
Barriers and Influences	P17
Clock activity	P19
Hydration	P21
Sleep self-assessment	P22

What is this programme about?

Get Help To Get Active

Our Get Help To Get Active programme is designed to support those who are currently doing less than 30 minutes of moderate physical activity per week and are living with a long-term health condition.

Our Get Help To Get Active team are here to help and support you on your journey!

What we are here to do

Our 'Get Active' service can support you if you are not active but do not need supervised exercise support. We aim to help you find a local activity that you enjoy, and that will improve both your physical and mental health as well as give you a social and confidence boost.

Our Get Help To Get Active Activator team (trained volunteers who are passionate about sport, activity, and movement) will support you by leading a free 1-hour weekly session in the sport or activity you choose for over six weeks. They will encourage you to try new exercise, sports or physical activity challenges such as a walking group, community sports or leisure-based activities.

How we record data

The data collected by OneLife Suffolk is done so in line with our privacy policy for clients. Please read our privacy policy in full. The privacy policy sets out the legal basis for processing this data, how long we will keep your data for, how we protect your personal information, and your rights in relation to the personal data that we hold on you. A copy of the policy will be available from your practitioner or can be found here: onelifesuffolk.co.uk/about/privacy-policy/.

Clinical research

OneLife Suffolk is aligned with MoreLife UK – MoreLife are a leading provider of integrated healthy lifestyles services including effective weight management, physical activity, smoking cessation and health improvement programmes. MoreLife is run from Leeds Beckett University which acts as the lead academic and research partner for OneLife Suffolk and provides research opportunities and clinical skills training.

Weekly Activity Journal

Start by recording your typical week. You can then use this to identify opportunities when you will have time to fit in activity into your week. Check the guidelines and types of activities you should be recording in your diary.

THIS WEEKS GOALS:

MONDAY

Activity:

Duration:

TUESDAY

Activity:

Duration:

WEDNESDAY

Activity:

Duration:

THURSDAY

Activity:

Duration:

FRIDAY

Activity:

Duration:

SATURDAY

Activity:

Duration:

SUNDAY

Activity:

Duration:

END OF WEEK REFLECTIONS:

RPE Scale

Rate of perceived exertion

10 /

Max Effort Activity

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

9 /

Very Hard Activity

Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.

7 - 8 /

Vigorous Activity

Borderline uncomfortable. Short of breath, can speak a sentence.

4 - 6 /

Moderate Activity

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

2 - 3 /

Light Activity

Feels like you can maintain for hours. Easy to breathe and carry a conversation.

1 /

Very Light Activity

Hardly any exertion, but more than sleeping, watching TV, ect.

What is activity?

By the end of this session, we hope that you will be able to see how you can be more active at home (without any specific equipment) and have an understanding of the health benefits associated with doing so. Knowing about the benefits of being active will help you to be motivated.

What does it mean to be active?

Your GP, health professional, family or friends may have told you that you need to be more active, but what does being physically active mean to you?

Does it mean going to a fitness class at your local gym or leisure centre? Does it mean jumping around your living room for half an hour every day? Or could it mean any kind of movement, for example, pottering around the house or bungalow, doing a bit of gardening, or walking to the shops once a week?

What does being physically active mean to you?

Types of physical activity

Activity can be split in to 2 categories:

- 1.** Unstructured activity
- 2.** Structured activities referred to as Physical Activity

But what does this mean?

- 1.** Unstructured activity is the amount of energy expended by the body by any activity, excluding deliberate exercises, eating or sleeping. You can do this kind of activity in your own home i.e. housework, cleaning the car, carrying the shopping, or gardening.
- 2.** Physical activity is defined as any bodily movement that is carried out by skeletal muscles and requires energy. This refers to structured activities such as swimming, walking football, yoga, pilates etc.

What structured activities have you tried in the past or would like to try?

What non-structured activities do you do each week?

Physical Activity Guidelines

The physical activity guidelines for the UK refers to different intensities of exercise. The recommendations can be found on the next two pages.

We have outlined some important definitions here:

- **Moderate:** Causes you to get warmer and breathe harder. Makes your heartbeat faster but you should still be able to hold a conversation.
- **Vigorous:** Causes you to get warmer and breathe much harder. Your heart will beat rapidly making it difficult to hold a conversation.

TIP: Don't be overwhelmed by the recommendations - break the 150 minutes into smaller blocks throughout the week.



Physical activity guidelines for

ADULTS (19–64 YEARS)



1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Cycling

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Running
- Sports such as swimming or football

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Exercising with weights
- Carrying or moving heavy loads such as groceries

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)

Physical activity guidelines for

OLDER ADULTS (65+ YEARS)



1. Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
2. Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
3. For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
4. Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
5. Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
6. All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause older adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Ballroom dancing

Vigorous intensity physical activities will cause older adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Climbing stairs
- Running

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Carrying or moving heavy loads such as groceries
- Activities that involve stepping and jumping such as dancing
- Chair aerobics

Activities to improve balance and co-ordination may include:

- Tai chi
- Yoga

Minimising sedentary behaviour may include:

- Reducing time spent watching TV
- Taking regular walk breaks around the garden or street
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Helps maintain cognitive function
- Reduces cardiovascular risk
- Helps maintain ability to carry out daily living activities
- Improves mood and can improve self-esteem
- Reduces the risk of falls

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)

Setting goals for physical activity

Setting goals is an important way to help increase your physical activity.

This workbook will help you to:

- 1. Learn how active you are now**
- 2. Set SMART goals**
- 3. Make smaller goals to help reach your SMART goals**

Please answer the following questions:

What are you doing now?

What activities do you do now?

**During the week, how often are you active?
E.g. once a week, twice a week, daily?**

**How long are your physical activity sessions?
E.g. 15 minutes or less, only a few minutes each time, 30 minutes or more?**

What activities would you like to do?

What physical activities do you enjoy doing and find fun?

Are there any activities that you would like to try?



Successful Goals are **SMART**

The guidelines below will help prevent you from setting unrealistic goals. Setting small but manageable goals is important and celebrating when you achieve them is really important!

Specific

The goal should be clear and include specific information to help you achieve it.

For example, walk 30 minutes a day, 5 days a week. I will walk fast enough to be sweating and breathing heavily.

Measurable

The goal should have information for measuring progress toward the attainment of your goal.

For example, I will record how long I walked and the date of each walk.

Achievable

Setting goals that you have a good chance of achieving.

For example, I will increase the amount of time I walk each week, until I reach 30 minutes a day.

Time-based

The goal should be given a time frame in which it should be achieved.

For example, I would like to reach my goal in 6 months.

Realistic






The goals should be flexible to fit with the challenges of every day life.

For example, if it is raining on Thursday and you have said you will go for a walk, you could do it on Friday instead.

My own SMART chart

This is a useful tool to help you set your goals.

For each SMART goal you set, choose a goal that focuses on doing the activity (e.g. walking, swimming or cycling), rather than a result (e.g. weight loss).

	My own SMART goals
 mart	
 easurable	
 chievable	
 ewarding	
 ime-frame	

Making small goals first

A great way to reach a SMART goal is to first break it into smaller goals or steps!

Read the example below to learn how one person set many goals in order to reach a SMART goal.

SMART goal:

In 6 months, I will be walking for 30 minutes a day, five days a week.

Timeline	Small Goals
1st month	By the end of my first month, I will be walking at least 10 minutes/day, 3 days a week.
2nd month	By the end of my second month, I will be walking at least 20 minutes/day, 3 days a week.
3rd month	By the end of my third month, I will be walking at least 30 minutes/day, 3 days a week.
4th month	By the end of my fourth month, I will be walking at least 30 minutes/day, 4 days a week.
5th month	By the end of my fifth month, I will be walking at least 30 minutes/day, 5 days a week.
6th month	I will continue to maintain walking for at least 30 minutes/day, at least 5 days a week.

Setting your own goals

Using the table below, create small goals or steps which will help you to reach your SMART goal. Set timelines for each small goal.

Your Timeline (months, weeks, days, etc.)	Small Goals or Steps

Barriers and Influences

What is a barrier?

A barrier to physical activity can be anything that stops you from being active. Create a list of generic barriers that may impact someone's ability to be active. These do not have to be personal to you.



Barriers

Thinking about your own personal circumstances, take a few minutes to have a think about what is stopping you from being active and add these to your list.

Some generic barriers include:

- Time
- Cost
- Not able to leave the house
- Unsure of what exercise to do
- Unsure of what exercise is available in the local area
- Lack of motivation
- Responsible for a family member
- Health conditions that reduce your ability to exercise

Now that you have had time to think of different barriers, we would like you to take 5-10 minutes to fill in the table below.

This table requires you to have a think about your own personal barriers - are they within your control? What can you do to start overcoming these barriers that you can control?

If you aren't sure how to overcome your barrier, please reach out to your local practitioner who will be able to talk you through some suggestions.

My personal barrier	Is it in my control? Yes/No	What can I change to start to breakdown the barrier?

Clock Activity

For many people, time can be a huge barrier; whether it's not having enough time or having too much time on our hands.

Time can also be connected to our routine and our motivation! If you are struggling with motivation, one of our top tips is to set yourself a schedule. Plan in your activity at the start of each day or at the start of each week.

On the page below, you will find a clock. We would like you to spend 5-minutes filling in this clock to represent your normal day. The aim of this activity is to raise your awareness of where we might be spending long periods of time sat down, or where we might be able to squeeze some activity into our daily routine.

Code all the things you do in a day and mark how much time they take up. This will help you see how much time you realistically have left to include some physical activity into your day.

1am		1pm	
2am		2pm	
3am		3pm	
4am		4pm	
5am		5pm	
6am		6pm	
7am		7pm	
8am		8pm	
9am		9pm	
10am		10pm	
11am		11pm	
12pm		12am	

Influences

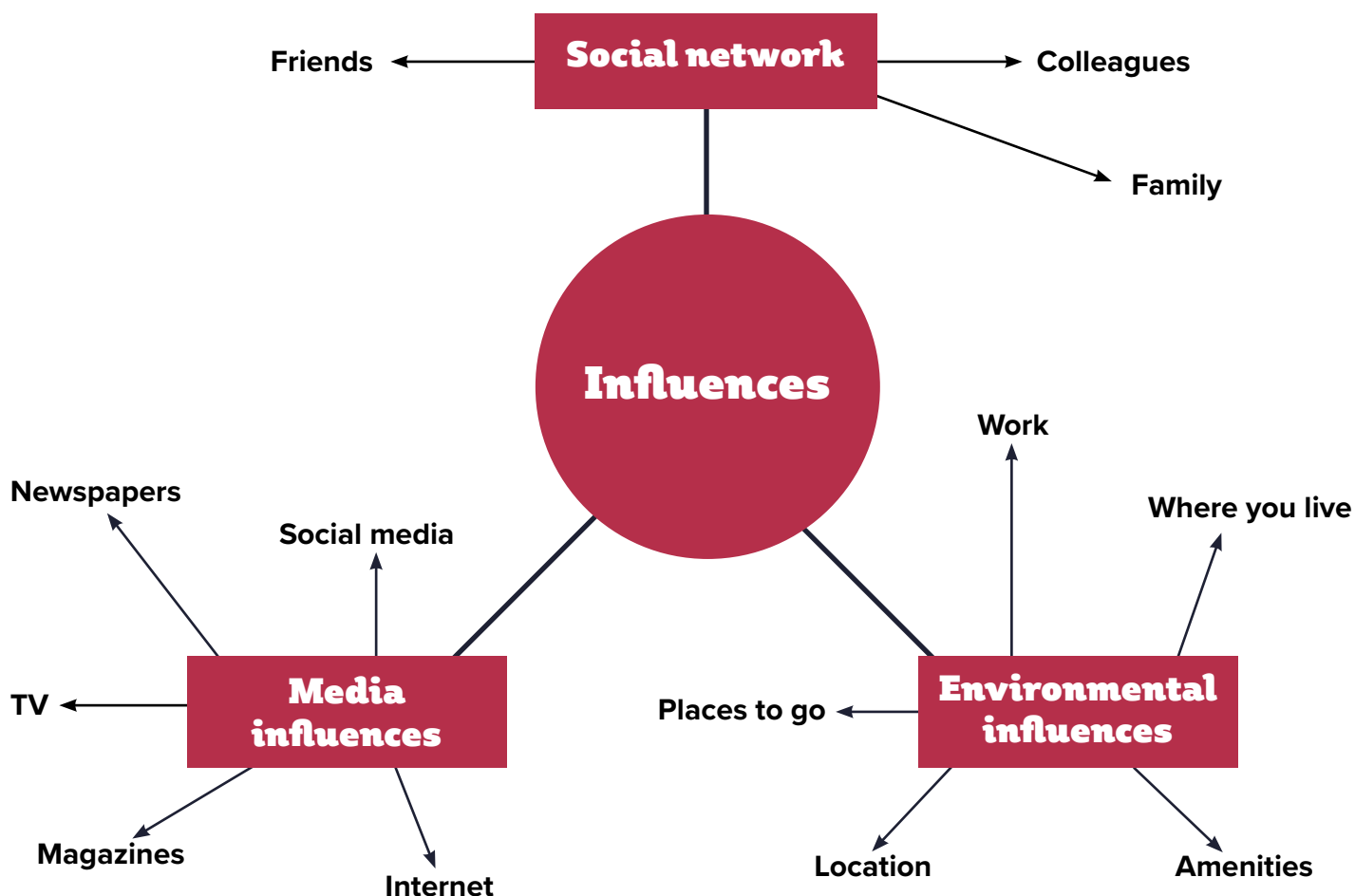
Like our barriers there are also many factors that can have an influence on how physically active we are. However, influences are not always negative; they can be positive and have a positive impact on us.

For example, if we lack motivation, our friends or family might be a positive influence by keeping us accountable and encouraging us to complete our daily exercise.

However, perhaps every time we try to be active or when you leave the house to go for a walk, maybe your friends or family always seem to give you a call at that specific time. This might be a negative influence as it distracts you from what you had intended to do.

Below we have made a diagram of some common influences:

Looking at this list. We would like you to have a think and identify your own personal influences:



Hydration

In the past few hours, how much water have you drunk? Take a few minutes to reflect and fill in the information below.

In the past 4 hours I have drunk:

- ___ Cups of water/squash
- ___ Cups of any other hot drink
- ___ Cups of fizzy drink
- ___ Cups of fruit juice
- ___ Cups of tea/coffee

How much water should I be drinking?

We should be aiming to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption, although they are a source of natural sugars and so you should limit consumption to no more than a combined total of 150ml per day.

The average adult body contains 55-65% water and 80% of our muscle tissue is water. Aside from oxygen, water is the most important thing we can consume. Some people can live a couple of months without food but every one of us can only live a few days without water. Remember, if you exercise you will need to drink even more!

The benefits of drinking water

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



What about alcohol?

Alcohol also contains lots of calories (kcal) and should be limited to no more than 14 units per week for men and women. The calorific content of an alcoholic beverage depends on the type of alcohol, the volume served and the addition of mixers. As an example, 1 pint of standard strength lager contains approximately 136kcal, a 175ml medium glass of wine contains approximately 135kcal and a 25ml shot of spirit (40% vol) contains approximately 56kcal.

If you have any questions or concerns about eating a balanced diet, please speak to your practitioner who will be able to supply you with this information.

Sleep self-assessment

Q1) Thinking about a typical night in the last month, how long does it take you to fall asleep?

- 0-15 minutes
- 16-30 minutes
- 31-45 minutes
- 46-60 minutes
- More than 61 minutes

Q2) Thinking about a typical night in the last month, if you wake up, how long are you awake for in total?

- 0-15 minutes
- 16-30 minutes
- 31-45 minutes
- 46-60 minutes
- More than 61 minutes

Q3) Thinking about the last month, how many nights a week do you have a problem with your sleep?

- 0-1 nights
- 2 nights
- 3 nights
- 4 nights
- 5-7 nights

Q4) Thinking about a typical night in the last month, how would you rate your sleep quality?

- Very good
- Good
- Average
- Poor
- Very poor

Q5) Thinking about the past month, to what extent has poor sleep affected your mood, energy, or relationships?

Not at all
A little
Somewhat
Much
Very much

Q6) Thinking about the past month, to what extent has poor sleep affected your concentration, productivity, or ability to stay awake?

Not at all
A little
Somewhat
Much
Very much

Q7) Thinking about the past month, to what extent has poor sleep troubled you in general?

Not at all
A little
Somewhat
Much
Very much

Q8) How long have you had a problem with your sleep?

I don't have a problem (or I've had a problem for less than one month)
1-2 months
3-6 months
7-12 months
Longer than a year

One Life Suffolk

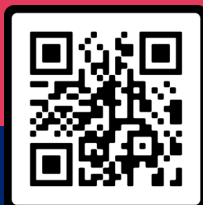
**Get Help
To Get
ACTIVE**

For more information about our Get Help To Get Active programme, please visit our website:

onelifesuffolk.co.uk/services/get-help-to-get-active/



onelifesuffolk.co.uk



SCAN ME

01473 718193