

**Get Help
To Get
ACTIVE**

One Life Suffolk

Top tips and activity diary



onelifesuffolk.co.uk



SCAN ME

About OneLife Suffolk

Who are OneLife Suffolk?

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.

What is the Get Help To Get Active programme?

Our Get Help To Get Active programme supports those with long-term health conditions and those who would benefit from moving more often, to 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.

We are here to show you the power of physical activity.

You can out more information about our Get Help To Get Active programme by visiting our website: onelifesuffolk.co.uk/services/get-help-to-get-active/



Physical activity recommendations

It is recommended that an adult does 150 minutes of moderate physical activity a week, but what does this mean to you and how do you go about it?

What is Moderate Activity?

This can be any activity that will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song. Examples include; a brisk walk, gardening or housework. 150 minutes might sound a lot, but you can break it down into smaller chunks during the week and then again during the day.

These are our suggestions for making this goal more achievable:

30 minutes on 5 days out of the week – You can split the 30 minutes up into -10 or -15 minute sections throughout the day.

20 minutes on 7 days out of the week – again this could be split up as above.

Remember, if you don't think you can manage 150 minutes a week, start with less and slowly build up the time.



Top tips

Make it fun. Chose an activity that you enjoy... you'll be more likely to keep doing the activity. Being active isn't just about going to the gym or playing a sport... there are so many other ways to be active!

Set Goals. If you set yourself goals, you are more likely to stick to them and accomplish more. Make each goal S.M.A.R.T (see SMART goals information on next page) or as detailed as possible, so instead of just saying "I'm going to do more walking", be specific. Write down when and where you are going to walk, how often will you walk and measure it by time or distance.

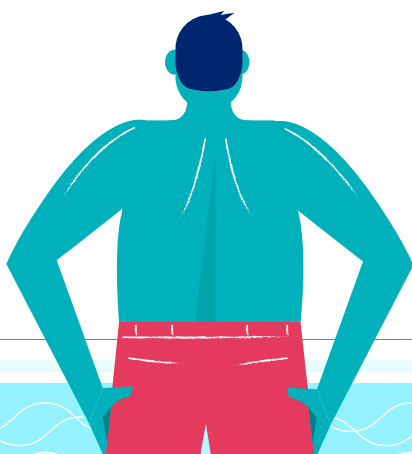
Be patient. Unfortunately, it's not an overnight fix! We live in a society that expects everything straight away, but some things can't be rushed. Slowly increase your activity levels and your fitness levels will increase accordingly.

A Date for Your Diary. Make an appointment in your diary for your activity session, just like you would a doctor's appointment... you wouldn't want to miss it!

Keep Track. An excellent way to keep motivated is to see your progress and activity levels increase. By keeping an activity diary, you can look back over previous months and compare how much you have improved. Check out our six week activity planner.

Take a Break. During the ad breaks on TV get up and move. If you identify any long periods of time during the day where you are sitting down, try to break up this time by regularly getting up and moving around.

Be Social. Often the hardest part of doing something new is that first step. Why not invite a friend or family member to join you for the first few sessions? Just until you are comfortable to go by yourself. You never know, they might really like the activity too and continue with you!



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.

Realistic

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

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

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.

Activity Diary - Week 1

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.

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:

Activity Diary - Week 2

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:

Activity Diary - Week 3

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:

Activity Diary - Week 4

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:

Activity Diary - Week 5

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:

Activity Diary - Week 6

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:

Get Help To Get ACTIVE

The Get Help To Get Active service aims to support inactive adults with long term health conditions to become and stay more physically active

We can improve your overall quality of life; including your physical and mental health, as well as your wellbeing

STOP Smoking

Our specialist stop smoking practitioners can offer expert advice, treatment and support, helping you to quit

Carbon Monoxide monitoring completed at every appointment

Access to treatment including nicotine replacement therapy, Champix and Zyban

— NHS — health checks

Available to anyone aged 40 - 74 years old, who has not had an NHS Health Check within the last 5 years and who does not live with certain health conditions (listed on our website) The NHS Health Check takes no more than 30 minutes and includes a blood pressure and cholesterol test

health — WALKS —

Join our walks which are suitable for all ages and abilities, available across Suffolk

A full list of walks is available on our website

Booking essential

Families & Young people



Support and advice for parents to help families be fit and healthy

Fun physical activity sessions for children and teens

We offer family-based community programmes, school holiday clubs and in school programmes

Adult Weight Management



12 months support with an initial 12-week intensive phase
Slimming World and OneLife Suffolk group-based options are available

95% of people completing our programmes lose weight
Over 60% of those completers achieve at least 5% weight loss