

# The MOVE-IT Study

## Workbook

## Foreword

Welcome to the MOVE-IT Study!

Thank-you for agreeing to participate in this study and we hope that it brings you meaningful change and a healthier lifestyle.

This is your workbook which is intended to accompany the MOVE-IT sessions. If anything is unclear in your workbook, please ask your Healthy Lifestyle Facilitator.

There is a progress diary at the back of the workbook which we encourage to complete week by week, so you can track your progress. We also ask you to keep this as a record for the research.

We wish you the best of luck.

The MOVE-IT Research Team

The MOVE-IT workbook, curriculum and training programme was written by

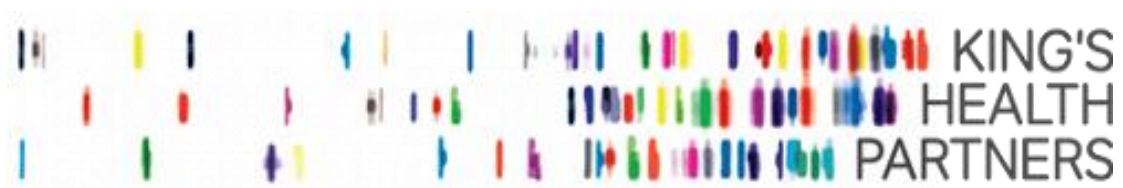
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University of London

King's College Hospital 

NHS Foundation Trust



# **MOVE-IT Workbook**

## **Session 0**

## The MOVE-IT Programme

S	Date	Title	Time	Venue
0		<b>Towards a healthier heart</b> Focus: reasons to change		
1		<b>Getting moving</b> Focus: every day, routine activities		
2		<b>Moving more</b> Focus: new forms of exercise		
3		<b>Moving for life</b> Focus: keeping up good movement habits		
4		<b>Eating well</b> Focus: healthy eating principles		
5		<b>Eating smart</b> Focus: ways to cut down unhealthy foods		
6		<b>Eating well for life</b> Focus: keeping up healthy eating habits		
7		<b>Catching up</b> Feedback and support		
8		<b>Catching up</b> Feedback and support		
9		<b>Catching up</b> Feedback and support		
10		<b>Catching up</b> Feedback and support		



## Contact details

- Name of Healthy Lifestyle Facilitator

- Preferred name

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- Phone number

- Hours of contact

.....

- E-mail address

.....

- If you can't make a session:

.....

## What makes this programme different?

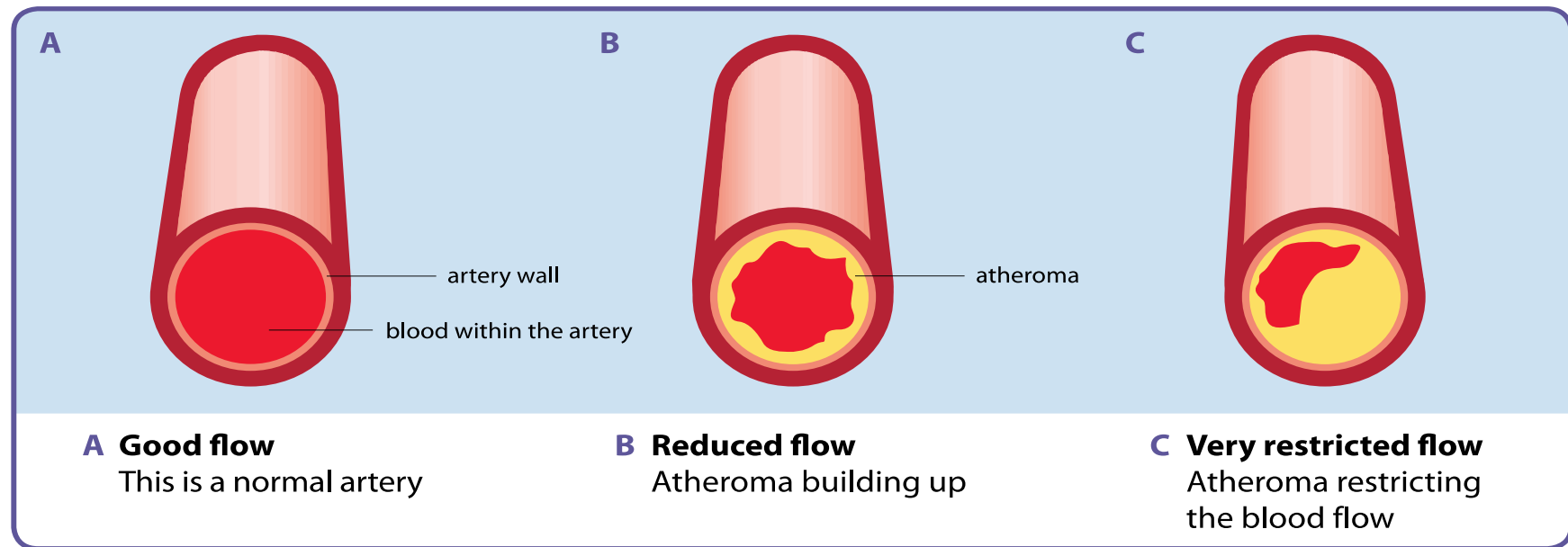
- We offer the latest information about heart health (from the British Heart Foundation) and the psychology behind behaviour change (from a panel of expert Psychologists).
- We encourage manageable and simple goals, that are sustainable for life not just a few weeks .
- We set aside specific time to plan what you are going to do and how you are going to do it.
- We know that precise planning reduces the chances of good intentions falling by the wayside.
- We offer a fun, interactive and supportive programme.

[illegible]

Session 2

# What is coronary heart disease?

**Coronary heart disease** is a condition where the coronary arteries become narrowed or hardened by a gradual build-up of fatty material (**atheroma**) in their walls.





# Approaching a crossroads





## Your 10 Healthy Heart Habits

- ☐ Cutting down on sitting time
- ☐ Exercising more
- ☐ Drinking more water
- ☐ Eating more fruit and veg
- ☐ Eating breakfast
- ☐ Drinking fewer sugary drinks
- ☐ Cutting back on saturated fats
- ☐ Buying fewer unhealthy processed foods
- ☐ Planning my snacks
- ☐ Cutting down on smoking
- ☐ Other .....

## What's in it for you?

1. Write down your top 3 reasons to reduce your CVD risk?

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.....

.....

..

2. What might happen if you didn't reduce your CVD risk?

.....

.....

.....

...

3. If you started making more healthy changes, what benefits do you think you would notice? (now and in the future)

.....

.....

.....



## Session 0: Baseline Diary Form

Day	Number of steps recorded each day	Number of hours of sitting time each day
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Stand for it

From More Active Health kit (p.16)

- Aim: to spend less time in front of the computer and television
- In the 21<sup>st</sup> 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'.

# **MOVE-IT Workbook**

## **Session 1**



# Action Plan

## Session 1: Moving more

1) This week I will take ..... number of steps a day for .... days of the week.

2) Following this habit will help me because

.....

.....

3) I will do this by (tick 3-5 actions)

- ☐ I will get up during ad breaks and do a small household chore such as watering plants, unloading the dishwasher, putting a wash on etc
- ☐ I will limit my TV watching to .... hours a day
- ☐ For every hour at my desk, I will move around for ten minutes e.g. get some water, go to the printer / fax / photocopier
- ☐ I will take the longer route to work / family / friends / other event
- ☐ I will stand on the bus or tube / get off a stop earlier on the bus or tube
- ☐ Others.....

.....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @      TUES@      WED@      THU@      FRI@      SAT@      SUN@

5) If I achieve my goal, I will reward myself by

.....

.....

6) What might get in the way?

.....

7) How can I work around this?

.....

.....

9) Who can support me with this plan?.....



# Action Plan

## Session 1: Moving more

1) This week I will.....per day for.....days of the week.

2) Following this habit will help me because .....

.....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by .....

.....

6) What might get in the way?

.....

7) How can I work around this? .....

.....

8) Who can support me with this plan? .....

.....



## Up and about

From More Active Health kit (p.11)

- 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 its 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!

# Active Plan

From More Active Health kit (p.20)

- 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.



# MOVE-IT Workbook

## Session 2

## Dawn: A case study

- Dawn's goal is to reach 20 minutes of activity five out seven days.

***How does she get on? Does she reach her target?***

- Mon – walks to work (20mins) and catches the bus back
- Tue - catches the bus to a day centre when she meets friends for lunch
- Wed – catches the bus to visit her grandchildren and runs around the garden with them (15 mins)
- Thurs – goes to her yoga class (60 mins)
- Fri – walks to work (20 mins)
- Sat – does some gardening (30 mins)
- Sun – stays home knitting / watching TV

***What's one extra thing she could do to reach her target?***

.....

.....

.....

# List of physical activity options

*What have you enjoyed before?*



- |                                                   |                                                    |
|---------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Cycling                  | <input type="checkbox"/> Volleyball                |
| <input type="checkbox"/> Football                 | <input type="checkbox"/> Basketball                |
| <input type="checkbox"/> Weight lifting           | <input type="checkbox"/> Hockey                    |
| <input type="checkbox"/> Aerobics                 | <input type="checkbox"/> Ballroom dancing          |
| <input type="checkbox"/> Disco dancing / clubbing | <input type="checkbox"/> Folk / country dancing    |
| <input type="checkbox"/> Gardening                | <input type="checkbox"/> Belly dancing             |
| <input type="checkbox"/> Washing windows / car    | <input type="checkbox"/> Line dancing              |
| <input type="checkbox"/> Vacuuming                | <input type="checkbox"/> Jitterbug / swing dancing |
| <input type="checkbox"/> Polishing / dusting      | <input type="checkbox"/> Jive dancing              |
| <input type="checkbox"/> Painting / decorating    | <input type="checkbox"/> Brisk walking             |
| <input type="checkbox"/> Rowing                   | <input type="checkbox"/> Table tennis              |
| <input type="checkbox"/> Jogging                  | <input type="checkbox"/> Climbing stairs           |
| <input type="checkbox"/> Skiing                   | <input type="checkbox"/> Rock climbing             |
| <input type="checkbox"/> Circuit training         | <input type="checkbox"/> Yoga                      |
| <input type="checkbox"/> Stationary bike          | <input type="checkbox"/> Pilates                   |
| <input type="checkbox"/> Swimming                 | <input type="checkbox"/> Canoeing                  |
| <input type="checkbox"/> Badminton                | <input type="checkbox"/> Resistance training       |
| <input type="checkbox"/> Golf                     | <input type="checkbox"/> Sweeping                  |
| <input type="checkbox"/> Tennis                   | <input type="checkbox"/> Tai Chi                   |
| <input type="checkbox"/> Trampolining             | <input type="checkbox"/> Walking uphill            |
| <input type="checkbox"/> Hula hooping             | <input type="checkbox"/> Zumba                     |
| <input type="checkbox"/> Cricket                  | <input type="checkbox"/> Squash                    |
| <input type="checkbox"/> Water aerobics           | <input type="checkbox"/> Rugby                     |
| <input type="checkbox"/> Roller skating           | <input type="checkbox"/> Netball                   |
| <input type="checkbox"/> Nordic walking           | <input type="checkbox"/> Ice Skating               |
| <input type="checkbox"/> Racket ball              | <input type="checkbox"/> Roller blading            |

*What did you enjoy most about the ones you ticked?*

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# Action Plan

## Session 2: New moves



1) This week I will be physically active for .... minutes per day for...days of the week.

2) Following this habit will help me because .....

.....

3) I will do this by (tick 3-5 actions)

- ☐ I will sign up for ..... class / group / activity session (on ...)
- ☐ I will attend ..... class / group / activity session (on ...)
- ☐ I will organise my equipment / clothing / childcare / work arrangements in advance
- ☐ I will do some gardening / housework / DIY (on ....)
- ☐ I will dance around my house for 10 minutes (on....)
- ☐ I will cycle to work / see friends/family / other regular event
- ☐ Others.....
- .....

4) My reminder message will say ..... Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by.....

.....

6) What might get in the way?.....

.....

7) How can I work around this? .....

.....

8) Who can support me with this plan? .....

.....

# Action Plan

## Session 2: New Moves



1) This week I will.....per day for.....days of the week.

2) Following this habit will help me because .....  
.....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@      WED@      THU@      FRI@      SAT@      SUN@

5) If I achieve my goal, I will reward myself by .....  
.....

6) What might get in the way?  
.....

7) How can I work around this? .....  
.....

8) Who can support me with this plan?.....



# MOVE-IT Workbook

## Session 3



# Maintenance Plan

## Session 3: Keep on moving



- 1) In order to keep myself active, I intend to keep up the following healthy heart habits;

.....

.....

- 2) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON@   TUES@   WED@   THU@   FRI@   SAT@   SUN@

- 3) My hot spots (when I might be tempted to move less) are:

.....

.....

.....

- 4) Making alternative plans

Plan A: If .....

Then.....

Plan B: If .....

Then:.....

Plan C: If .....

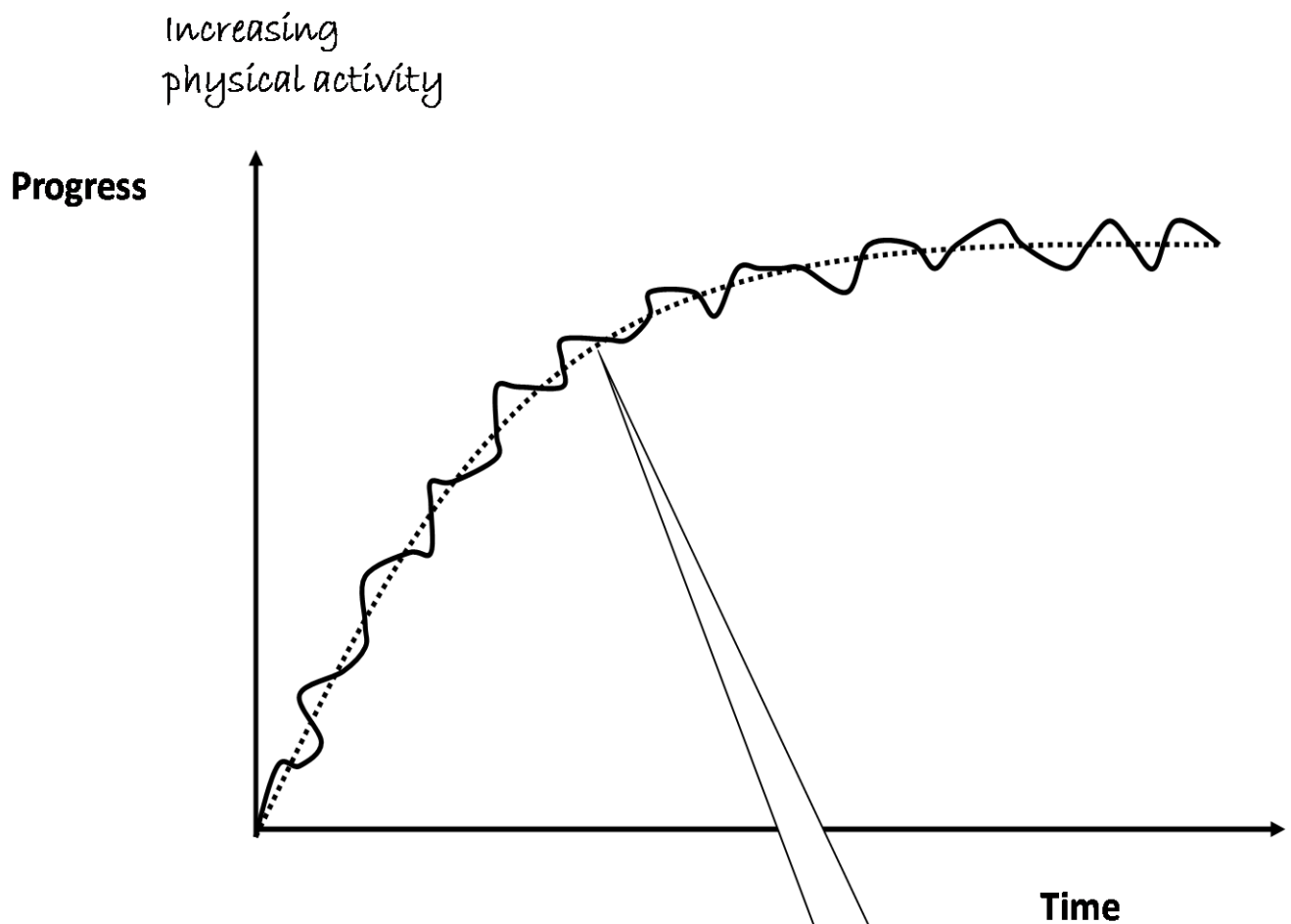
Then .....

- 5) If I have a setback, I can tell myself .....

.....

- 6) Who can support me with this plan? .....

# Seeing the bigger picture



Progress is a wiggly line .....

## **Rashad's story – version A**

Rashad worked as a delivery driver and had a young family. He had just completed some sessions with a Health Trainer. He knew that he was quite physical during the day as he was often loading and unloading his van. However, in the evening he would be sitting for long periods of time, eating dinner and watching TV. His plan was to go for a walk after dinner in his local park (during the Summer months) three out of seven days and to visit the gym at the weekends.

During the first four weeks, Rashad kept up with his plan and actually enjoyed spending time outside with his girlfriend on his walks. He also found he slept better in the evenings.

In week 5, Rashad had a stressful time at work, having more deliveries than usual and arguing with his boss. At the end of the day, he felt like collapsing on the sofa, watching his favourite TV programme and not moving. He couldn't imagine having the energy to go out for a walk and avoided them altogether.

In week 6, Rashad was feeling more tired and unhealthy. He regretted not having made the effort to go out for a walk last week. Whenever he thought about it, he distracted himself with the TV. Eventually Rashad was going back to his old habits of not moving much in the evenings and noticed how his energy levels were worse. He went back to drinking coffee and fizzy drinks to help him cope with the tiredness.

## **Rashad's story – version B**

Rashad worked as a delivery driver and had a young family. He had just completed a some sessions with a Health Trainer. He knew that he was quite physical during the day as he was often loading and unloading his van. However, in the evening he would often be sitting for long periods of time, eating dinner and watching TV. His plan was to go for a walk after dinner in his local park (during the Summer months) three out of seven days and to visit the gym at the weekends.

During the first four weeks, Rashad kept up with his plan and actually enjoyed spending time outside with his girlfriend on his walks. He also found he slept better in the evenings.

In week 5, Rashad had a stressful time at work, having more deliveries than usual and arguing with his boss. At the end of the day, he felt like collapsing on the sofa, watching his favourite TV programme and not moving. He couldn't imagine having the energy to go out for a walk and avoided them all week.

In week 6, Rashad was feeling more tired and unhealthy. He regretted not having made the effort to go out for a walk last week. He thought about where it had started to go wrong and realised that he needed a Plan B i.e. some days he might not feel like walking or be able to fit it in. What could he do instead? He decided that on those days, he would make an effort to stand up during the ad breaks or every twenty minutes if there were no ad breaks.

In week 7, Rashad felt relieved to have more options and hopeful about starting again. This gave him the energy to complete all three walks that week and he even experimented with taking breaks during the other days of the week. Rashad felt he was back on track.

## **Zara's story – version A**

Zara is a busy single mum with two children. She had just completed some sessions with a HLF after completing her NHS health screen. She felt revved up and motivated to get going with the exercise plan they had created.

Zara planned to go swimming with her children once a week and walk to school to pick them up (three out of five days). She was also hoping to join a weekly Zumba class with a friend and dance around with her children once a week at home.

During the first four weeks after seeing the HLF Zara followed her plan strictly every week. When she weighed herself she had lost about six pounds and her clothes felt looser on her body. Zara was delighted with her progress.

In week 5, Zara noticed the weather was getting a bit colder and it was harder to motivate herself to go swimming. Her daughter had also caught a cold and it was easier to drive the children to school when they were running late. The following week Zara's brother lost his job and she was concerned for him. This all took a toll on her energy levels.

In week 8, Zara had given up on swimming, Zumba and dancing with her children. She was still walking most days to pick them up from school. Zara felt disappointed with her progress and kept thinking she had 'gone back to square one'. She felt she had 'blown it' and didn't have the energy to start again. Zara eventually went back to driving her children to school and the weight returned

## **Zara's story – version B**

**Zara is a busy single mum with two children. She had just completed some sessions with a HLF after completing her NHS health screen. She felt revved up and motivated to get going with the exercise plan they had created.**

**Zara planned to go swimming with her children once a week and walk to school to pick them up (three out of five days). She was also hoping to join a weekly Zumba class with another mum and dance around with her children once a week at home.**

**During the first four weeks after seeing the HLF Zara followed her plan strictly every week. When she weighed herself she had lost about six pounds and her clothes felt looser on her body. Zara was delighted with her progress.**

**In week 5, Zara noticed the weather was getting a bit colder and it was harder to motivate herself to go swimming. Her daughter had also caught a cold and it was easier to drive the children to school when they were running late. The following week Zara's brother lost his job and she was concerned for him. This all took a toll on her own energy levels.**

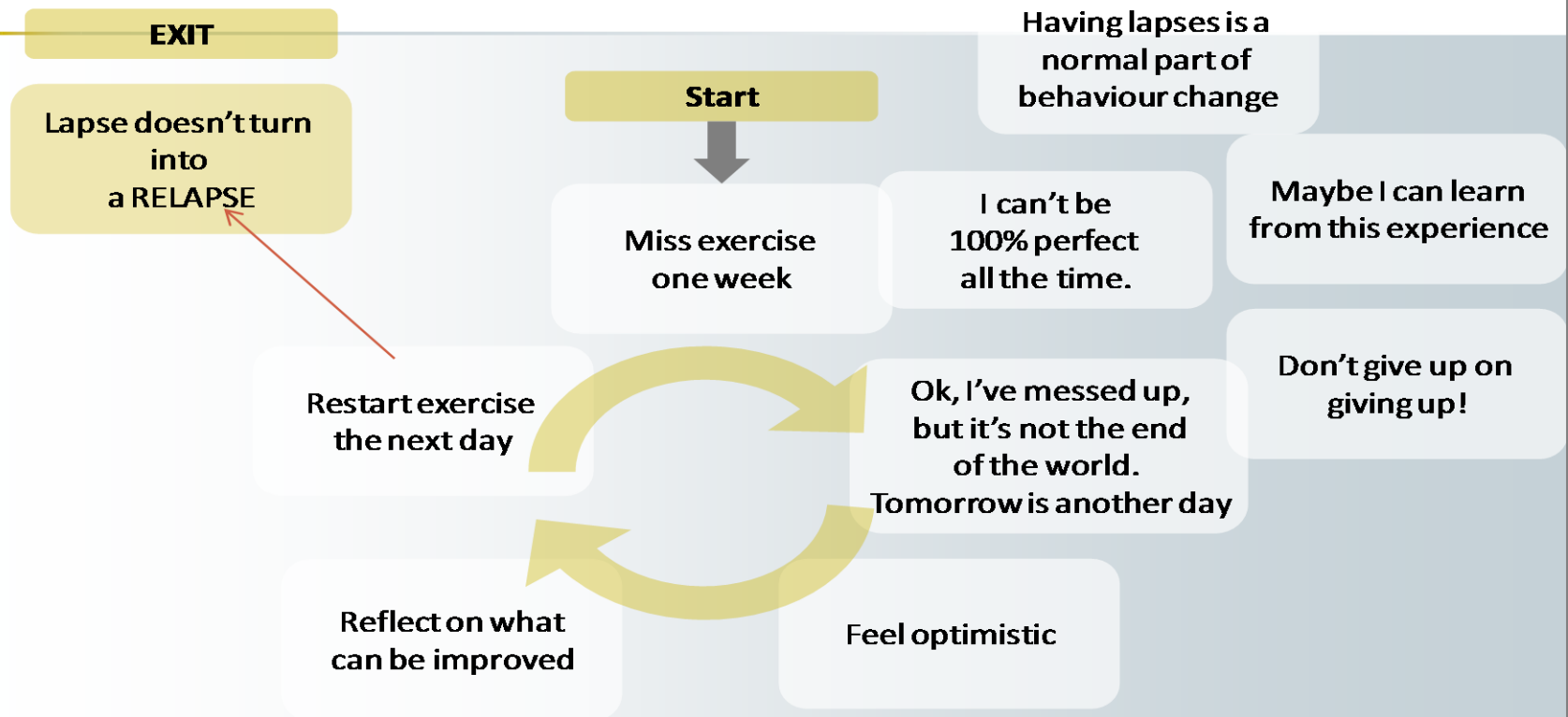
**In week 8, Zara had given up on swimming, Zumba and walking with her children to school. Zara felt she had 'blown it' and didn't have the energy to start again.**

**Zara decided to give herself a break for the rest of the week and to start again the following week. On the Monday, she thought what can I do to gradually increase my energy levels? She decided a manageable first step was to start walking the children to school again. After 3 weeks of doing this, she plucked up the courage to return to her zumba class.**

## How a lapse turns into a RELAPSE



## Avoiding a RELapse







## Be your own cheerleader

Remember that lapses (setbacks) are a NORMAL part of behaviour change

Remember too that being down on yourself, overly critical or pessimistic can

contribute to turning a lapse (temporary setback) into a relapse (unhealthy habit)

Don't fall into the trap of negativity; Instead be your own cheerleader !

### Things to tell yourself:

*Remember the bigger picture; it's only a blip in the overall scheme . It doesn't undo all the good work I've done*

*Just because I've made one bad decision, doesn't mean I have to keep making them!*

*View lapses as 'feedback, not failure' - what can I learn for next time?*

### Things to do

***Don't turn a lapse into a relapse by burying your head in the sand Share your feelings with someone you trust***

***Get back on track by setting very small goals that are easy to accomplish. Build up gradually.***

***Experts suggest that when you have a lapse, you should make the next goal so easy it might make you laugh e.g. run on the spot for 30 seconds.***

## Water wise

From More Active Health kit (p.23)

- 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.

## 5 a day

From More Active Health kit (p.28)

- 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.

# Brilliant breakfast

From More Active Health kit (p.33)

- 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

## Snack check

From More Active Health kit (p.52)

- 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.



# MOVE-IT Workbook

## Session 4

# Action Plan

## Session 4a: Eating well



1) This week I will drink ..... glasses of water per day for ... days of the week

2) Following this habit will help me because .....

.....

3) I will do this by (tick 3-5 actions)

☐ I will have a glass/bottle of water on my desk

☐ I will have a glass of water first thing in the morning

☐ I will have a glass of water before each meal

☐ I will add a slice of lemon / cucumber to my water to make it taste nicer

☐ I will carry around a bottle of water with me everyday

☐ I will have a glass of water by my bed at night

☐ Others.....

.....

4) My reminder message will say ..... Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by

.....

.....

6) What might get in the way? .....

.....

7) How can I work around this?.....

.....

8) Who can support me with this plan? .....

# Action Plan

## Session 4b: Eating well



- 1) This week I will eat .... portions of fruit and veg for ..... days of the week.
- 2) Following this habit will help me because .....

3) I will do this by (tick 3-5 actions)

- ☐ I will add fruit to my breakfast meal
- ☐ I will add a handful of veg to any sauces I use of pasta, meat or fish dishes
- ☐ I will have a side veg dish (e.g. salad, green beans) with my lunch or dinner
- ☐ I will snack on chopped veg or fruit
- ☐ I will keep a bowl of fruit at work / at home
- ☐ I will buy and prepare my fruit and veg in advance (on ....)
- ☐ Others.....

4) My reminder message will say Text / E-mail / Landline (circle)

I would like to receive this message at the following times:

MON @    TUES@    WED@    THU@    FRI@    SAT@    SUN@

- 5) If I achieve my goal, I will reward myself by .....
- 6) What might get in the way?.....
- 7) How can I work around this?.....
- 8) Who can support me with this plan? .....



# Action Plan

## Session 4c: Eating well



- 1) This week I will eat a healthy breakfast for ..... days of the week.
- 2) Following this habit will help me because .....  
.....
- 3) I will do this by (tick 3-5 actions)
  - ☐ I will prepare my breakfast items the night before
  - ☐ I will take breakfast to work or keep some food items at work
  - ☐ I will buy my breakfast foods in advance (on .....)
  - ☐ I will consult .... for healthy breakfast ideas (on ....)
  - ☐ I will put a reminder on my bathroom mirror
  - ☐ I will choose ..... healthy items to have for breakfast
  - ☐ Others.....  
.....
- 4) My reminder message will say ..... Text / E-mail / Landline (circle)  
.....  
 I would like to receive this message at the following times:  
 MON @      TUES@    WED@      THU@      FRI@      SAT@      SUN@
- 5) If I achieve my goal, I will reward myself by  
.....  
.....
- 6) What might get in the way?.....  
.....
- 7) How can I work around this? .....  
.....
- 8) Who can support me with this plan? .....

# Action Plan

## Session 4d: Eating well



- 1) This week I will eat .... healthy snacks a day for ....days of the week
- 2) Following this habit will help me because .....  
.....
- 3) I will do this by (tick 3-5 actions)
  - ☐ I will plan and buy my snacks in advance (on ....)
  - ☐ I will consult .... for healthy snack ideas (on ...)
  - ☐ I will pack my bag the night before or in the morning with healthy snacks
  - ☐ I will put a reminder on my bathroom mirror
  - ☐ I will choose ..... healthy items to have as snacks
  - ☐ I will check what healthy snacks the shops nearby me sell (on ....)
  - ☐ Others.....  
.....
- 4) My reminder message will say Text / E-mail / Landline (circle)  
.....  
 I would like to receive this message at the following times:  
 MON @      TUES@   WED@      THU@      FRI@      SAT@      SUN@
- 5) If I achieve my goal, I will reward myself by .....  
.....
- 6) What might get in the way?.....  
.....
- 7) How can I work around this?.....  
.....
- 8) Who can support me with this plan? .....

# Action Plan

## Session 4d: Eating well

1) This week I will .....a day for .....days of the week.

2) Following this habit will help me because .....

.....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by .....

.....

6) What might get in the way?.....

.....

7) How can I work around this?.....

.....

8) Who can support me with this plan? .....

# Sweet enough

From More Active Health kit (p.38)

- 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 non 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.

## Cut back fats

From More Active Health kit (p.42)

- Aim: to cut back on saturated fats.
- Experts say that most of us eat too much saturated fat – on average about 20% more than it 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 food for us in the right amount. Experts agree that it's the saturated fats we need to cut back on.

## On the shelf

From More Active Health kit (p.47)

- 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 food 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.



# MOVE-IT Workbook

## Session 5



Session 12b

## Healthy eating part two

Traffic light labels on food packaging make it easier to choose healthy options at a glance.



Foods with **green** lights are the healthiest choices.



Foods with **amber** lights are OK most of the time.



Foods with a **red** light should be eaten only occasionally.

Preventing risk factors

Visual card 12b



# ***Don't stop it; swap it!***

## ***List of swapping options***



*Swap big for small*

*Swap often for sometimes*

*Swap sitting for moving*

### **Breakfast**

- Swap from whole milk to semi-skimmed, 1% fat or even skimmed milk.
- Swap a sugar-coated breakfast cereal for a wholegrain breakfast cereal such as porridge or shredded wholegrain wheat cereal, with no added sugar.
- Swap a sprinkle of sugar on your breakfast cereal for a topping of fresh or dried fruit, which counts towards one of your five a day.
- Swap full-fat Greek yoghurt for lower-fat or fat-free Greek yoghurt or natural low-fat yoghurt.
- Swap butter for reduced-fat margarine or avocado.
- Swap fried eggs for poached or boiled eggs.
- Swap eggs benedict for poached eggs and salsa.
- Swap a cooked breakfast for fruit and cereal high in grains and fibre.

### **Lunch**

- Swap white breads, bagels and muffins for wholegrain varieties.
- Swap butter and cheese in your jacket potato for reduced fat spread and reduced salt and sugar baked beans.
- Swap a tuna melt panini for a tuna salad sandwich on wholemeal bread, without mayo.
- Swap a cheddar cheese filling in your sandwich for reduced-fat hard cheese.
- Swap full-fat cheese for low-fat cheese.
- Swap regular peanut butter for a reduced-fat and low-salt peanutbutter.
- Swap tuna in olive oil for tuna in spring water.
- Swap the second sandwich for some salad.

# ***Don't stop it; swap it!***

## **List of swapping options**



### **Dinner**

- Swap creamy or cheesy sauces for tomato- or vegetable-based sauces on your pasta, meat or fish dishes.
- Swap mashed potato made with butter and whole milk for mash with low-fat spread and a lower-fat milk such as semi-skimmed, 1% fat or skimmed.
- Choose leaner cuts of meat, for example, swap streaky bacon for back bacon.
- Swap the frying pan for the grill when cooking meat.
- Swap a creamy salad dressing for lime juice and herbs or balsamic vinegar.
- Swap cream for low-fat yogurt or custard.
- Swap creamy sauces for a tomato or vegetable sauce.
- Swap creamy, cheesy pasta sauces for tomato and herb varieties.
- Swap a piece of fried, battered fish for a piece of grilled fish with fresh herbs and lemon.
- Swap a side of chips for a side of salad.
- Swap coconut cream in cooking to evaporated skim milk with coconut essence.
- Swap deep frying for boiling, grilling or steaming.
- Swap fatty take away for a salad sandwich or sushi.
- Swap roast potatoes cooked in animal fat for roast potatoes sprayed with olive oil.
- Swap sausages and regular mince for lean meat or mince.
- Occasionally swap red meats to fish, chicken or legumes.
- Swap a large serve of meat for a smaller serve with extra vegetables.
- Swap a meat loaded pizza for a vegetarian pizza with low-fat cheese.

# ***Don't stop it; swap it!***

## **List of swapping options**



### **Drinks**

- Swap your usual coffee made with whole milk to a 'skinny' coffee made with skimmed milk.
- Swap your cordial for a cordial with no added sugars.
- Swap a few of your sugary drinks for a glass of water.
- Swap hot chocolate made with whole milk and served with whipped cream for a hot chocolate made with skimmed milk and no cream.
- Swap soft drinks for plain mineral water flavoured with a squeeze of lemon or lime.
- Swap a large coffee for a small coffee.
- Swap two sugars in you coffee for one, then swap one for none.

### **Snacks**

- Swap a blueberry muffin for a currant bun on its own or with some reduced fat spread.
- Swap yoghurt-coated raisins for plain raisins.
- Swap salted nuts for unsalted nuts.
- Swap cheese straws for rice cakes with lower-fat cream cheese
- Swap cheese snacks for fresh fruits.
- Swap a regular ice-cream for a low-fat ice-cream.
- Swap full-fat ice-cream for low-fat frozen yogurt.
- Swap a chocolate bar for a small piece of licorice.
- Swap potato chips for rice crackers.
- Swap tinned fruit in 'syrup' for tinned fruit in 'natural juices'.
- Swap baking with white flour for baking with whole meal flour.
- Swap a large portion of milk chocolate for a small piece of dark chocolate.



# Action Plan

## Session 5a: Eating well

- 1) This week I will drink .....sugary drinks for ....days of the week only
- 2) Following this habit will help me because .....

- 3) I will do cut down my sugary drinks by (tick 3-5 actions)

- ☐ I will limit myself to one glass of fruit juice or smoothie per day
- ☐ I will swap sugary lemonade, cola or squash with sugar free versions
- ☐ I will swap sugary drinks with still or fizzy water
- ☐ I will reduce sugar / honey in my tea / coffee
- ☐ I will avoid sugary drinks between meals / at work / at the pub (....)
- ☐ I will buy sugar free alternative drinks (on ....)
- ☐ Others.....

- 4) My reminder message will say Text / E-mail / Landline (circle)

I would like to receive this message at the following times:

MON @    TUES@    WED@    THU@    FRI@    SAT@    SUN@

- 5) If I achieve my goal, I will reward myself by
- 6) What might get in the way? .....
- 7) How can I work around this?.....
- 8) Who can support me with this plan?.....



# Action Plan

## Session 5b: Eating well

- 1) This week I will eat.....high fat foods (.....) for ....days of the week only
- 2) Following this habit will help me because .....

- 3) I will cut down my high fat foods by (tick 3-5 actions)

- ☐ I will swap full fat milk / cheese to skimmed or semi skimmed milk / low fat cheese
- ☐ I will swap for leaner mince or turkey mince
- ☐ I will swap frying for grilling, baking, casseroles
- ☐ I will swap butter, lard or ghee for unsaturated margarine, sunflower, olive or rapeseed oil
- ☐ I will buy healthier low fat options in advance (on ....)
- ☐ I will consult ..... for low fat meal options (on ....)
- ☐ Others.....

- 4) My reminder message will say Text / E-mail / Landline (circle)

I would like to receive this message at the following times:

MON @    TUES@    WED@    THU@    FRI@    SAT@    SUN@

- 5) If I achieve my goal, I will reward myself by

- 6) What might get in the way? .....

- 7) How can I work around this?.....

- 8) Who can support me with this plan? .....



# Action Plan

## Session 5c: Eating well

- 1) This week I will eat....processed foods (pizza, kebab, curry, ready meal, instant 'pot' meal, crisps) for ....days of the week.
- 2) Following this habit will help me because .....
- 3) I will cut down my unhealthy processed foods by (tick 3-5 actions)
  - ☐ I will look for healthier ready meal options using my label reader
  - ☐ I will put the label reader in my shopping bag / purse / give to the person doing the shopping
  - ☐ I will shop for healthier convenience foods (on ....)
  - ☐ I will plan the days I will eat out / have a take away/ready meal (on ....)
  - ☐ I will cut down on adding salt / sauces to my meals
  - ☐ I will swap adding salt with trying herbs and spices
  - ☐ I will consult ..... for healthy alternatives to processed foods (on ....)
  - ☐ Others.....
- 4) My reminder message will say ..... Text / E-mail / Landline (circle)
 

I would like to receive this message at the following times:

MON @    TUES@    WED@    THU@    FRI@    SAT@    SUN@
- 5) If I achieve my goal, I will reward myself by .....
- 6) What might get in the way?.....
- 7) How can I work around this? .....
- 8) Who can support me with this plan?.....

# Action Plan

## Session 5d: Tackling smoking

- 1) This week I will take .... steps to reduce smoking.
- 2) Reducing this habit will help me because .....  
.....

I will consider reducing my smoking by (tick 3-5 actions)

- ☐ Contacting my local smoking cessation service
- ☐ Deciding which option is best for me e.g. Patches, inhaler, medication, group, one to one support
- ☐ Making a plan to cut down my smoking
- ☐ Telling those I care about of my intention to reduce smoking
- ☐ Not buying or buying less cigarettes
- ☐ Avoiding situations which might increase my smoking (for the early stages)
- ☐ Write down alternative options to help me manage cravings
- ☐ Others.....  
.....

- 4) My reminder message will say ..... Text / E-mail / Landline (circle)  
.....

I would like to receive this message at the following times:

MON @      TUES@      WED@      THU@      FRI@      SAT@      SUN@

- 5) If I achieve my goal, I will reward myself by .....  
.....
- 6) What might get in the way? .....  
.....
- 7) How can I work around this? .....  
.....
- 8) Who can support me with this plan? .....



# MOVE-IT Workbook

## Session 6



## **Zubayda's story – version A**

Zubayda works shifts as a cleaner. After her health check, she felt there were a few simple changes she could make to her diet. This included packing healthy snacks, reducing the amount of fried food she ate and cutting down on her sugary drinks.

Four weeks after seeing the HLF, Zubayda was regularly packing healthy snacks before going to work, had cut down to one can of fanta a week and was baking a lot of her foods rather than frying them.

Week 5, Zubayda had to drive some relatives to the airport and was running late for work. She didn't have time to pack any snacks and so bought a take away on the way home. The next day she was still feeling tired and had a couple of cans of fanta to lift her energy. The following week, Zubayda had packed her healthy snacks but her work colleagues were celebrating a birthday and so she ate lots of biscuits and cakes instead.

The next week Zubayda felt a bit lonely as she was missing her relatives. She also felt down that she had not stuck with her plan last week. Zubayda decided that she was 'no good at this healthy eating stuff' and she 'never succeeded with diets'. After that, Zubayda gave up on her healthy snacks and went back to eating lots of fried foods. She was invited to a follow up session by the HLF but felt it would be pointless to attend.



## Zubayda's story – *version B*

Zubayda works shifts as a cleaner. After her health check, she felt there were a few simple changes she could make to her diet. This included packing healthy snacks, reducing the amount of fried food she ate and cutting down on her sugary drinks.

Four weeks after seeing the HLF, Zubayda was regularly packing healthy snacks before going to work, had cut down to one can of fanta a week and was baking a lot of her foods rather than frying them.

Week 5, Zubayda had to drive some relatives to the airport and was running late for work. She didn't have time to pack any snacks and so bought a take away on the way home. The next day she was still feeling tired and had a couple of cans of fanta to lift her energy. The following week, Zubayda had packed her healthy snacks but her work colleagues were celebrating a birthday and so she ate lots of biscuits and cakes instead.

The next week Zubayda felt a bit lonely as she was missing her relatives. She also felt down that she had not stuck with her plan last week. Zubayda decided that she was 'no good at this healthy eating stuff' and she 'never succeeded with diets'. As she thought this, she realised that she was always quick to put herself down. This time she thought 'OK, it's not the end of the world; just because I had one bad week doesn't mean I need to have another one'. She got in touch with her HLF who was reassuring and supportive and gave Zubayda the confidence to keep going.



## **Marvin's story – version A**

**Marvin is currently looking for work and doing a carpentry course. After his health check he attended some sessions with a Health Trainer and together they made the following plan. Marvin would cut down on sugary drinks, replace full fat milk with skimmed milk and aim for five fruit and veg a day, five out of seven days a week.**

**Marvin succeeded in putting this plan into action and avoided buying soft drinks, replacing with fizzy water and lemon, his fridge was stocked with skimmed milk and he was filling his shopping basket with fruit and veg on his weekly shop and cutting down on take aways.**

**Week 12, Marvin was feeling more energetic, had lost some weight and found out his cholesterol levels had gone down. He was feeling really good.**

**Week 14, Marvin celebrated his friend's 40<sup>th</sup> birthday which involved a BBQ where he indulged in his favourite sausages and burgers. The following week, he hadn't time to do a weekly shop, so ended up eating out or buying take-aways. The next week, Marvin was due for a job interview and went back to his cans of cola to help him deal with the nerves.**

**Week 17, Marvin was feeling quite down as he hadn't got the job and felt he had put on some weight from the previous month. He noticed he had started slipping back into buying more take aways, and avoiding the fruit and veg aisle at the supermarket. When he felt down he usually had a sprite to cheer himself up. This started to become a regular habit and Marvin regained the weight he had lost.**

## **Marvin's story – version B**

Marvin is currently looking for work and doing a carpentry course. After his health check he attended some sessions with a Health Trainer and together they made the following plan. Marvin would cut down on sugary drinks, replace full fat milk with skimmed milk and aim for five fruit and veg a day, five out of seven days a week.

Marvin succeeded in putting this plan into action and avoided buying soft drinks, replacing with fizzy water and lemon, his fridge was stocked with skimmed milk and he was filling his shopping basket with fruit and veg on his weekly shop and cutting down on take aways.

Week 12, Marvin was feeling more energetic, had lost some weight and found out his cholesterol levels had gone down. He was feeling really pleased with his progress.

Week 14, Marvin celebrated his friend's 40<sup>th</sup> birthday which involved a BBQ where he indulged in his favourite sausages and burgers. The following week, he hadn't time to do a weekly shop, so ended up eating out or buying take-aways. The next week, Marvin was due for a job interview and went back to his cans of cola to help him deal with the nerves.

Week 17, Marvin was feeling quite down as he hadn't got the job and felt he had put on some weight from the previous month. He took a deep breath, noticed the negative spiral he was getting into and told himself 'all was not lost'. He had some good strategies in place, and if he could set them up again, there was no reason why he couldn't get back on track. Marvin decided his first step was to make a trip to the supermarket. At week 20, Marvin had managed to get back into his good habits again.



# Maintenance Plan

## Session 6: Keep on eating well

- 1) In order to keep up my healthy eating, I intend to keep up the following healthy heart habits;

.....

.....

- 2) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @    TUES@    WED@    THU@    FRI@    SAT@    SUN@

- 3) My hot spots (iwhen I might be tempted to eat unhealthily) are:

.....

.....

.....

- 4) Making alternative plans

Plan A: If .....

Then .....

Plan B: If .....

Then:.....

Plan C: If .....

Then .....

- 5) If I have a setback, I can tell myself .....

.....

- 6) Who can support me with this plan?

.....



# **MOVE-IT Workbook**

## **Session 7, 8, 9 & 10**

# Action Plan

## Session 7



1) This week I will .....a day for .....days of the week.

2) Following this habit will help me because .....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say Text / E-mail / Landline (circle)

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by .....

6) What might get in the way?.....

7) How can I work around this?.....

8) Who can support me with this plan? .....

# Action Plan

## Session 8



1) This week I will .....a day for .....days of the week.

2) Following this habit will help me because .....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say ..... Text / E-mail / Landline (circle)

I would like to receive this message at the following times:

MON @      TUES@    WED@      THU@      FRI@      SAT@      SUN@

5) If I achieve my goal, I will reward myself by .....

6) What might get in the way?.....

7) How can I work around this?.....

8) Who can support me with this plan? .....



# Action Plan

## Session 9



1) This week I will .....a day for .....days of the week.

2) Following this habit will help me because .....

3) I will do this by (tick 3-5 actions)

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @ TUES@ WED@ THU@ FRI@ SAT@ SUN@

5) If I achieve my goal, I will reward myself by .....

6) What might get in the way?.....

7) How can I work around this?.....

8) Who can support me with this plan? .....

# Action Plan

## Session 10



1) This week I will .....a day for .....days of the week.

2) Following this habit will help me because .....

.....

3) I will do this by (tick 3-5 actions)

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

.....

4) My reminder message will say Text / E-mail / Landline (circle)

.....

I would like to receive this message at the following times:

MON @      TUES@    WED@      THU@      FRI@      SAT@      SUN@

5) If I achieve my goal, I will reward myself by .....

.....

6) What might get in the way?.....

.....

7) How can I work around this?.....

.....

8) Who can support me with this plan? .....



# MOVE-IT Workbook

## Progress Diary

Session 1		MON	TUE	WED	THU	FRI	SAT	SUN
1a	This week I will take ..... no. of steps a day for .... days of the week							
1b	This week I will reduce my sitting time by ..... mins/day for .... days of the wk							
1c	Other: This week I will .....a day for .....days of the week							
Session 2		MON	TUE	WED	THU	FRI	SAT	SUN
1a	This week I will take ..... no. of steps a day for .... days of the week							
1b	This week I will reduce my sitting time by ..... mins/day for .... days of the wk							
1c	Other: This week I will .....a day for .....days of the week							
2a	This week I will be physically active for .....mins/day for .... days of the week							
2b	Other: This week I will .....a day for .....days of the week							
Session 3		MON	TUE	WED	THU	FRI	SAT	SUN
3a	.....							
3b	.....							
3c	.....							
3d	.....							
3e	.....							
Session 4		MON	TUE	WED	THU	FRI	SAT	SUN
3a	.....							
3b	.....							
3c	.....							
3d	.....							
3e	.....							
4a	This week I will drink ..... glasses of water/day for ... days of the week							
4b	This week I will eat .... portions of fruit and veg for ..... days of the week							
4c	This week I will eat a healthy breakfast for ..... days of the week							
4d	This week I will eat .... healthy snacks/day for ....days of the week							
4e	Other: This week I will .....a day for .....days of the week							

Session 5		MON	TUE	WED	THU	FRI	SAT	SUN
3a	.....							
3b	.....							
3c	.....							
3d	.....							
3e	.....							
4a	This week I will drink ..... glasses of water/day for ... days of the week							
4b	This week I will eat .... portions of fruit and veg for ..... days of the week							
4c	This week I will eat a healthy breakfast for ..... days of the week							
4d	This week I will eat .... healthy snacks/day for ....days of the week							
4e	Other: This week I will .....a day for .....days of the week							
5a	This week I will drink .....sugary drinks for ....days of the week only							
5b	This week I will eat....high fat foods (.....) for ....days of the week only							
5c	This week I will eat....processed foods (.....) for ....days of the week							
5d	This week I will take .... steps to reduce smoking							
5e	Other: This week I will .....a day for .....days of the week							

Session 6	Wk 1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
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Session 7	Wk 1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
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Session 8	Wk 1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
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Session 9	Wk 1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
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Session 10	Wk 1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
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