

**Get Help
To Get
ACTIVE**

Level 3

One Life Suffolk

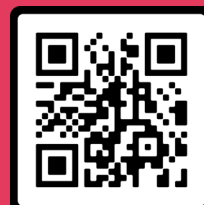
Supporting people with long-term health conditions

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

**One
Life
Suffolk**

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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 Help' service provides up to 12 months of support, starting with our 12-week programme. This consists of weekly, supervised, exercise sessions and practical support aimed at teaching you how to fit activity into your lifestyle, exercise safely with a long-term condition, overcoming barriers and stay motivated by setting goals.

After your 12-week programme, you will receive access to ongoing support to help you maintain and develop a healthier, active lifestyle in the long run. You will be able to join our OneLife Club as well as having 6, 9 and 12-month follow up sessions with your practitioner to track your progress.

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.

Why now?

Joining our 'Get Help To Get Active' programme is a huge first step in your journey to lead a more active lifestyle! Congratulations!

Attending this programme might be your very first attempt to be physically active, or maybe you only became inactive more recently. Whatever your situation, this course is for you.

In this section, we want you to think about why you decided to sign up.

Please think about the following questions to answer - 'why now?'

What type of benefit can I get from being more active? E.g. mental health benefits, reduction in my medication/pain, more social opportunities, making new friends.

How will being active help my health condition(s) and possibly benefit my wellbeing and how I feel each day?

What motivated me to get support from the Get Help To Get Active Team?

Are there any barriers that might block my motivation? How can I tackle them? E.g. with the support from my practitioner, with my inner strength.

What are my strengths that might help me on this journey? E.g. my character or personality, my social support such as family or friends, my community.

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)

Physical Activity and Mental Health

Research has shown us that physical activity improves our mental health. It does this by reducing anxiety, depression, and negative moods, as well as improving self-confidence and cognitive function.

Physical activity releases chemicals in your brain that make you feel good - boosting your self-esteem, helping you concentrate as well as sleep, look and feel better.

How can physical activity help my mental health?

1. Better sleep

By making you feel more tired by the end of the day.

2. Happier moods

Physical activity releases feel-good hormones that make you feel better in yourself and give you more energy.

3. Managing stress, anxiety or intrusive and racing thoughts

Doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy during difficult times.

4. Better self-esteem

Being more active can make you feel better about yourself as you improve and meet your goals.

5. Reducing the risk of depression

Studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression.

6. Connecting people

Doing group or team activities can help you meet new and like-minded people, and make new friends.

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	
 asurable	
 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

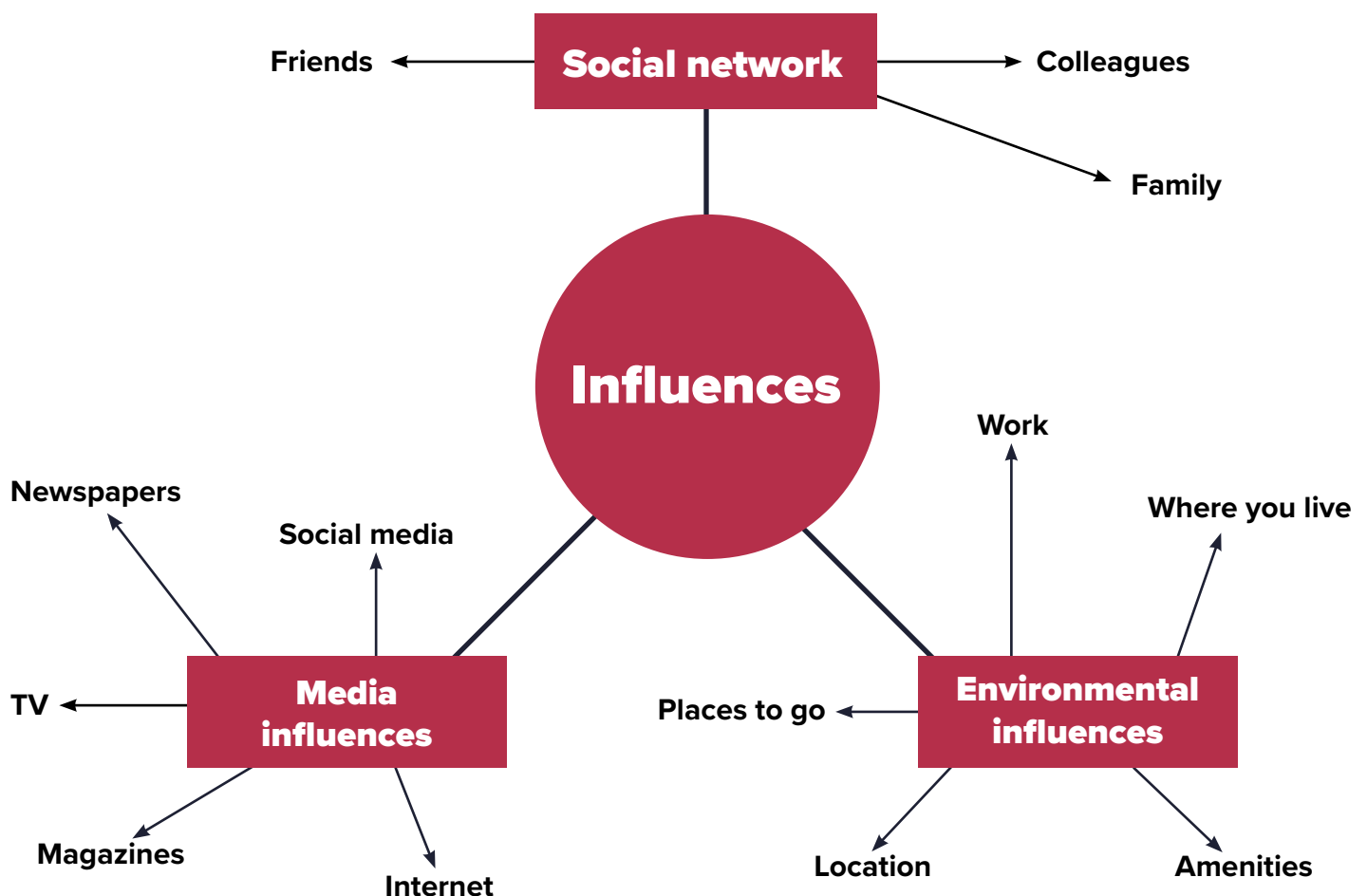
Like our barriers there are also many factors that can have an influence on how physically active we are. However, influences are not always negative; they can be positive and have a positive impact on us.

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:



Stress Management

The effects of stress

When we are stressed for long periods of time, it can start to affect our health. Stress actually has lots of negative impacts on our bodies too.

Stress increases a hormone in our blood called cortisol. Cortisol is a fight or flight response so that our bodies are ready to move, but if we don't move then the cortisol causes problems which includes increasing our blood pressure and blood sugar levels. This can lead to an increased risk of heart disease and stroke as well as type 2 diabetes and some forms of cancer. This is why addressing stress is so important.

Some of the things we do to manage our lives actually increase our stress levels, for example, using alcohol to relax, drinking too much caffeine and being too busy to exercise. Instead of using these quick fixes, let's try something different to deal with the sources of stress such as meditation, yoga, a new hobby or spending time outdoors.

All the healthy ways of managing stress have one thing in common; they involve doing something for yourself. In other words, when stress strikes, it is time to start taking care of yourself.

Exercise and stress

Physical activity helps to decrease stress levels. There are lots of reasons for this. Exercise causes the release of chemicals called endorphins, which are known to improve your mood. Therefore, some people experience a sense of well-being and joy/euphoria after exercise.

Physical activity helps take your mind off your worries too. When we are moving, we are usually focussing on our body. We tend to focus on how the movement feels, ensuring we are doing things correctly, as well as being aware of where we are in comparison to other people and our surroundings. Essentially, we are in the present moment rather than worrying about what has happened previously or what may happen in the future. This mindfulness is very good for our stress levels.



Exercise also gives a sense of achievement and improves self-esteem. It gives us structure and a sense of purpose which is very important for stress relief. Green spaces, such as places with grass, trees and/or blue spaces with rivers, lakes or the sea, help improve our well-being. People who are physically active are less likely to experience anxiety and depression than those who are not.

To summarise, we need to manage our stress levels if we want to be healthy!

Healthy Lifestyle

The aim of this session is to understand what is meant by a 'healthy balanced diet' and to appreciate the importance of remaining hydrated.

What does a balanced diet mean to you?

Definition of a balanced diet

“Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.”

NHS (2019)

The Eat Well Guide

The Eat Well Guide has been designed by the UK Government to show us the different food groups we should be eating from and the proportions of food from each group, over the course of a day, that we should aim to eat to achieve a healthy, balanced diet. The Eatwell Guide can be split into 6 essential food groups: Fruit and Vegetables, Carbohydrates, Proteins, Dairy and Alternatives, Oils and Spreads and Water/fluids.

You will find a copy of the Eat Well Guide on the next page.

We want you to take a few minutes to have a look at the Guide and think about your usual dietary intake (what you eat day to day).

Are there any food groups you think you are eating too much or too little from? If so, make a note below (we will be coming back to this later).

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

Typical values (as sold) per 100g: 697kJ/ 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

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



Eat less often and in small amounts



Dairy and alternatives
Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts



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.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Top tip

We know that during these uncertain times, food availability has been impacted. Where fresh food may not be available, why not try frozen or canned/tinned (try and avoid tinned food that is in sugar syrup or saltwater). Beans and pulses can be used to add volume to food where we might not be able to access certain meats and other produce so easily.

Over the next few pages you will find a breakdown of each food group, explaining in a little more detail why they are the proportion they are and the health benefits.

Fruit and Vegetables

Most people know we should be eating more fruit and veg, but many of us aren't eating enough. Fruit and veg should make up **just over a third of the food we eat each day**.

- Aim to eat at least five portions of a variety of fruit and veg each day. If you count how many portions you're having, it might help you increase the amount and variety of fruit and veg you eat.
- Choose from fresh, frozen, canned, dried or juiced. A portion is 80g or any of these: 1 apple, banana, pear, orange or other similar-sized fruit, 3 heaped tablespoons of vegetables, a dessert bowl of salad, 30g of dried fruit (which should be kept to mealtimes) or a 150ml glass of fruit juice or smoothie (counts as a maximum of one portion a day).



Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy food is an important part of a healthy diet and should make up **just over a third of the food we eat**. Choose higher-fibre, wholegrain varieties when you can by purchasing whole-wheat pasta, brown rice, or simply leaving the skins on potatoes.

Base your meals around starchy carbohydrate foods. For example, you could:

- Start the day with a wholegrain breakfast cereal; choose one lower in salt and sugars e.g. Shredded Wheat
- Have a sandwich for lunch
- Round off the day with potatoes, pasta or rice as a base for your evening meal



Some people think starchy food is fattening, but gram for gram it contains less than half the calories of fat. Watch out for the fats you add when you're cooking and serving this sort of food as this is what increases the calorie content. E.g. Too much butter on your bread.

Why is wholegrain a better choice?

Wholegrain food contains more fiber than white or refined starchy food, and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer. Wholegrain food includes whole meal and wholegrain bread, pitta and chapatti, whole-wheat pasta, brown rice, wholegrain breakfast cereals and whole oats. Remember, you can also purchase high fiber white versions of bread and pasta which will help to increase your fibre intake using a like-for-like substitute of your family favorites.



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

These foods are sources of protein, vitamins and minerals, so it is important to eat foods from this group.

- Beans, peas and lentils (which are all types of pulses) are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein, vitamins and minerals.
- Pulses are edible seeds that grow in pods and include foods like lentils, chickpeas, beans and peas. Other vegetable-based sources of protein include tofu, bean curd and mycoprotein; all of which are widely available in most retailers.
- **Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish, e.g. salmon.** Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish.

For more information on fish please see:

www.nhs.uk/live-well/eat-well/fish-and-shellfish-nutrition/

Or visit www.msc.org/ for more guidance on sustainably sourced fish.

Some types of meat are high in fat, particularly saturated fat. When you're buying meat, remember that **the type of cut or meat product you choose, and how you cook it, can make a big difference.**

- To cut down on fat, choose lean cuts of meat, go for leaner mince, cut the fat off meat and the skin off chicken, try to grill meat and fish instead of frying and have a boiled or poached egg instead of fried.
- If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

Dairy and alternatives

Try to have some milk and dairy food (or dairy alternatives) – such as cheese and yoghurts. These are good sources of protein and vitamins, and they're also an important source of calcium which helps to keep our bones strong. Some dairy food can be high in fat and saturated fat, but there are plenty of lower-fat options to choose from.

Go for lower fat and lower sugar products where possible.



For example, you might want to try 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture. Or reduced fat cheese which is also widely available. Or you could have a smaller amount of the full-fat varieties, but less often. When buying dairy alternatives, go for unsweetened, calcium-fortified versions.

Oils and Spreads



Although having some fat in your diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form such as oil, for example, vegetable oil, rapeseed oil and olive oil. Swapping to unsaturated fats will help to reduce cholesterol in the

blood, therefore **it is important to get most of our fat from unsaturated oils.**

Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake. Remember that all types of fat are high in energy and should be limited in the diet.

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 fizzy drink
___ Cups of tea/coffee

___ Cups of any other hot drink
___ Cups of fruit juice

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.

This session has given you lots of information on a balanced diet. We would like you to take 5-minutes to think about how your current diet sits within the guidance above. Looking back at the activity on page 24, we would like you to set a goal for this week around healthy eating. Make sure you make this a SMART goal.

For example: This week I am going to make sure I eat 5 different fruits or vegetables each day, swapping crisps for fruit on 3 of those days. To make sure I am hydrated, I am going to write down how much I am drinking for the next few days, making a note of how I feel.

This week I am going to:

Sleep Diary

Complete the diary each morning ('Day 1' will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
At what time did you go to bed last night?							
After settling down, how long did it take you to fall asleep?							
After falling asleep, about how many times did you wake up in the night?							
After falling asleep, for how long were you awake during the night in total?							
At what time did you finally wake up?							
At what time did you get up?							
How long did you spend in bed last night (from first getting in, to finally getting up)							
How would you rate the quality of your sleep last night?							
1 2 3 4 5							
V. Poor V. Good							

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?

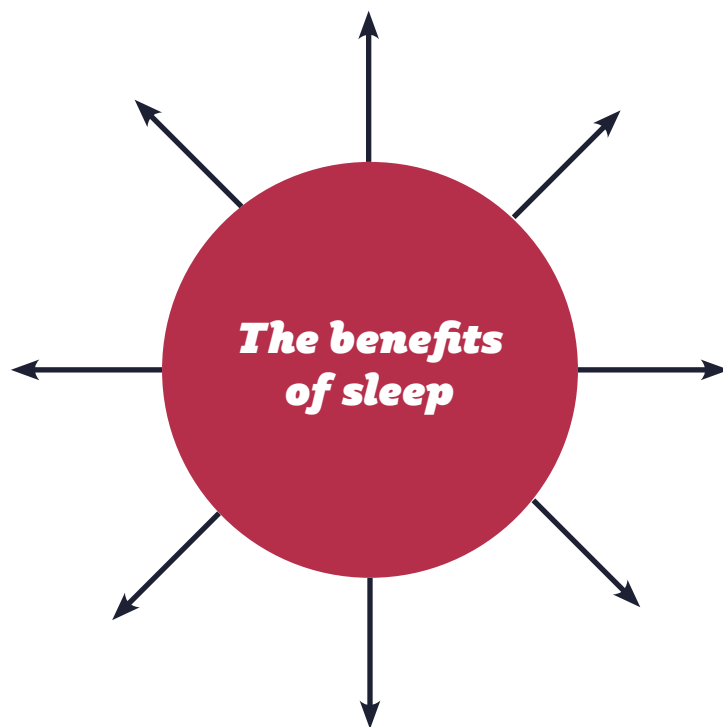
I don't have a problem (or I've had a problem for less than one month)
1-2 months
3-6 months
7-12 months
Longer than a year

The benefits of sleep

So now you should have a rough idea as to whether you sleep well or not.

Please note that the quiz is just to get you thinking about sleep, we appreciate that you might not need a quiz to determine how well you sleep.

There are many reasons why we need to get enough sleep. We would like you to fill in the mind map below with some of the benefits of sleep.



The importance of sleep

Sleep sounds like something natural and easy to do, but is it?

Sleep problems are more common than we think, with almost **1 in 3 people suffering from poor sleep and its consequences**. These consequences are more than bad moods, being grumpy and lack of focus.

Regular poor sleep can increase the risk of serious medical conditions including:

- Weight gain
- Heart disease
- Diabetes
- And it even shortens life expectancy

Don't worry, one or two restless nights won't cause any big problems, but improving our sleep will help us lead healthy lives. Most of the time, **people need about 8 hours of good-quality sleep a night to function properly**.

Sleep is like food for the brain. During sleep, important repairs happen to both the body and mind. If you feel tired, short-tempered and struggle to focus, it might be due to a poor night's sleep.

Lack of sleep

An occasional night without sleep makes you feel tired and irritable the next day, but it won't harm your health.

After several sleepless nights, the effects become more serious such as:

- Brain fog
- Concentration difficulties
- Feeling down
- You may fall asleep during the day

Sleep and weight gain

Lack of sleep can increase your appetite and cravings, and decrease your motivation, making it harder for you to make the right decisions about your health.

Studies show that **people who sleep less than 7 hours a day tend to gain more weight**. Newer research suggests that not having enough sleep may make type 2 diabetes worse.

Another advantage of sleep is that can boost your mental well-being. In addition to that, sleep also increases sex drive and fertility, and wards off heart disease.

So, lots of reasons to work on your night-time routine!

Sleep hygiene

Sleep hygiene is a term to describe good sleep habits. Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.

Obtaining healthy sleep is important for both your physical and mental health, improving productivity and overall quality of life. Everyone, from children to adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal. There are many strategies that can be used to enhance good sleep and improving your quality of sleep.

Sleep hygiene tips

- 1. Regular sleep and wake up times** - Regardless of whether it's a weekday or weekend, try to wake up at the same time. This programmes the brain and internal body clock to get used to a set routine.
- 2. Rituals** - Developing your own sleep rituals help remind your body that it is time to sleep. Some ideas for sleep routines might be doing stretching or breathing exercises, sitting calmly with a cup of caffeine-free tea, or having a hot bath 1-2 hours before bedtime can be useful.
- 3. Listen to your body** - Go to bed when you are really tired and sleepy. Do not force yourself to sleep. Avoid spending too much time awake in bed.
- 4. Get up and do something boring** - If you haven't been able to sleep after around 20 minutes or more, get up and do something calming or boring until you feel sleepy. You can sit quietly on the couch with the lights off or read something boring. Avoid doing anything that is too stimulating or interesting.
- 5. Avoid caffeine, nicotine and alcohol** - Avoid consuming any caffeine (coffee, tea, cola, chocolate, some medications) or nicotine (cigarettes) and alcohol for at least 4-6 hours before going to bed. Although there are significant individual differences in how caffeine affects each of us, give yourself enough time between your last caffeine intake and your sleep time to make sure that it does not interfere with your ability to get off to sleep.
- 6. Bed is for sleeping** - Try to use your bed for sleep and sex only, if possible. If you use your bed as a place to watch TV, eat or work on your laptop, your body will not make a connection between bed and sleep easily.
- 7. No naps** - Avoid taking naps during the day to make sure you are tired at bedtime. If you need to take a nap, try to keep it less than an hour and before 3pm.

- 8. Sleep diary** - Using a sleep diary can be very helpful to see what is going on and if there is any progress on your sleep. It may uncover lifestyle habits or daily activities that contribute to your sleeplessness. If you see your GP or a sleep expert, they will probably ask you to keep a sleep diary to help them diagnose your sleep problems.
- 9. Screen time** - Using electronics just before bed and in the bedroom can keep us awake for longer as the blue light from these devices has the capacity to prevent the hormones that make us sleepy from being produced.
- 10. Exercise** - Moderate exercise on a regular basis, such as swimming or walking, can help relieve any tension built up during the day. However, avoid doing strenuous exercise in the 2 hours before bedtime.
- 11. Eat well** - A healthy, balanced diet will help you to sleep well. Try to avoid heavy meals before the bedtime. Try a warm glass of milk, which contains tryptophan, as this acts as a natural sleep inducer. Eating at regular times helps strengthen our internal body clock.
- 12. Bedroom** - It is important that your bedroom is quiet and comfortable for sleeping. A cool room with enough blankets to stay warm is best. You can also use blackout blinds, eye masks and earplugs.
- 13. Prioritise sleep** - It might be tempting to skip sleep in order to work, study, socialise, or exercise, but it's vital to treat sleep as a priority. Calculate a target bedtime based on your fixed wake-up time and do your best to be ready for bed around that time each night.
- 14. Get daylight exposure** - Light, especially sunlight, is one of the key drivers of circadian rhythms (internal body clock) that can encourage quality sleep. Natural light, which can still be effective on a cloudy or grey day, helps reset our internal body clock.
- 15. Ensure that bedroom clocks are not visible** - It is common to watch the clock when we are awake at night. For some of us, this can increase our anxiety levels and further prevent us from being able to fall asleep.

For more information:

NHS: www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/

Sleep Council: sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene

NHS Sleep Self-Assessment: <https://assets.nhs.uk/tools/self-assessments/index.mob.html>

You can also monitor your sleep using a **sleep diary** (see page 30).

Mid-way review

Reasons why I want to stay active/continue to become more active:

Behaviours that help me to stay on track towards long term sustainable activity (e.g. social support, social media, eating, activities):

Potential barriers still yet to overcome that could prevent me achieving goals:

How I can start to overcome the new barriers listed above:

Can you list any positive changes you have noticed in yourself since session 1 (e.g. how you feel physically/emotionally, health-wise)?

Is there anything else you would like to discuss or to be covered during this programme?

RPE scale

Emoji

Intensity level...

9 - 10



MAXIMUM INTENSITY

7 - 8



VIGOUROUS INTENSITY

5 - 6



MODERATE INTENSITY

3 - 4



LIGHT INTENSITY

1 - 2



VERY LIGHT INTENSITY

One Life Suffolk

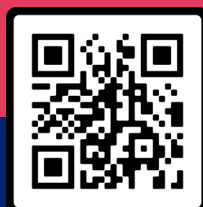
**Get Help
To Get
ACTIVE**

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

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