

# Let's Get Moving

Helping you to get more active  
and live a healthier life

**Patient support pack**



You may want someone to help you when you look at this booklet.

# What is this booklet for?



**Hello and welcome to Let's Get Moving.**  
This leaflet gives you ideas to help you become more active, which is important for your health.

## It tells you:

- how you can be more active



**Being active** means doing things that make you fitter and healthier.



- how to change what you eat and drink to keep a healthy weight.



## The booklet is in 4 parts:

Part 1 **Let's Get Moving** can help you plan how to be more active.

Part 2 **My activity plan** will help you to list the activities you would like to do.

**Part 2: My activity plan**

You can use these pages to plan what activity you are going to do. And if you need to, you can print extra worksheets.

You could fill in the plan like this:

I will _____ on _____ at _____ for _____	I will _____ on _____ at _____ for _____
I will _____ on _____ at _____ for _____	I will _____ on _____ at _____ for _____
I will _____ on _____ at _____ for _____	I will _____ on _____ at _____ for _____

You need to keep on planning your activity. Make a new list when you have finished this one.

**Part 3: My activity diary**

This diary is to help you see how much activity you have been doing over **12 weeks**.

- You should try and do at least **30 minutes** of moderate activity on **5 days** a week.
- If you do this you will have done **150 minutes** or **2 hours 30 minutes** each week.

Fill in the numbers of minutes you do each day. Add them up at the end of the week to see how well you have done. Use this:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1								
2								

Part 3 **My activity diary** is there for you to fill in. It will help you to see just how much activity you are doing.

You might need help completing your activity plan and diary.



Part 4 **Keeping a healthy weight** gives you information to help you keep a good weight.



And there is also a list of useful websites at the end of the booklet.



You might like to print out **Part 2** and **Part 3** on the middle pages and put them somewhere you can see them often, like on your fridge or kitchen wall.



You may want to have someone like a friend or family member to support you to use this booklet and help you on your way to getting more active.

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# Part 1: Let's Get Moving

This part of the booklet explains how to be more active.



**Being active** means doing things that make you fitter and healthier.

## Why do I need to be more active?



Increasing your activity every day will help to make you more healthy.

It will:



- help you stay a healthy weight and look better



- help stop you getting illnesses like heart problems or stroke



- help you get stronger and fitter



- make you more self-confident



- help you be less stressed.

## How do I feel about being more active?

Think about how you could be more active by answering the questions below.



You might want someone to help you think about your answers.

## How important do I think it is for me to be more active?



- ? Not important at all
- ? A bit important
- ? Important
- ? Very important

## How easy do I think it will be for me to be more active?



- ? Very difficult
- ? Quite difficult
- ? Easy
- ? Very easy

You might like to think about the answers you have chosen and then ask yourself these questions:



**Why did I choose these answers?**



**What would help me to be more active?**

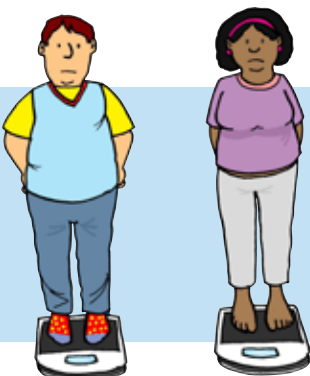


**How will I feel if I am more active?**



**If I am more active, how could my life change in the next 4 to 5 years?**

**What might happen to me if I do not get more active?**



You might like to write down your answers and keep them to remind yourself why you think it is important to keep active.



## What sort of activities could I try to do?

Being more active can be as easy as doing more walking, cycling, swimming, gardening or even dancing.



Or it can mean playing sports that you enjoy like football or doing exercises at your local gym. Being more active can be fun.



You may think you are too busy

or not fit enough

or too old to start being more active.

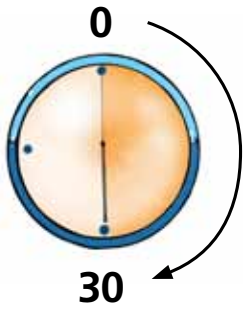


Being active is good for everyone!

Start getting active slowly and do a bit more each week.



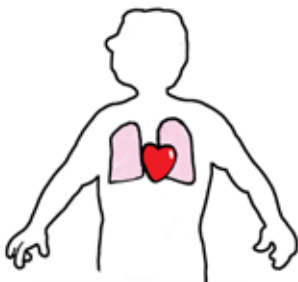
At least **150 minutes** of moderate activity a week will help you live a healthier life.



## How much activity should I try to do?

At least **150 minutes** of **moderate activity** will help you be more healthy. One way to do this is **30 minutes** of **moderate activity** at least **5 times a week**.

For example, you can start with 10 minutes at a time and build up to at least 30 minutes as you feel more confident.



**Moderate activity** is different for everyone – it depends on how fit you are to begin with. **Moderate activity** means you should:

- begin to breathe a bit quicker
- feel your heart beating a bit faster
- feel warmer.

You might like to print out the next pages (**My activity plan** and **My activity diary**) and put them somewhere you can see them often like on your kitchen wall.

## Part 2: My activity plan



You can use these pages to plan what activity you are going to do. And if you need to, you can print some extra copies.

You could fill in the plan like this:

<b>I will</b> (what you will do)	<b>go for a walk</b>	<b>on</b> (when)	<b>Tuesday lunchtime</b>
<b>at</b> (where)	<b>the park</b>	<b>for</b> (how long)	<b>30 minutes</b>

or maybe like this:

<b>I will</b> (what you will do)	<b>play football</b>	<b>on</b> (when)	<b>Saturday 3pm</b>
<b>at</b> (where)	<b>the Sports Club</b>	<b>for</b> (how long)	<b>2 hours</b>

I will .....	on .....
at .....	for .....



I will .....	on .....
at .....	for .....





I will ..... on .....  
at ..... for .....



I will ..... on .....  
at ..... for .....



I will ..... on .....  
at ..... for .....



I will ..... on .....  
at ..... for .....

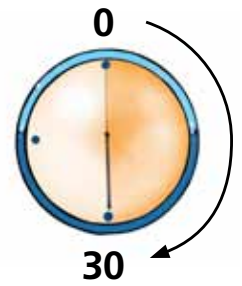
You need to keep on planning your activity.  
Make a new list when you have finished this one.



## Part 3: My activity diary

This diary is to help you see how much activity you have been doing over **12 weeks**:

- You should try and do at least **150 minutes** or **2 hours and 30 minutes** of activity **each week**
- One way to do this is **30 minutes** of moderate activity on **5 days a week**.



Fill in the number of minutes you do each day. Add them up at the end of the week to see how well you have done, like this:



Week (the start date)	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total mins
1 3 May	30	10	50	0	60	5	0	155
2 10 May	0	35	40	20	15	10	30	150

<b>Week</b> (the start date)	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total mins</b>
<b>1</b>								
<b>2</b>								
<b>3</b>								
<b>4</b>								
<b>5</b>								
<b>6</b>								
<b>7</b>								
<b>8</b>								
<b>9</b>								
<b>10</b>								



Here are some more ideas of things you can do to be more active:

- Go swimming.



- Join a local walking group.



- Spend less time sitting down – get up and move more.



- Play a sport you enjoy like football, badminton or bowls.



- Try stretching exercises like yoga.



Do you think that any of these things would work for you? There is a list of websites to help you find out about these things on pages 19–20.



## How should I plan to be more active?

It will help you to be more active if you plan what you are going to do and when you are going to do it.

**Part 2: My activity plan**

You can use these pages to plan what activity you are going to do. And if you need to, you can print some extra copies.

You could fill in the plan like this:

I will (what you will do) go for a walk on (when) Tuesday mornings at (where) the park for (how long) 30 minutes

or maybe like this:

I will (what you will do) play football on (when) Saturday 7am at (where) the Sports Club for (how long) 2 hours

I will \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ for \_\_\_\_\_

I will \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ for \_\_\_\_\_

I will \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ for \_\_\_\_\_

You need to keep on planning your activity. Make a new list when you have finished this one.

You can use **My activity plan** on pages 8–9 to help you make your plan.

**Part 3: My activity diary**

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This diary is to help you see how much activity you have been doing over 10 weeks.

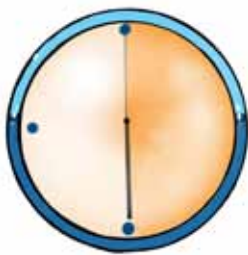
- You should try and do at least 30 minutes of moderate activity on 5 days a week.
- If you do this you will have done 150 minutes or 2 hours 30 minutes each week.

Fill in the numbers of minutes you do each day. Add them up at the end of the week to see how well you have done, like this:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	15	20	25	20	25	20	20	145
2	10	15	15	15	15	15	15	100

10

And you can use **My activity diary** on pages 10–11 to keep a record of how well you have done.



Remember, you should try and do at least **150 minutes** of moderate activity **a week**.



You can start with **10 minutes** at a time if you like and build up to being active for longer each day as you feel more confident.



## What if I am finding it hard to be more active?

**Some people do find it hard at first to be more active.**

It will help if you:



- are clear about what you want to do, and why



- try out a few activities to see which ones you might enjoy



- do not give up too soon, just try to do a bit more each time



- get help from other people.



### **Other things that can help are:**

- Keep reminding yourself why you want to be more active as it is important for your health. Your answers to the questions on pages 4–5 will help you do this.

**Part 3: My activity diary**

This diary is to help you see how much activity you have been doing over 12 weeks.

- You should try and do at least 30 minutes of moderate activity on 5 days a week.
- If you do this you will have done 150 minutes or 2 hours 30 minutes each week.

Fill in the numbers of minutes you do each day. Add them up at the end of the week to see how well you have done, like this:

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
1	15	30	45	30	15	15	15	150
2	30	30	30	30	30	30	30	210

- Keep a note of how you are doing. **My activity diary** on page 11 will help you do this.



- Tell family and friends what you want to do.



- Do things like playing sport you enjoy or going for walks with other people. This can be more fun than doing things on your own.



- Walk or cycle instead of using the car or bus.



- Join a gym or a club. This could be a walking group or a sports club. It is also a great way to make new friends!



- Book another appointment at your doctor's surgery to get more support.

## Part 4: Keeping a healthy weight



### How to lose weight and feel healthy without giving up all the things you love.



- At dinnertime, aim for half the food on your plate to be veg. It is important to eat lots of veg because it contains fibre. Fibre is a type of food which helps your digestive system work properly.
- Try to eat 5 helpings of different fruit and veg every day. It is easy to add fresh, frozen or canned veg to meals when you are cooking.
- Smaller helpings of food can help stop you from eating too much.
- Make snacks more healthy – try swapping chocolate, biscuits and cake for dried fruit like raisins or apricots, or a piece of fruit.
- Instead of sugary, fizzy drinks, drink fizzy water or fruit juice.
- Try boiling, steaming, grilling or microwaving food instead of frying or roasting it.
- Try eating 2 helpings of fish a week, including oily fish like herring.
- Try to buy 'brown' bread, cereals, pasta and rice rather than white if you can. These foods are better for you.

## You should try to:



- eat mostly starchy foods like bread, cereals, pasta and rice. Try to eat fibre or 'brown' varieties where you can



- eat at least 5 portions of different types of fruit and veg a day. A portion is about a handful



- eat 2 helpings of fish a week, including a portion of oily fish like herring



- eat low-fat spreads, lean meat, reduced fat cheese and yoghurt instead of fatty food like butter, fatty meat, cheese and cream



- boil, steam, grill, poach or microwave food instead of frying or roasting



- eat something more healthy like fruit if you are hungry between meals.

## You should try to eat less:



- sugary food like biscuits and cakes



- salt, including adding less when you cook and checking how much salt is in ready-made food.



You can find out more about healthy eating on the websites listed under **Helping to keep you healthy** on page 20.

## And try to drink more healthily:



- Try to drink about 6 to 8 glasses of water or other fluids (with no added sugar) a day. That is about 1.2 litres. If the weather is hot, or you are very active, you need to drink more.



- Try to cut down on sugary and fizzy drinks. Instead, drink water, 100% unsweetened fruit juice, or tea and coffee without sugar.

- Try not to drink too many alcoholic drinks.



Men should not regularly drink more than **3 or 4** units of alcohol a day.

Women should not regularly drink more than **2 or 3** units of alcohol a day.



You can find out more about units of alcohol at **[www.drinking.nhs.uk](http://www.drinking.nhs.uk)**

## Useful websites

**There are lots of websites with useful information on how to get more active.**



### Local information

- To find out how to get more active in your local area you could start with **[www.nhs.uk/letsgetmoving](http://www.nhs.uk/letsgetmoving)**

### Getting more active

- **[www.nhs.uk/change4life](http://www.nhs.uk/change4life)**
- **[www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness)** for information on being more active.
- **[www.bhf.org.uk/keeping\\_your\\_heart\\_healthy/staying\\_active.aspx](http://www.bhf.org.uk/keeping_your_heart_healthy/staying_active.aspx)** for ways to get more active and how it will help you.





## Walking

- [www.whi.org.uk](http://www.whi.org.uk)  
Useful help for people to do short walks in their area.
- [www.walk4life.info](http://www.walk4life.info)  
Try this website if you want to find a walk near where you live, make up a walk you can do every day, or keep a track of your walking activity.



## Helping to keep you healthy

- [www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
or call: **0300 123 4567**
- [www.nhs.uk/lifecheck](http://www.nhs.uk/lifecheck)
- [www.nhs.uk/5aday](http://www.nhs.uk/5aday)
- [www.eatwell.gov.uk](http://www.eatwell.gov.uk)
- [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
- [www.drinking.nhs.uk](http://www.drinking.nhs.uk)



## Where can I go for help?

It is important for you to get more active and lead a more healthy life.

If you want to talk to someone about what you are doing, or need more help, ask at your doctor's surgery.



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