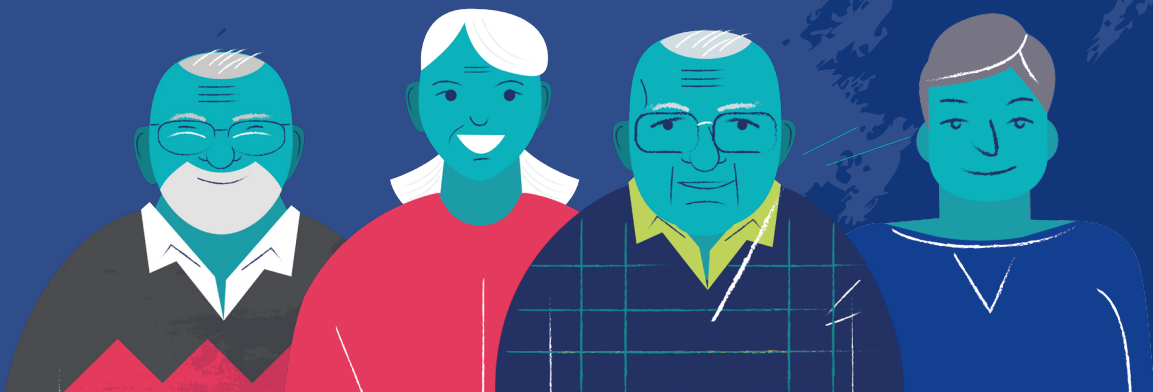


Visit onelifesuffolk.co.uk or
call 01473 718193 for more
information about our **FREE**
healthy lifestyle services

One Life Suffolk

Helping local people live healthier lives



Take the first steps towards a healthier lifestyle

In collaboration with

Suffolk ●●●
Family Carers
Living Fuller Lives



Who are we?

OneLife Suffolk offers a variety of **FREE** programmes to help local people live healthier lives.

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.

Programmes that we offer include:



This booklet contains healthy recipes and exercise guides to help you take the first steps towards a healthier lifestyle from the comfort of your own home. To learn more about our services and how they can help you to lead a healthier lifestyle, visit; onelifesuffolk.co.uk or call us on; 01473 718193.



Bean Chilli

Serves 3

Ingredients

- Tbsp olive oil
- 2 small onions (60g) - chopped
- 2 garlic cloves (3g) - chopped
- 150ml oxo vegetable stock cube
- 2 tins of chopped tomatoes (400g)
- 125g butter beans
- 395g taco mixed beans in spicy tomato sauce
- 400g red kidney beans
- Spices to taste (cumin, chilli, cayenne pepper and oregano)

Method

1. Heat the oil in a pan and add the onion and garlic. Fry over a medium heat until soft. Add to slow cooker.
2. Add the rest of the ingredients to slow cooker. Cover with lid and cook on low for 6-8 hours.

An easy one pot dinner that is satisfying, healthy and perfect served with rice



Balsamic Braised Beef

Serves 3

Ingredients

- 800g/28oz of lean stewing beef
- 1 onion, quartered and sliced
- 3 carrots, cut in batons
- 1 red bell pepper, chopped
- 2 cloves of garlic, crushed
- 1/4 cup (60ml) of balsamic vinegar
- 2 tbsp of brown sugar
- 1 cup (240ml) of beef stock
- 3 tbsp of tomato paste
- Pinch of dried thyme and parsley
- 1 tbsp cornstarch

Method

1. Spray a large casserole dish over a medium heat with some cooking oil.
2. Add the beef and lightly brown. Remove and set aside.
3. Add the onions, garlic and carrots and continue to fry for a few minutes, add in a little water to deglaze pan if they stick.
4. Then add all ingredients to a

Perfect for the slow cooker and easy to prepare

slow cooker and cook on low for 8 hours or high for 4-6 hours.

5. Mix starch with a little water to make slurry and stir into slow cooker.
6. Slightly ajar lid for last 30 minutes to thicken sauce.
7. Serve with your choice of sides.



Chicken Casserole

Serves 4

Ingredients

- 400g/14oz boneless and skinless chicken thighs chopped into smaller pieces
- 2 carrots - sliced
- 300g/10.5oz butternut squash - peeled and roughly chopped
- 1 red pepper - sliced
- 2 cloves of garlic - crushed
- 1 onion - halved and sliced
- 4 level tbsp of soy sauce
- 1/2 cup (120ml) of water
- 2 tbsp of maple syrup
- 2 tbsp of tomato paste
- 1/2 tbsp of sweet paprika

Method

1. In a bowl, combine the soy sauce, water, maple syrup, tomato paste and paprika and whisk to combine.
2. Add the vegetables and chicken to the slow cooker and mix.
3. Pour over the sauce.
4. Set to high for 4 hours or low for 8 hours.
5. Remove lid slightly for the last half hour of

A comforting classic that's easy and hassle-free

cooking time.

6. Once cooked serve topped with fresh parsley and season with salt and black pepper as needed.
7. Serve with your choice of sides.

Discover the **POWER** of physical activity

We believe that being physically active is the key to a healthier and happier life

We support people with long-term health conditions and those who would benefit from moving more often, build physical activity into their lives. Our programme provides you with the guidance, confidence and motivation you need to exercise safely from the comfort of your own home or in your local community.

What is Get Help To Get Active?

The team at OneLife Suffolk understands that being physically active can be very challenging, particularly if you are living with a long-term health condition. The truth is that you can start small, and you don't have to get moving when you don't feel up to it.

Ultimately, when you're managing a long-term health condition, being active is about finding what works for you. That's where we come in...

We provide you with the tools and information you need to gradually increase your activity levels safely and effectively. We are here to show you the power of physical activity.



What are the benefits of being active?



Improves your general well-being



Helps you to manage stress



Improves your mood



Allows you to maintain a healthy weight



Live longer and better

Get Help

Our 'Get Help' service provides up to 12 months of support, starting with our 12-week programme consisting of weekly supervised exercise sessions and practical support around key topic areas such as how to exercise safely, overcoming barriers and staying motivated.

Get Active

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.



After completing the 12-week programme, you will have access to ongoing maintenance support via our OneLife Club and our closed Facebook group.

What do our clients say?

"My well-being has improved dramatically, and its not just size and mobility. It's how you feel - I feel happier, I feel more able to cope, I feel healthier and my activity levels have increased."

Robert, OneLife Suffolk client

"As a result of joining this programme, I have become more active, some of my medically-induced pain has reduced and I have seen a reduction in my weight."

OneLife Suffolk client



Join our free programme today!

**Visit onelifesuffolk.co.uk/getactive
or call us on 01473 718193 for more information**

These exercises have been produced to help you move more.

We care about your health and how you're feeling and hope they will help you to experience the benefits that being more active will bring.

Our message is simple – just move more...when you can and however you can. You don't need lots of space, or equipment, you just need a little time and some willingness to give it a go. You can start small, and you don't have to get moving when you don't feel up to it. Even small amounts of activity add up and can have a positive impact on your health.

There are seven pages of exercises in this leaflet. Many of the exercises are recommended by the NHS. They are designed to give you lots of options for moving more in different ways and can be done in any order on any day. Aim to try the movements on one page every day

If you'd like to do more, and you feel up to it, feel free to increase the number of times you do each exercise on your chosen card or try the exercises from a second card. Just **listen to your body and do what feels comfortable to you**. For some people, aiming for a couple of minutes throughout the day can help them get started.

TOP TIP:

"Start slowly and build up. When moving more, you may feel warmer or even slightly breathless. You might also find that your muscles and joints get a little sore a day or two afterwards. This is normal, but you can help avoid this by gradually increasing the length and intensity of activity."

Dr Zoe Williams

USEFUL CONTACTS

Suffolk Advice and Support Service

Tel: 0800 068 3131

If you would like free professional advice in confidence on any of the following give them a call.

- mortgage or credit cards debts
- rent arrears or other debts
- COVID-19 related concerns and what it means for you and/or your family
- access to food
- one off grants for things such as white goods, fuel vouchers or other unforeseen expenses.

First response: Mental Health helpline

Tel: 0808 196 3494

First Response is a free 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties. If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call their helpline.

Silverline

Tel: 08004 70 80 90

Silverline offers a free, confidential helpline for older people. They can provide support with befriending as well as advice and information on local groups and organisations.

Keep Moving Suffolk

www.keepmovingsuffolk.com

Keep Moving Suffolk is a local campaign to support and encourage people to get active and stay active during the Coronavirus outbreak.

The Rural Coffee Caravan

Tel: 01379 855338 www.ruralcoffeecaravan.org.uk

The Rural Coffee Caravan offers friendship and support to rural residents in Suffolk. Networks include More Than A Shop and Meet Up Mondays.

IMPORTANT PLEASE READ:

Most people can get active without medical advice. However, we strongly recommend that you check with your doctor before starting if:

- You are extremely unsteady on your feet.
- You have dizzy spells or take a medicine that makes you feel dizzy or drowsy.
- You have a chronic or unstable health condition, such as heart disease (or several risk factors for heart disease), asthma or another respiratory ailment, high blood pressure, osteoporosis, or diabetes.

Strenuous exercise is not advisable for those with symptoms of infection, particularly with a fever. If you feel unwell during exercise, stop and seek medical advice.



MINI SQUAT

- Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
- Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
- Gently come up to standing, squeezing (clenching) your buttocks as you do so.
- Repeat 5 times.



SIDEWAYS WALKING

- Stand with feet together.
- Move your left foot to the side and then move the right foot to join the left.
- Perform 10 steps in each direction.



NECK ROTATION

- Sit upright, shoulders down, look straight ahead.
- Turn head towards your left shoulder as much as possible and hold for 5 seconds.
- Then return to starting position.
- Repeat on the right side.
- Repeat 3 times on each side.



STANDING JACKS

- Stand with your feet about shoulder width apart and arms by your side.
- Raise your arms up at the sides and then above your head.
- Now put them down again by your side.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.





LATERAL RAISE (WITH OR WITHOUT CANS)

- Stand with your knees slightly bent.
- Hold a can of beans or soup in each hand with palms facing in, by your side.
- Keeping your wrist straight and your palms facing down, bring your arms out to the sides until they are parallel with your shoulders.
- Hold for 1-2 seconds, then release slowly back to the starting position.
- Repeat 5 times.



SIDEWAYS WALKING WITH LEG CROSSOVER

- Cross your right foot over the left and bring your left foot to join it.
- If needed put your fingers on a nearby wall for stability.
- Attempt 5 cross steps on each side.
- Repeat 5 times.



NECK STRETCH

- Sit upright, look straight ahead and hold your left shoulder down with your right hand.
- Tilt head to the right slowly and hold for 5 seconds.
- Repeat on opposite side.
- Repeat 3 times each side.



TAP BACKS

- Step your left leg back behind you and swing both arms forward.
- Now repeat with your right leg backwards.
- Keep alternating which leg goes backwards and try to move in a continuous rhythmic movement.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.



Small amounts of activity all add up



WALL PRESS UP

- Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.
- With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.
- Slowly return to the start.
- Repeat 5 times.



HEEL-TO-TOE WALKING

- Put your right heel in front of your left toes then do the same with the left heel.
- If needed put your fingers on the wall for stability.
- Always look forward.
- Try to do at least 5 steps.
- As you progress, move away from the wall.
- Repeat 3 times.



SIDEWAYS BEND

- Stand with your feet shoulder width apart.
- Slide your left arm down your left side, as far as is comfortable.
- Hold for 2 seconds.
- Repeat on opposite side.
- Repeat 3 times on each side.



CLIMB THE ROPE

- Imagine you are pulling a rope above your head whilst walking on the spot.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.



If you can, stand more and sit less



CALF RAISES

- Rest your hands on the back of a chair for stability.
- Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.
- Repeat 5 times.
- To make this more difficult, perform the exercise without support, but only if you feel stable enough.



ONE-LEG STAND

- Face the wall, arms outstretched in front of you, fingertips touching the wall.
- Lift your right leg in the air, hold for 5-10 seconds.
- Then set it back down.
- Repeat 3 times on each leg.



CHEST STRETCH

- Sit upright on a stable chair.
- Pull your back and shoulders down and extend your arms to the side.
- Gently push your chest forward and up until you feel a stretch.
- Hold for 5-10 seconds.
- Repeat 5 times.



HIGH KNEES

- Stand on the spot lifting one knee in the air at a time (as if you were marching).
- Do this for 30 seconds then rest for 30 seconds.
- Rest your hand on a chair for balance if required.
- Repeat 5 times.



Small amounts of activity all add up



SIDEWAYS LEG LIFT

- Stand up and rest your hands on the back of a stable chair.
- Raise your left leg out to the side, keeping your back and hips straight.
- Return to the start and do the same with the right leg.
- Repeat 5 times on each leg.



TRICEP PRESS WITH CANS

- Whilst standing, hold two cans above your head, one in each hand, palms facing each other and hold your arms close to your ears.
- Trying to keep your arms close to your ears, bend your arms at the elbows, bringing the cans towards the back of your head.
- Slowly straighten your arms to the start position.
- Repeat 10 times..



UPPER BODY TWIST

- Sit upright on a chair, cross your arms in front of you reaching for opposite shoulders.
- Without moving your hips, twist your body to the left as far as is comfortable.
- Hold for 5 seconds.
- Repeat 5 times on each side.



KICKBACKS

- Stand up and rest your hands on the back of a stable chair.
- Bring your left heel up behind you and touch your left heel to your left buttock.
- Then return it to the floor.
- Repeat with the right heel.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.



If you can, stand more and sit less



BICEP CURLS

- Hold two cans of anything (or filled water bottles will do), with your arms down by your sides and stand with your feet hip-width apart.
- Keeping your elbows tucked in to your side, bend at the elbows and bring the cans up in front of you until they reach your shoulders.
- Slowly lower them again.
- This can also be carried out while sitting.
- Attempt 3 sets of 5 curls with each arm.



NARROW BALANCE

- Stand up and rest one hand on the back of a stable chair with your feet as close together as possible.
- Let go of the chair and try to maintain your balance for as long as possible.
- If you feel unsteady hold onto the back of the chair.
- To make this more difficult you can close your eyes but be very careful.
- Rest for 30 seconds.
- Repeat 5 times.



CALF STRETCH

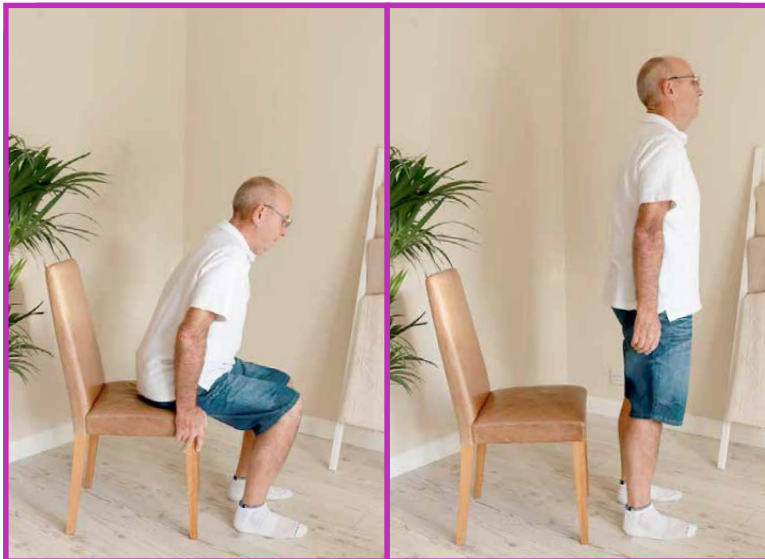
- Place your hands on the wall for stability.
- Bend the right leg and step back on the left leg keeping the left leg straight.
- Keep both feet flat on the floor.
- You should feel a stretch down the back of the left leg.
- Repeat with the opposite side.
- Repeat 3 times on each side.



STANDING PUNCHES

- Stand with feet shoulder width apart, clench each fist and lift the arms as if you are protecting yourself from an oncoming punch.
- Alternate each arm and punch the fists out straight ahead as if hitting an object in front of you.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.





SIT-TO-STAND

- Sit on the edge of a stable chair, feet hip-width apart.
- Lean slightly forwards.
- Stand up slowly using your legs, not arms. Keep looking forward and do not look down.
- Stand upright and then slowly sit down, bottom-first.
- Aim for 5 repetitions - the slower, the better.



ONE-LEG STAND WITH EYES CLOSED

- Face the wall, arms outstretched, fingertips touching the wall.
- With your knee bent, lift your left leg in the air and close your eyes, hold for 5-10 seconds.
- Put your left leg back down on the floor.
- Repeat 3 times on each leg.



ANKLE STRETCH

- Sit upright holding onto the chair with your left leg out straight in front of you and your toes pointing upwards.
- Point your toes back towards you then towards the floor.
- Repeat 5 times on each leg.



CLIMB THE LADDER

- Imagine you are climbing a ladder above your head.
- Lift one leg off the ground at a time with the knee bent.
- Do this for 30 seconds then rest for 30 seconds.
- Repeat 5 times.





onelifesuffolk.co.uk

01473 718193

<p>يلى لاصتالا يجرى رخ أ غلب تامولعمل هذه مهفل ددعاسم يلى إة حاجب تنك اذا 01473 718193.</p>	Arabic
<p>Se precisar de ajuda para entender esta informação em outra língua, ligue para 01473 718193.</p>	Portuguese
<p>Jeśli potrzebujesz pomocy w zrozumieniu tych informacji w innym języku, zadzwoń pod numer 01473 718193.</p>	Polish
<p>Dacă aveți nevoie de ajutor pentru a înțelege aceste informații într-o altă limbă, vă rugăm să sunați la 01473 718193.</p>	Romanian
<p>Jei reikia pagalbos norint suprasti šią informaciją kita kalba, skambinkite telefonu 01473 718193.</p>	Lithuanian
<p>如果您需要其他语言的帮助，请致电 01473 718193.</p>	Chinese
<p>Si vous avez besoin d'aide pour comprendre cette information dans une autre langue, veuillez appeler le 01473 718193.</p>	French

**If you need help to understand this information in another format
please call 01473 718193.**

**Alternative formats of the Keep Moving Suffolk exercise cards can
be found on their website: www.keepmovingsuffolk.com/exercise-if-youre-older/**

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