

more active health kit

powered by



moreactive 4 life

Your More Active Health Kit contains:

- More Active Health Guide
- Pen
- Activity Wheel™
- Label Reader
- 5 A Day and Exercise Reminder Wristband
- Locker Token/Shopping Trolley Key Ring

The FIA and MEND work in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/Change4Life or call 0300 123 4567 for more information



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FIA/MEND



The Fitness Industry Association (FIA) is the health and fitness industry's trade body, currently representing more than 2,300 operator sites in the public and private sectors as well as 200 supplier organisations. It is helping every man, woman and child in the UK be more active, more often. Visit www.fia.org.uk for more information. MoreActive4Life is a sub brand of the national Change4Life campaign and was launched by the FIA in June 2009 offering customers of Health and Fitness facilities access to trained exercise professionals, fitness facilities and healthy living programmes. Visit www.moreactive4life.co.uk

MEND



The More Active Health Programme has been written for the FIA by MEND. MEND offers a range of evidence-based, outcome-driven obesity and overweight prevention and treatment programmes to families in the UK, Australia, Denmark and USA . Visit www.mendcentral.org



Your More Active Health Programme

Most of us know our lifestyles could be a bit healthier. But deciding what to do about it can be surprisingly hard.

That's where the More Active Health Programme can help.

This guide clearly identifies 10 healthy lifestyle habits which you might like to work towards adopting over the next six weeks, and lets you set your own targets and monitor your progress week by week using handy charts.

There is no guarantee of success, but the More Active Health Programme has been designed by experts to give you the best possible chance of developing healthier habits and feeling better too.



Will it work?

When it comes to living a healthy lifestyle, the odds are definitely stacked against us. The shops are full of cheap, high-fat, high-sugar foods which taste great. Most of our jobs and leisure activities don't involve any physical activity. And the world we live in encourages us to eat more and move less.

On top of that, we all live complex lives. Sometimes developing healthy habits just isn't a top priority compared to the pressures of work, family and friends.

No wonder it's hard to change your lifestyle! But it's not impossible, and following the More Active Health programme can help you make that change.



**Healthy living in
the 21st century
is a challenge**

Do you want to?

Before starting the More Active Health Programme why not step back and ask yourself 'why'?

Every day we're bombarded by messages saying how we OUGHT to live healthier lives. But experts say you stand a better chance of achieving this if you WANT to.

That's why the More Active Health Programme is not just another 'to do' list. Rather, it gathers the latest advice from health experts and lets you decide what you WANT to change and why.

Each healthy living message starts with an 'Aim'. If you read the aim and immediately think it is something that you want to achieve or would like to know more about, then read the additional information provided. When you have finished reading the message, you can then decide if it is definitely something you want to try and adopt.

There are 10 messages in total so consider each one; it is likely that there will be at least one or two that may interest you.



Handy tools to help you

The More Active Health Kit contains some neat tools which you might find help you in your search for healthier habits. You'll learn all about how to use them in the coming weeks.

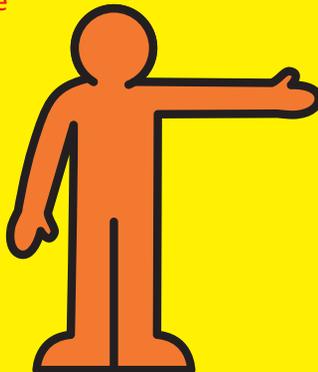
Your More Active Health Coach

Experts have told us that some people like a little extra support to help them change their lifestyle, so the programme includes access to a More Active Health Coach!

The first time you meet your coach they will take you through your More Active Health Kit and ask you some simple questions.

Then you can 'check-in' with your coach once or twice during the programme if you'd like to discuss your progress. Some people find this really helps.

At the end of the programme you'll meet with your coach again to monitor progress, receive your achievement award and decide what to do next!



Choosing what to change

Health is big business. So when you hear so much misleading or even contradictory information about what is 'healthy', the question is who and what should you believe?

The More Active Health Programme is different, because we asked experts in the fields of nutrition, psychology and physical activity to identify 10 healthy habits that really can improve health and well-being. We then asked them to say exactly why each habit was good for you, and the dangers of not following that habit. They also told us that how people go about making changes is as important as what they change.

Change is most likely to happen if people:

- make a commitment
- set a target and write it down
- monitor their progress

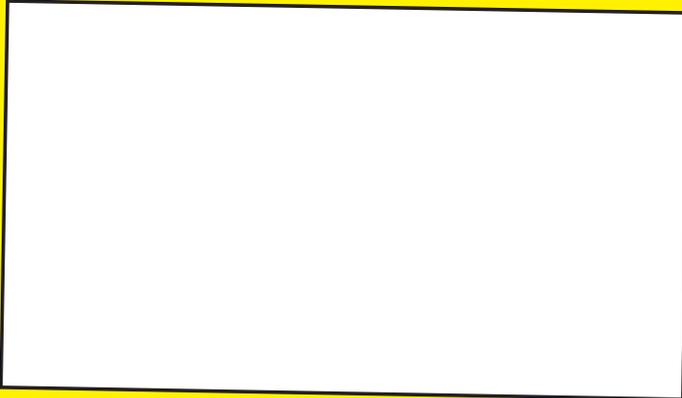


Make a change that matters

Now it's time to get started. First read about the 10 healthy habits in the Eat Well and Move More sections. Use this information to think about how life would be different if you were to adopt some of these habits.

Pick a change that matters. Think about which habit will have the most benefit and whether now is the right time to make it. When you've decided exactly which healthy habits you want to adopt, make a commitment by writing them below.

'I want to focus on the following healthy habits:'



It's up to you how many you choose, but be realistic. It's better to start off with a couple and then add more later on, if things are going well. Ideally, however, choose at least one from the Move More section and one from the Eat Well section. Before you start, one last thought you will need to consider...

Telling others how to help

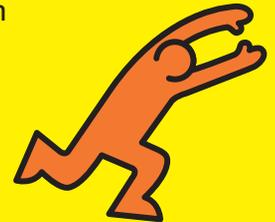
Psychologists say it helps to explain to your friends and family what you are doing and how they can help. But they say that how we ask for help can make all the difference to whether we get the support we need. They suggest:

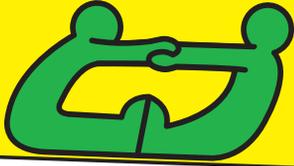
- telling friends and family exactly what you are trying to do
- explaining why it is important for you to do this
- giving them specific instructions on how they can help.

Below is an example of asking them for help in this way:

- 'I want to eat more fruit and vegetables because I know I don't eat my 5 A Day. When you go shopping this week please buy my two favourite fruits – bananas and oranges. That way I can take some fruit to work each day and snack on those instead of visiting the vending machine!'

Good luck, we hope you enjoy your journey
The More Active Health Team





Sainsbury's

MEND Central is very grateful to Sainsbury's for its 'no strings attached' donation that contributed towards the development costs of this resource. Sainsbury's is committed to promoting healthy lifestyles and making a positive difference to local communities and has supported MEND Central's activities generously over recent years.

Sainsbury's

Try something new today



Up and about

Aim: to enjoy 30 minutes of moderate exercise at least five times a week.

We're often told we need to 'be more active'. But what does 'being active' actually mean?

We asked the experts and they said that people should aim to achieve 30 minutes of moderate exercise a day for five days of the week. They said that moderate exercise is when your breathing is slightly heavy and you can feel your pulse. You'll feel warmer too. But it's the kind of exercise you can keep up for many minutes without feeling exhausted.

They also said that pretty much any physical activity that gets you on your feet can count and you don't even have to do 30 minutes in one go!



And being unfit means...

Experts tell us that unfit people have almost double the risk of dying from coronary heart disease compared with more active people. Also, people who are less active are more likely to struggle to maintain their weight.

Important

If you are new to exercise, under the age of 16 or over 69, or know of any other reason why it may not be safe for you to raise your level of physical activity, then it is best to check in with your doctor to ensure it is safe for you to do so.

Will you pledge to be up and active for 30 minutes five days a week?

Yes, being more active is important to me because:

1.

2.

3.

No, I want to choose a different healthy habit instead.

Setting your target

The first step is to monitor how much physical activity you are doing at present. Using your Activity Wheel™ read the 'How it works' leaflet which comes with your Kit, or ask your More Active Health Coach to show you.

Once you've written down how many activity points you achieved in Week 1, you can set a target for Week 2 and use the chart to monitor your progress. Your target is to achieve 100 points on at least 5 days of the week – this is the equivalent of 30 minutes of moderate activity each day.

Experts say it's best to build your activity up slowly. Your More Active Health Coach will be on hand to discuss your target with you in more detail.

Recording Activity Wheel Points

Remember, it's best to record your points daily. That way it's easier to remember all the activity you did (e.g. walking to work, gardening, going to the gym etc).



	Week 1 recorded points	Week 2 recorded points	Week 3 recorded points
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTALS			

My points goal in Week 2 is:

My points goal in Week 3 is:

My points goal in Week 4 is:

	Week 4 recorded points	Week 5 recorded points	Week 6 recorded points
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTALS			

My points goal in Week 5 is:

My points goal in Week 6 is:

Reward



If you can increase your activity points over the next six weeks, you will receive a reward from your Active Health Coach on your final appointment.

Top tip

Use your Activity Wheel™ to record your activity points.

You don't have to do 30 minutes all in one go. A 10-minute walk, 10 minutes gardening and 10 minutes dancing all count towards your target.

Use your More Active Health wristband to help you keep track of the amount of activity you do throughout the day.

How to use the physical Activity Wheel

- Choose the activity you have done or are planning to do
- Move the inner dial to match the length of time you have been active and note the points you have earned
- Record the points on your daily chart (page 14).



Stand for it

Aim: to spend less time in front of the computer and television

In the 21st century it's very easy to spend too much time on our bums – in cars or trains, on sofas and in front of the computer. We all spend a lot of time sitting around!

Experts say that simply spending less time sitting down may be as important for our health as doing more exercise; one way to do this is to reduce your 'screen time'. So we've created the handy tool (on the next page) to help you out of your seat!

Perils of position...

Sitting in one position for a long time can be a serious health hazard. It can lead to blood clots in the legs (like on an aeroplane) and cause back pain too.

Did you know...

Researchers have been able to link the amount of time a person spends sitting down with an increased risk of dying early. Unfortunately no one has been able to find out just how much sitting down time is too much. However, most physical activity experts agree that limiting screen time is probably beneficial for your health.

Week 1 – how much sitting?

Before committing to this pledge you may want to calculate just how much screen time you have clocked up over the past week.

Each symbol below represents 30 minutes. So if you watch television for 30 minutes you'll need to tick one symbol. If you play a computer game for 1 hour you will need to tick 2 screens. If you work on your PC for 3 hours tick 6 screens.

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

In the past seven days I spent a total of ____ hours in front of a screen.

There may be little you can do to change how much screen time you have at work but experts say we should try to balance this out by reducing screen time when at leisure.

Week 2 – making the pledge

Will you pledge to reduce screen time?

Yes, sitting in front of a screen less is important to me because:

- 1.
- 2.
- 3.

No, I want to choose a different healthy habit instead.

Weeks 2-6

Now set yourself a target and monitor your progress using the charts opposite.

My goal for the next seven days is to reduce my screen time to no more than ___ hours.



How long am I sitting in front of a screen?

	Week 2	Week 3	Week 4	Week 5	Week 6	
Monday	My points goal for Week 2 is:	My points goal for Week 3 is:	My points goal for Week 4 is:	My points goal for Week 5 is:	My points goal for Week 6 is:	
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Top tips

- If you're watching television, get up during the commercial break to do a small household chore such as watering the plants, unloading the dishwasher, or put the washing on...
- Limit your television watching to ___ hours a day (set your own target)
- Experts say that for every hour at your desk it's good to move around for ten minutes. Maybe get something from the printer, do some filing, get a glass of water or have a 'walk and talk' meeting!
- You could stand on the bus or tube – it's a workout in itself!

Active plan

Aim: to plan my physical activity in detail

Making a plan is not the same as simply saying you are going to do something. A plan is a detailed and specific commitment to do something. Planning means thinking about all the possible things that will get in the way of what you want to do, and planning how you can overcome these. Experts say that the more detailed the plan, the more chance it will succeed.

Planning to take physical activity means writing down your plan and sharing it with others. It won't just say: 'I will go to the gym on Thursdays'. Rather it will say:

- I will go to the gym on Thursday for an hour from 6pm (straight after work)
- I will pack my gym kit and take it to work in the morning
- I will do 15 minutes of cycling and 15 minutes of weight training, which will give me half an hour to shower and change
- I will call Sue on Wednesday evening and remind her that we agreed to work out together on Thursday evenings
- I will write this in my diary and on my wall calendar to remind me to go.

Will you pledge to plan your physical activity in detail for six weeks?

Yes, planning my activity is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.

Week 1 – setting your target

Complete Week 1 of the chart below to start your plan.

WK1	ACTIVITY	TIME	WHERE	WHAT ELSE	IN DIARY
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

At the end of Week 1 one review your progress and plan the following week. Use your notes section to plan every activity at least one week in advance in detail.

Water wise

Aim: to drink eight glasses of water a day

Water is one of the most essential parts of a healthy diet. Yet many of us don't drink enough.

As a guideline the Food Standards Agency recommends that we drink approximately eight glasses of water a day (around 1.2 litres).

Although most of your fluid should come from water, experts agree that some other fluids can count too, such as:

- fruit juice or smoothies - but watch out for the calories
- sugar-free drinks (e.g. diet cola)
- skimmed, semi-skimmed or 1% fat milk or soya milk
- teas (including green, fruit and herbal teas) and coffee (but caffeine can make you pee more and therefore lose water).

Alcohol and sugary drinks such as lemonade, sports drinks, cordials and sugary syrups do not count. They are full of sugar and are therefore not healthy fluids.

Top tips

- Plans are most likely to succeed if you schedule an activity for the same time each week. That way you can plan weeks or even months in advance
- You may already have ideas of what you want to do, or you might like to discuss options with your More Active Health Coach. Maybe rediscover a lost passion, learn a new sport or try a new dance or fitness class
- Walking is an activity too and can be planned. The plan could be something like getting up earlier to walk to work whilst listening to music, a radio programme or a podcast
- Imagine yourself doing the activity. How you are getting there? Who you are doing it with? What you are wearing? Experts say that imagining details like this will increase your confidence and commitment.



If you're dehydrated...

Not getting enough water can make you tired, give you a headache, and make it harder to concentrate. It also increases the risk of kidney infections and kidney stones. It can also cause constipation.

Will you pledge to drink eight glasses of water a day?

Yes, drinking more water is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.



Week 1 - setting your target

To set a target, first consider what you are doing now by ticking the chart every time you drink a glass of water (or other healthy fluids) in Week 1 below.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

In the past week I drank eight glasses of water on ____ days.

My goal for Week 2 is to drink eight glasses on at least ____ days

Weeks 2-6

Write your goal for Week 2 in the target box below. Remember, recording what you do (and looking back at it each week) increases your chances of developing a healthy habit. So write in the number of glasses you actually drink each day then review if you achieved your target by writing Y/N at the end of each week. You can then decide and record your goal for the following week.

Week 2

Target glasses

MON	TUE	WED	THU	FRI	SAT	SUN	Y/N

Week 3

Target glasses

MON	TUE	WED	THU	FRI	SAT	SUN	Y/N

Week 4

Target glasses

MON	TUE	WED	THU	FRI	SAT	SUN	Y/N

Week 5

Target glasses

MON	TUE	WED	THU	FRI	SAT	SUN	Y/N

Week 6

Target glasses

MON	TUE	WED	THU	FRI	SAT	SUN	Y/N

Top tips

- Carry a small bottle of water with you or keep one on your desk at work
- If you don't like the taste of tap water, try adding a slice of lemon or cucumber, or buy a water filter
- Maybe set the alarm on your phone, or on your computer, to remind you to have a drink
- Drink a glass of water first thing in the morning and have a glass with meals
- Keep a glass of water by your bed at night.

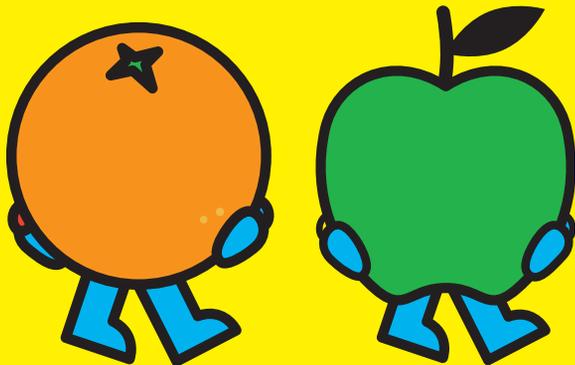


5 A Day

Aim: to eat at least five portions of fruit and veg each day.

Experts agree that our bodies need vitamins, minerals, antioxidants and fibre to stay healthy. Because fruit and veg are rich in all these, they say we should try and eat at least five portions of them a day.

They suggest a good way to get a healthy mix is to eat a variety of colours (e.g. green, red, orange). You also need a mixture of fruit and veg, but you can't get all of it from juices and smoothies alone.



What's a portion?

As a simple guide, one portion is the size of your clenched fist. For example, one portion equals:

- 2 plums, satsumas or kiwi fruit
- 1 apple, banana, pear, orange or peach
- 2 halves of canned peaches
- ½ a grapefruit
- a slice of melon or pineapple
- 1 small (150ml) glass of fruit or vegetable juice or a smoothie
- 3 tbsp of peas, sweetcorn or carrots
- 1 cereal bowl of salad
- 1 medium tomato.

Frozen fruit and vegetables are just as healthy as fresh. Canned fruit and veg count too. Ordinary potatoes don't count, but sweet potatoes and parsnips do.

Not eating 5 A Day means...

Not eating enough fruit and vegetables can increase the risk of some types of cancer, heart disease, stroke, cataracts and high blood pressure.

Will you pledge to eat five portions of fruit and veg a day?

Yes, eating 5 A Day is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.

Week 1 - setting your target

Monitor your progress in Week 1 by using the chart below. Or you might like to wear your 5 A Day wristband as a convenient way to monitor what you eat. You can then complete the chart at the end of each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
F & V PER DAY							

Weeks 2-6

In the past week I ate 5 A Day on ___ days.

My goal for the coming week is to eat 5 A Day on at least ___ days.

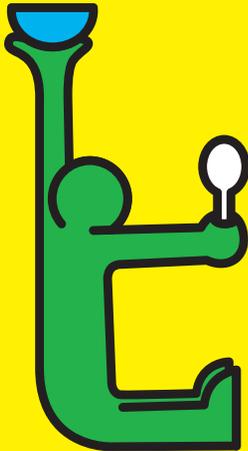
Now set yourself a realistic target for Weeks 2-6 using this chart. Remember, recording what you do (and looking back at it each week) increases your chances of success.

	Week 2	Week 3	Week 4
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

	Week 5	Week 6
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Top tips

- Try adding fruit to your cereal in the morning
- Add a handful of peas, sweetcorn or spinach to dishes like spaghetti bolognese, shepherd's pie, or lasagne
- Strips of raw carrot, pepper or celery with a yoghurt dip or salsa make a good nibble
- Keep a bowl of fruit on your desk at work
- Keep a sealed plastic container of prepared fruit, veg or salad in the fridge
- Record your progress throughout the day, to keep it at the front of your mind.



Brilliant breakfast

Aim: to eat breakfast every day.

Our bodies work best if they have regular healthy meals and healthy snacks. So breakfast is a good way to get your day off to a healthy start.

Breakfast is your body's chance to stock up on essential nutrients, fibre, vitamins and minerals.

Research shows that people who eat breakfast:

- are less likely to be overweight
- can concentrate for longer
- are better problem-solvers
- are less likely to feel stressed or depressed, and get fewer colds compared to people who skip the first meal of the day.



Skipping breakfast means...

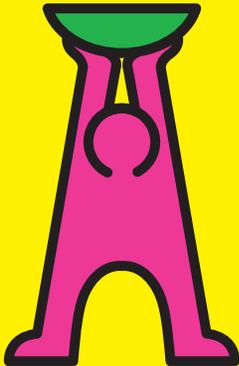
You will probably make up the calories later in the day as you are likely to feel hungry and want to grab the first available snack. This is unlikely to be as nutritious as a proper breakfast.

You are statistically more likely to be overweight.

Did you know...

People who eat breakfast cereals tend to consume less saturated fat, and have lower levels of unhealthy cholesterol?

Also, research shows that those who eat breakfast have better concentration, memory and problem-solving skills.



Will you pledge to eat breakfast every day?

Yes, eating breakfast is important to me because:

1

2

3

Now set your target and monitor your progress with our handy breakfast chart.

No, I want to choose a different healthy habit instead.



Week 1 - setting your target

In the past week I ate breakfast on ____ days.

My goal for the coming week is to eat breakfast on at least ____ days.

Monitor your progress by ticking a bowl every time you eat breakfast.

	Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1		☺	☺	☺	☺	☺	☺	☺
Week 2		☺	☺	☺	☺	☺	☺	☺
Week 3		☺	☺	☺	☺	☺	☺	☺
Week 4		☺	☺	☺	☺	☺	☺	☺
Week 5		☺	☺	☺	☺	☺	☺	☺
Week 6		☺	☺	☺	☺	☺	☺	☺

Top tips

- If your morning schedule is really busy, you could experiment with getting things ready the night before (for example putting out a bowl, spoon and teabag before you go to bed)
- Think about taking breakfast to work. Or even keeping a box of cereal and some fruit or a yoghurt at work
- If you regularly don't feel hungry in the morning, you could experiment with eating your evening meal earlier the night before
- If solid food doesn't appeal in the morning, you could consider making a smoothie for breakfast, using fresh, frozen or canned fruit with some milk, yoghurt or fruit juice.



Sweet enough

Aim: to drink fewer sugary drinks.

Experts agree that as a nation we eat too much sugar. There are many ways to reduce the amount of sugar you take in but there is growing evidence that cutting back on sugary drinks can be a particularly good way to do this.

Our bodies don't appear to recognise the calories in drinks in the same way as they recognise food. So you can drink a lot of calories and yet still feel hungry.

Sugary drinks are 'empty' calories because they provide none of the vitamins, minerals or fibre our bodies need. And the sugar reacts with bacteria in your mouth to create acid that can damage your teeth.



Will you pledge to cut back on sugary drinks for six weeks?

Yes, cutting back on sugary drinks is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.

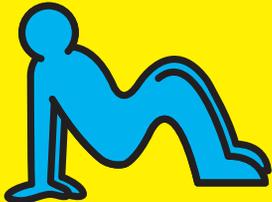


My six-week pledge

Rather than make a general promise to 'cut back on sugar', experts say you are more likely to succeed if you choose one or two things to focus on.

You might like to choose one or two from the list below or think up one or two of your own.

- I will limit myself to one glass of fruit juice or smoothie per day
- I will replace sugary lemonade, cola or squash with sugar-free equivalents
- I will replace sugary drinks with still or fizzy water
- I won't add sugar or honey to my tea or coffee
- I will reduce the number of cans/bottles of sugary drinks I consume to ____ a week
- I won't have sugary drinks between meals.



I pledge to cut back on sugary drinks for six weeks by:

1

2

Start date:

Signed:

By making this pledge you are committing to change for six weeks. But it's still a good idea to 'check in' regularly to see how you are doing. Put a tick in the box each day you achieved your pledge(s).

Week	Pledge	Mon	Tue	Weds	Thu	Fri	Sat	Sun
1	1 2							
2	1 2							
3	1 2							
4	1 2							
5	1 2							
6	1 2							

Cut back fats

Aim: to cut back on saturated fats.

Experts say that most of us eat too much saturated fat – on average about 20% more than we should.

Saturated fats are usually animal fats. They are found in products like cheese, yoghurt, milk, cream, lard, fatty cuts of meat, sausages, burgers, pastry, cakes and biscuits.

There are other kinds of fats too (such as polyunsaturated and monounsaturated) but these are good for us in the right amount. Experts agree that it's the saturated fats we need to cut back on.



Why are they bad?

Saturated fats are bad for our health because they make the body produce damaging cholesterol which can clog the arteries (a bit like a drain gets clogged up with leaves or dirt). Clogged arteries are a common cause of heart attacks and strokes.

Did you know...

Not all fats are bad for you. The fats found in foods like oil-rich fish, nuts and seeds can help keep your heart and brain healthy.



Will you pledge to cut back on saturated fats?

Yes, cutting back on saturated fats is important to me because :

1

2

3

No, I want to choose a different healthy habit instead.

Rather than make a general promise to 'cut back on fat', experts say you are more likely to succeed if you choose a few specific things to focus on, so that they become habits. There are some ways to reduce the saturated fat in your diet on the following page. Choose two or three and then pledge to stick to them. Or think of some more ideas that are right for you.

Some examples of pledges that can reduce saturated fats

- I will switch from butter to unsaturated margarine
- I will switch to 1% fat milk and low-fat yoghurts, reduced fat and low-fat cheeses
- I will grate cheese instead of slicing (this can help you eat less of it)
- I won't eat chicken skin (it's fine to leave the skin on while you are cooking it though)
- I will use leaner mince or try using turkey mince instead
- I will trim the fat from meat and use low-fat cooking methods like grilling and casseroles rather than frying
- I will use unsaturated oils such as sunflower, olive or rapeseed, instead of butter, lard and ghee for cooking
- I will serve pasta with a tomato sauce rather than a cream or cheese sauce.

Choose your pledges

I pledge to cut back on saturated fats by:

1

2

3

Start date:

Signed:

Tick a star to record below every time you do things differently in line with your pledge over the next six weeks. Aim to tick all the stars. If you tick all the boxes in less than six weeks, draw more and keep going! Remember, the more times you do your new behaviour the more likely it will become a habit.

Pledge 1



Pledge 2



Pledge 3



On the shelf

Aim: to use my Label Reader so that I buy fewer unhealthy processed foods (non-staples) when I shop.

Shops today are stacked with unhealthy processed foods (non-staples) such as biscuits, cakes, crisps, ice-cream, ready meals and some breakfast cereals.

Buying and storing these types of foods at home means you are much more likely to be tempted into eating foods high in fat, sugar and salt.

We asked the experts for advice on how to eat fewer processed foods. They said that if you don't have unhealthy foods at home, you are less likely to be tempted. So the best thing is to leave them on the supermarket shelf.



Why are they bad?

Eating unhealthy (non-staple) processed foods such as take-aways, meat products (e.g. sausages and burgers), pies and pastries can increase the risk of heart attack, stroke and high blood pressure and can lead to unhealthy weight gain.

Did you know...

Not all processed foods are bad for you, but you need to check the labels. You can use your handy Label Reader to help you pick healthier convenience foods.

Will you pledge to buy fewer unhealthy processed foods?

Yes, buying less processed food is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.

Being specific

Rather than make a general promise to 'buy fewer processed foods', experts say you are more likely to succeed if you choose a few things to focus on.

Choose one or two from the list below and then pledge to stick to them, or think up some more ideas that seem right for you.

- I will use my Label Reader to choose foods that are low in fat, sugar and salt when I go shopping
- I will make a shopping list and stick to it, so that I'm not tempted to buy unhealthy foods on impulse
- I won't have a take away more than ____ a week (set your own target)
- I won't have an instant 'pot meal' or ready meal more than ____ nights a week (set your own target).

I pledge to buy fewer unhealthy processed foods for the next six weeks by:

1

2

Start date:

Signed:

Tick a star to record below every time you do things differently in line with your pledge over the next six weeks. Aim to tick all the stars. If you tick all the boxes in less than six weeks, draw more and keep going! Remember the more times you do your new behaviour the more likely it will become a habit.

Pledge 1



Pledge 2

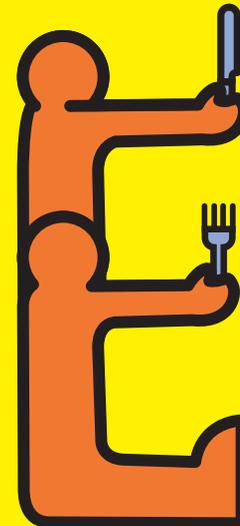


Pledge 3



Top tips

- If processed foods have sugar, fats, oils or salt near the top of the list of ingredients, leave them on the shelf
- Stock up on healthy convenience foods like pasta sauces, canned beans and pulses, canned fish, vegetables or canned fruit (in juice), so you can make a healthy meal in minutes
- Watch out for foods and drinks on special offer. 'Buy one get one free' offers are often high in fat, sugar and salt. Check the label.



Snack check

Aim: to plan my daily snacks

Believe it or not, snacking can be good for you! Snacks help to keep your energy levels balanced between meals. But experts say that too many of us choose unhealthy snacks like crisps, chocolate and biscuits (processed foods) to keep us going.

If we want to eat healthy snacks, experts say the best way is to plan in advance which healthy snacks to eat, and roughly when. Planning snacks in advance means you are less likely to reach for unhealthy options when the time comes.

See page 56 for some healthy snack ideas.

Snack alert...

Snacks can be very high in fat, salt and sugar. Eating unhealthy snacks can increase the risk of heart disease and high blood pressure.

Snacks like sausage roll, samosas, pasties or even a hot dog can contain as many calories as a full meal and make it harder to manage your weight.

Remember, the more specific you are about what healthy snack you are going to eat (and when you are going to eat it), the less likely you are to be tempted by unhealthy alternatives.

Did you know...

Experts say that eating a small healthy snack between meals can keep you focused and means you are less likely to overeat at mealtimes.



Will you pledge to plan your daily snacks?

Yes, planning my snacks is important to me because:

1

2

3

No, I want to choose a different healthy habit instead.

Week 1 - setting your target

I will plan my snacks on ___ days this week (set your own target).

Use the table on the following page to plan your snacks every day. You need to consider where you will be, what you will eat, and roughly when you will eat it.

At the end of the week, review your progress and plan the following week using your note paper. If you are currently snacking a lot, use the chart to plan replacing your most unhealthy snacks.

Snack Plan

	What?	When?	Where?	Did I reach my target? Y/N?
Monday	Snack 1			
	Snack 2			
	Snack 3			
Tuesday	Snack 1			
	Snack 2			
	Snack 3			
Wednesday	Snack 1			
	Snack 2			
	Snack 3			
Thursday	Snack 1			
	Snack 2			
	Snack 3			
Friday	Snack 1			
	Snack 2			
	Snack 3			
Saturday	Snack 1			
	Snack 2			
	Snack 3			
Sunday	Snack 1			
	Snack 2			
	Snack 3			

Top tips

- Plan, plan, plan!
- You might want to buy healthy snacks in your weekly shop, so they are always at hand
- Is there a shop nearby that sells your planned snack? You may want to avoid shops that sell not only the snack you want but also loads of other unhealthy options which could be tempting
- You could put tomorrow's snacks in your work bag or car in the morning or even the night before.

Some healthy snack ideas...

- A piece of fruit such as a banana or apple.
- A small bowl of cereal with skimmed or half-fat milk
- A healthy cereal snack bar
- Chopped carrots, peppers and celery
- Oat cakes and hummus
- Low-fat yoghurt.

How was it for you?

Now that the programme is finished you might find it useful to think back on what you have achieved. If you've made just one small change to your lifestyle over the six weeks then take a minute to celebrate!

If you've found it hard to stick to your targets don't worry. As we said on page 4, it's really tough to make healthy changes to our lives. If it's not worked for you this time, don't let that stop you trying again. Struggling to make a change may mean that the target was too ambitious, or that the time wasn't right. The good news is that you've now done a lot of the groundwork for future change.



Recording your achievement

At the end of the programme you might like to make a record of your progress with your More Active Health Coach, using this handy chart.

Healthy habits	Did you set a target? Y/N	Did you achieve your target?	Future
8 glasses of water a day			
5 fruit and veg a day			
Eating breakfast every day			
Drinking fewer sugary drinks			
Cutting back on saturated fats			
Buying fewer unhealthy processed foods (non staple)			
Planning snacks			
30 minutes of exercise a day			
Cutting down on screen time			
Planning my physical activity			

Next steps

If you've been able to make even a small change to your lifestyle over the past six weeks, then you might be wondering how to build on this success.

Experts tell us that long-term changes happen when our actions become habits. Habits are things we do without thinking about them. We just do them!

You might like to think about the targets you set yourself over the past six weeks, and whether you met them. You could then look at three options and decide which one is right for you.

EXTEND your pledge – continue what you're doing for a little longer.

Make a **HABIT** of it – do it for life!

ADOPT a new healthy lifestyle message.



Extend

Make a commitment to continue your behaviour for the next six weeks, so that it becomes more of a habit. Your More Active Health Coach can provide you with more monitoring sheets.

Habit

If you've really enjoyed adopting a particular lifestyle message, you may want to PLEDGE to continue it for life. You may find it helpful to continue using the monitoring sheets for a little while longer, but that's up to you.

'I, _____, pledge to (write down what you are pledging to do) _____
_____ for the rest of my life.'

Adopt

If you've found the More Active Health Programme helpful, you could commit to using the tools in your Kit to tackle one or two of the other healthy habits.

Once you've chosen your option(s), write either 'extend', 'habit' or 'adopt' in the column on the far right of the table on page 58.

Your activity reward

As well as reviewing your progress and discussing 'next steps', your More Active Health Coach will review your activity levels.

Remember, if you have increased your activity points, you will get your reward from your More Active Health Coach in your final appointment!

For use by coach only:

Average points per week at the start: _____
at the end: _____

Reward: _____

Just one last thing...

Over the past six weeks you've probably gone a long way to being your own health coach. If you have enjoyed learning more about yourself, and how to change your habits, you might find the following publications useful too.

- 'Overcoming low self-esteem' by Dr Melanie Fennell
- 'Mind over mood': Change how you feel by changing the way you think by Christine A Padesky & Dennis Greenberger
- 'Overcoming binge eating' by Christopher G Fairburn
- 'Better relationships': Practical ways to make your love last by Sarah Litvinoff.

Happy reading!

The More Active Health Programme experts include:

Dr Paul Chadwick

Dr Paul Chadwick is a Consultant Clinical and Health Psychologist. Paul is one of the UK's leading specialists in the management of obesity and has been responsible for creating and evaluating several innovative obesity programmes for individuals across the lifespan. Paul is currently the Clinical Director for MEND Central Ltd.

Gaynor Bussell B.Sc.(Hons) RD RPHNutr

Gaynor has worked in the area of Nutrition and Dietetics for over 25 years. Her experience has included research, patient work, lecturing and writing, including a guide on weight control and exercise for women struggling with polycystic ovary syndrome. Gaynor also spent six years working as a nutrition manager within the food industry where she helped to develop a labelling and portion guidance scheme and worked with the Food Standards Agency and Department of Health to help combat the increasing level of obesity in the UK.

Fiona Hunter

Fiona graduated from Kings College, University of London with a BSc (Hons) in Nutrition and a Diploma in Dietetics. After seven years working as a dietitian in the NHS, she joined 'Good Housekeeping' magazine as Nutrition Editor. She now works as a freelance nutrition consultant writing for a variety of consumer publications as well as appearing regularly on TV and radio.