

LET'S GET FIT!

The human body is designed to move. And yet many of us spend hours sitting every day – at our desk, in our car or watching TV. The physical and mental benefits of kicking our sedentary habits are well worth the time and effort to get into a good fitness routine. Here are our top tips to move more and sit less.



THE BENEFITS

Reduced risk of major illness

such as heart disease, stroke, type 2 diabetes, cancer by up to 50%



Healthy weight and body composition

Burns calories but more importantly:

Increased muscle mass means better capacity to burn fat



Stronger bones

Lower risk of fractures and osteoporosis

Esp weight bearing exercise



Stronger muscles

After the age of 30, we lose 5% muscle mass every 10 years

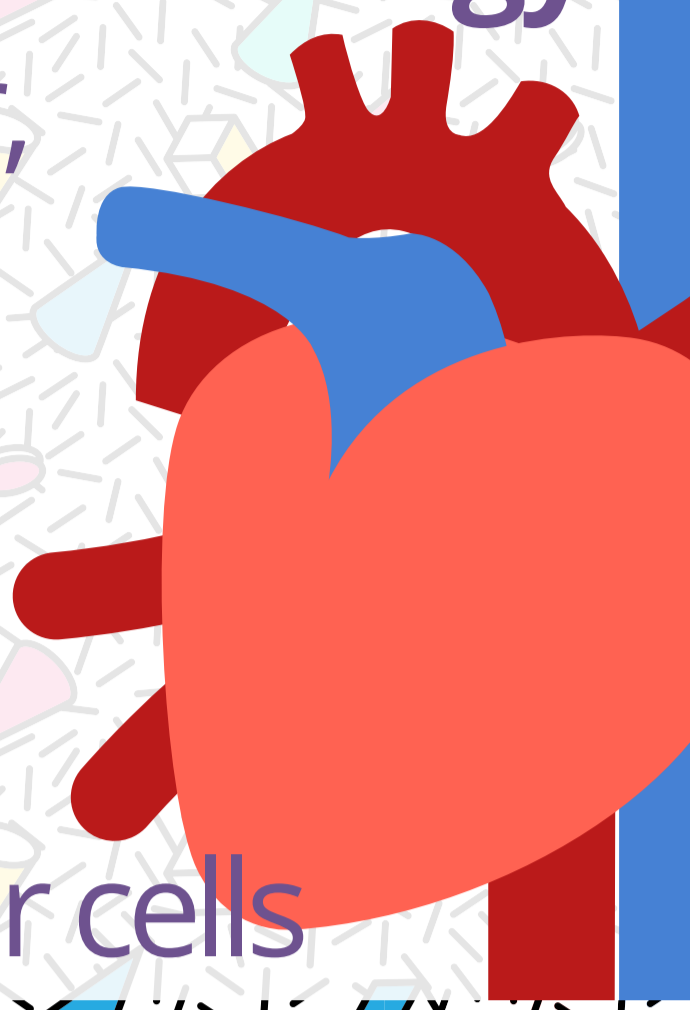
Resistance training to reverse ageing effects of muscle loss



Better fitness and energy

Heart is stronger, more oxygen circulating

Better energy production in our cells



Lower stress and better sleep

Reduces stress hormones adrenalin and cortisol

Meditative effects of getting 'in the zone'



Mood boosting

Reduces risk of depression by up to 30%

Releases feel-good endorphins (runner's high) and serotonin

Boosts confidence



Improved brain function

Up to 30% lower risk of dementia

Increases connections between neurons

Brings oxygen to the brain

Improves memory



CREATING YOUR EXERCISE PLAN

Build it into your day:

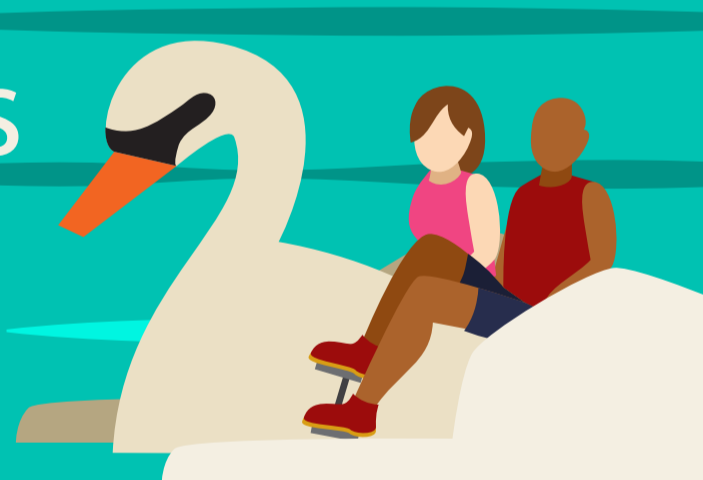
Take the stairs

Walk or cycle instead of driving

Walking meetings

Active holidays

Energetic gardening and housework



Aerobic activities

- at least 150 min per week

- Running
- Cycling
- Dancing
- Rowing
- Tennis
- Swimming
- Sports
- Brisk walking



Try high intensity interval training: Sprint 8 protocol resulted in middle aged women losing 27% body fat in 8 weeks by doing 3 x 20min workouts per week.

Muscle strengthening

- at least twice a week

Weights

Resistance bands

Target large muscle groups for the greatest benefits

Circuits and other bodyweight workouts (e.g. squats, push ups, plank, sit ups, lunges)



Flexibility and balance

- at least 2-3 times a week

Yoga, pilates, Tai Chi, stretching – holding poses at least 60 seconds keeps your joints healthy and reduces muscle strain



GETTING AND STAYING MOTIVATED

Find activities you enjoy



Make it social: Park Run, team sports, fitness buddies



Block the times out in the diary



Commit to a Challenge



Build recovery into your routine

Give your muscles time to repair



Ask your GP for guidance on safe levels of intensity before increasing your physical activity

FOOD SHOPPING & MEAL PLANNING TIPS

PLANNING YOUR MEALS AND GROCERY SHOPPING WILL SAVE YOU TIME, MONEY, ENERGY AND MINIMISE WASTE. IT WILL ALSO SET YOU UP FOR STAYING ON TRACK WITH HEALTHY HABITS.

Do a weekly meal plan and write your shopping list at the same time



Keep things simple - just try out new recipes from time to time



Collect favourite recipes in a folder or on Pinterest



Have supplies to hand where you need them: in your car, in your bag, at work



Keep store cupboard essentials for times when supplies run low



Stock up on frozen vegetables, berries, meat, fish - their nutrient levels are mostly as good as fresh



Batch cook - from soups and stews to quinoa and rice



Include in your plan meals using leftover ingredients - salads, stir fries, omelettes



Food shopping options - pick the ones that fit with your lifestyle and budget

RECIPE BOXES

Great time saving option if you struggle with planning and shopping

HEALTHY READY MEALS

Look for a healthy balance of protein, carbs, veg
Check labels for E numbers and sodium (max 2.4g sodium per day for adults)

ORGANIC FOOD DELIVERY

Add seasonal variety to your menu - great for vegetables, meat and fish

GRAB & GO

Last minute options when out and about... Go for protein rich salads, porridge, soups

ONLINE SHOPPING

Convenient weekly staples - save your list for repeat orders

What to look for on the label?

Sugar content	%
Sweet foods aim for <15g/100g	%
Savoury foods <5g/100g	
Fats	%
Not all fats are bad: think oily fish, nuts, avocados	%
'Low fat' may mean added sugar	
Aim for <5g Sat Fat	
Salt	%
Max 5g per day in total	%
Low salt is 0.3g per 100g or under	

BEWARE 'HEALTH MARKETING'

'Natural', 'Organic', 'Healthy', 'Low calorie', doesn't always mean it's good

LOW CALORIE

ORGANIC

Should you buy organic?

If your budget allows, prioritise meat, eggs, dairy. Check out EWG's Dirty Dozen and Clean Fifteen lists to target plant foods with the highest pesticide levels

Store cupboard essentials



Tinned tuna, sardines, mackerel, salmon

Tinned pulses (kidney beans, chick peas, butter beans, cannellini beans, etc...)

Unsalted and unsweetened nut butters

Tahini (sesame seed butter)

Snacking seeds

Porridge oats

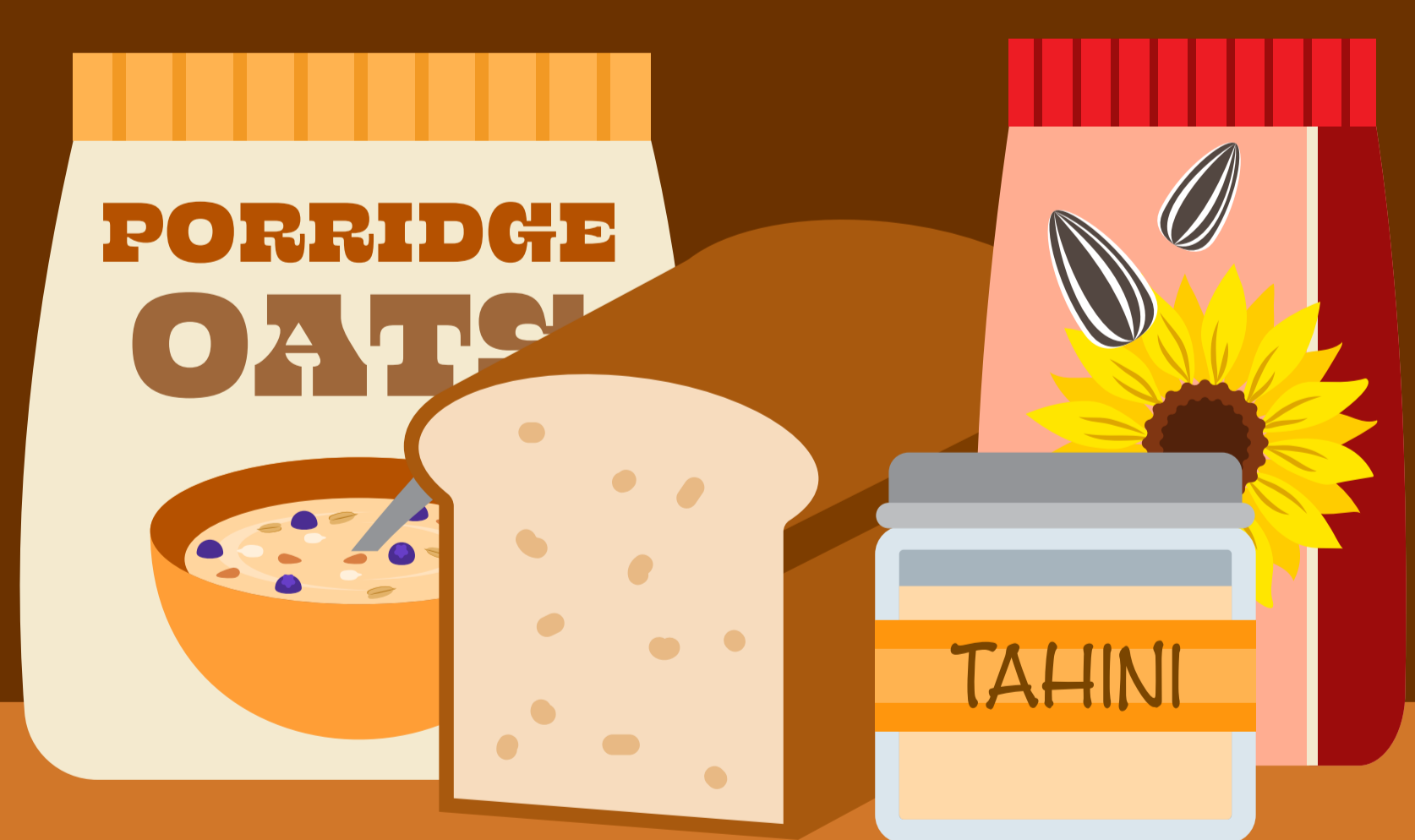
Wholemeal, rye or pumpernickel bread

Raw unsalted nuts: almonds, walnuts, hazelnuts, brazil nuts

Olive oil and coconut oil for cooking

Extra virgin cold pressed olive oil for salads

Oatcakes



THE POWER OF SELF-CARE

The World Health Organisation defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider”.

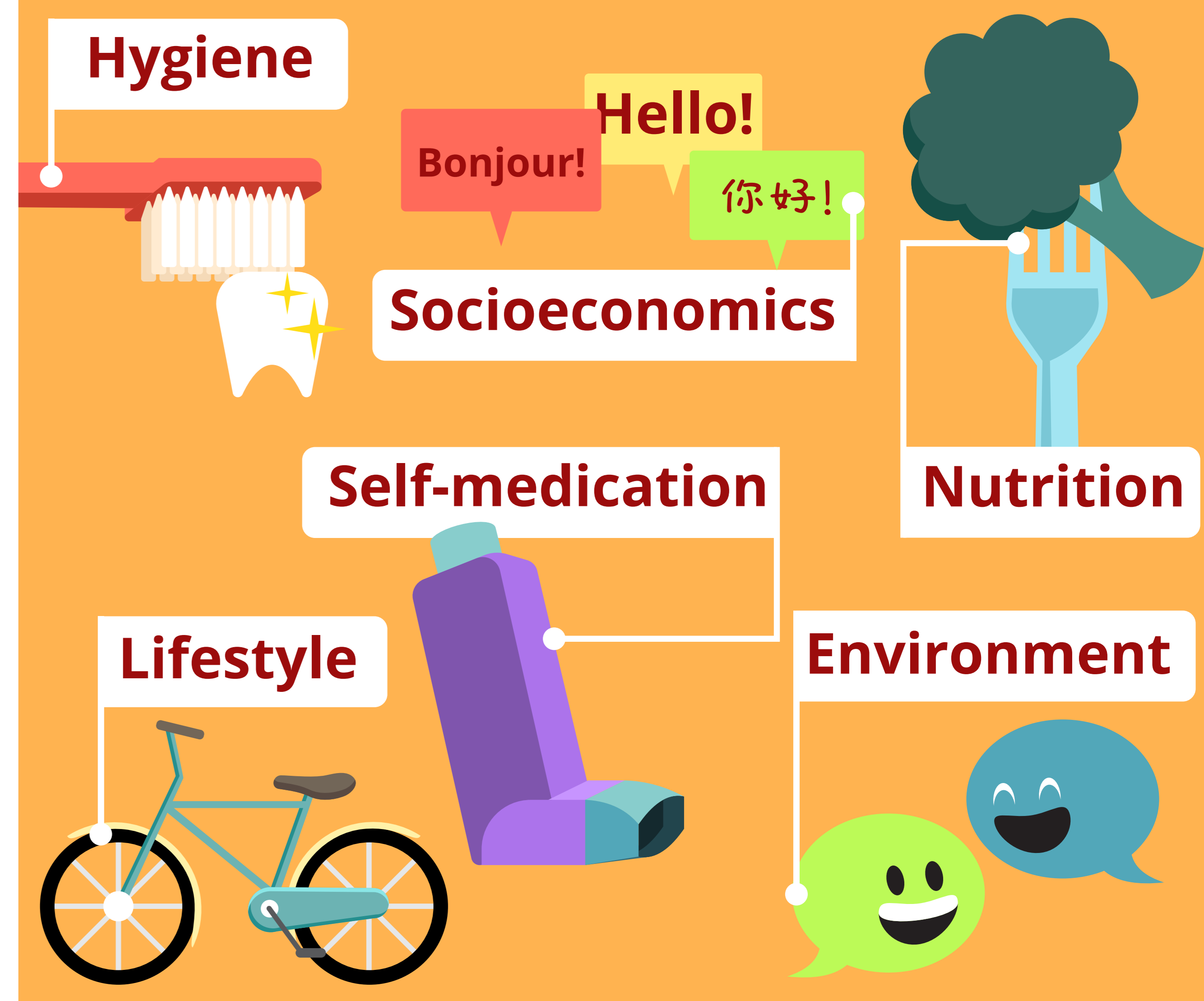
The **Self-Care Iceberg** illustrates the importance of investing time and effort into proactive self-care as it forms the foundations of our health, which reduces the support needed from reactive healthcare.

The role of self-care is to prevent or control disease. Globally 71% of deaths are due to non-communicable diseases (NCDs) which result from physiological, environmental, behavioural and genetic factors meaning that self-care plays a big role in their development and outcome.

With the global shortage of health workers expected to grow, looking after ourselves has never been more important.



Six Pillars of Self-Care

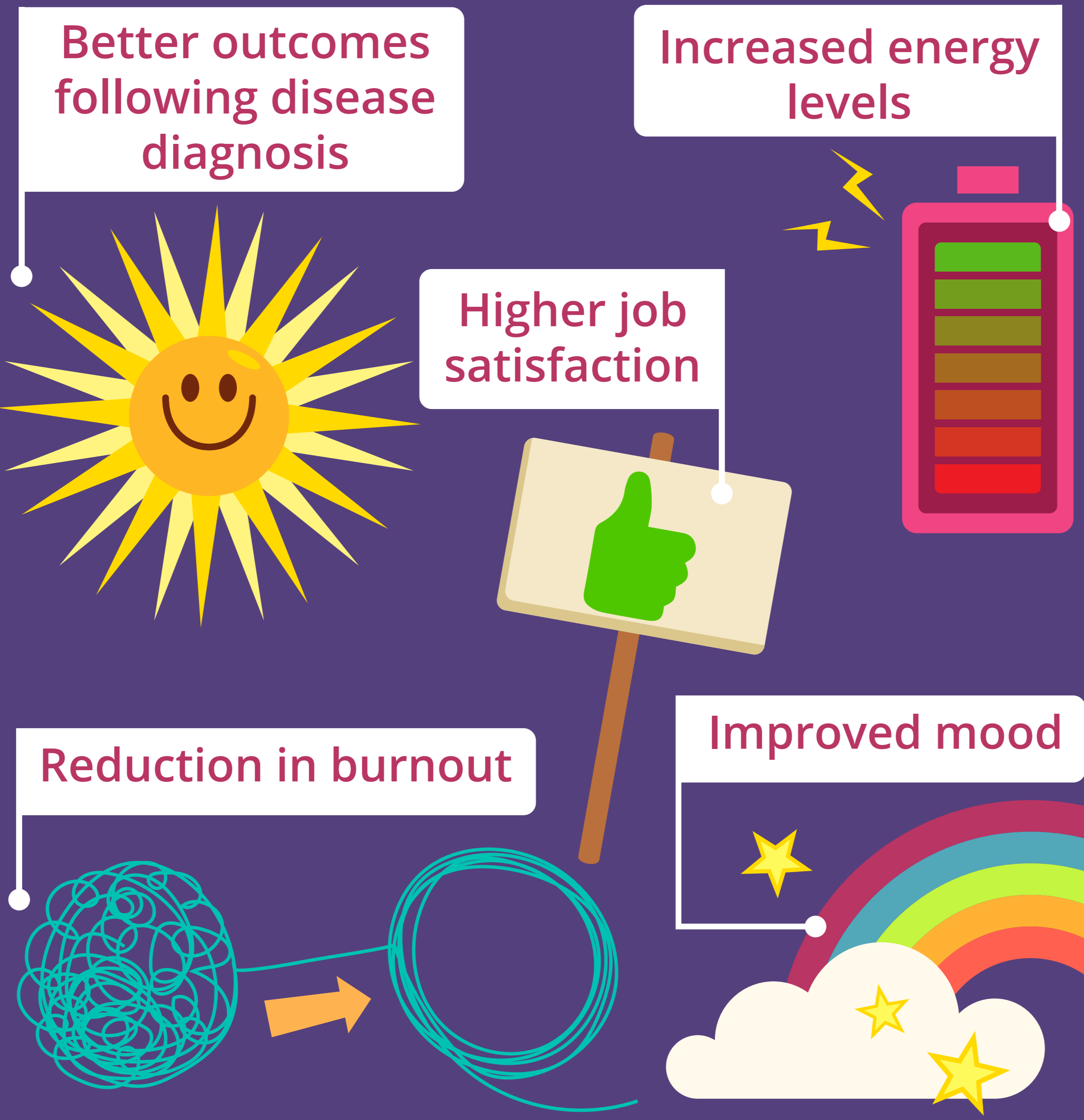


BARRIERS TO PRACTISING SELF-CARE



BENEFITS OF SELF-CARE:

Apart from the long-term benefits e.g. reduced risk of NCDs, there are short-term benefits too.



SIX TIPS FOR IMPROVING YOUR SELF-CARE

