

10 WEEK CHALLENGE

Starting February 3rd



BUILDING



HEALTH



GUIDANCE PACK

TOP TEN TIPS FOR STAYING ON TRACK!

1. Drink around 2 litres of water per day – tea may be added into this also.
2. Never skip meals!
3. Snack wisely! Fruit, veg, rice cakes, etc.
4. Avoid sugary/ carbonated drinks and high fat/salty snacks – be careful with some nuts as well as some dry roasted type have high sugars and salts.
5. Avoid processed foods – try and eat clean and cook from scratch. Read the packaging of sauces and flavour packs as there may be a lot of hidden sugars.
6. Keep it simple! If you don't have all the ingredients listed, improvise and mix up the flavours.
7. Learn to pack the plate with fruit or veg, as long as they're cooked correctly, they will be low fat and salt.
8. Don't rely too heavily on the scales if your goal is to slim down (or bulk up!) – track changes through profile photos and clothes. Measurements are the best guide for progress.
9. Do NOT punish yourself for falling off the waggon! Everyone has low days, or days where you can get nothing right. Get up the next day and try again!
10. Use calorie counters such as My Fitness Pal if you have a weight goal in mind – it can scan most foods and can break it down for you automatically and can show how many hidden calories there are in foods!

Health benefits of eating well

A well-balanced diet provides all of the energy you need to keep active throughout the day and nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers.

Keeping active and eating a healthy balanced diet can also help you to maintain a healthy weight.

Deficiencies in some key nutrients - such as vitamin A, B, C and E, and zinc, iron and selenium - can weaken parts of your immune system.

Heart health

A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels.

High blood pressure and cholesterol can be a symptom of too much salt and saturated fats in your diet.

Eating a portion of oily fish - such as salmon and trout - each week can also help to lower your risk of developing heart disease. The high levels of omega-3 fatty acids in oily fish are good for heart health.

Strong bones and teeth

A diet rich in calcium keeps your teeth and bones strong and can help to slow bone loss (osteoporosis) associated with getting older.

Calcium is usually associated with dairy products, but you can also get calcium by eating:

- sardines, pilchards or tinned salmon (with bones)
- dark green vegetables - such as kale and broccoli
- calcium-fortified foods - such as soya products, fruit juices and cereals

As vitamin D helps your body absorb calcium, make sure you get outside (your body gets vitamin D from the sun) and have plenty of foods containing vitamin D in your diet - such as oily fish and fortified cereals.

How to manage your weight

Eating a healthy diet that includes lots of fruit, vegetables, whole grains and a moderate amount of unsaturated fats, meat and dairy can help you maintain a steady weight. Having a good variety of these foods every day leaves less room for foods that are high in fat and sugar - a leading cause of weight gain.

Together with exercise, eating a healthy diet in the right proportions can also help you lose weight, lower your cholesterol levels and blood pressure and decrease your risk of type 2 diabetes.

Type 2 diabetes

Maintaining a healthy weight and eating a balanced diet that's low in saturated fat and high in fibre found in whole grains can help to reduce your risk of developing type 2 diabetes.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Regular Exercise

Regular physical activity is an important part of living well. People who lead an active lifestyle are more likely to live longer and less likely to develop serious illnesses and health conditions.

Nowadays people are generally less active day to day. Most of us drive cars or take public transport rather than cycling or walking to work, with fewer of us working in manual jobs. Many then leave work to watch TV, use phones, computers and tablets as entertainment in the evening. Too much prolonged sitting can cause serious health problems. It is thought to slow your metabolism, affecting the body's ability to regulate blood sugar, blood pressure and break down body fat which in turn can increase your chances of getting a number serious health conditions including heart disease, type 2 diabetes, obesity and some cancers.

There is overwhelming evidence proving that we should all be more physically active. It's crucial if you want to live a healthy, fulfilling life into old age. The easiest way of becoming more active is to make physical activity part of your everyday life. There are simple ways of achieving a more active lifestyle and the more you do, the better.

The medically proven health benefits of regular physical activity include:

- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls among older adults
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia
- up to a 35% lower risk of coronary heart disease and stroke

Research also suggests that regular physical activity can improve your general mood, self-confidence and sleep quality as well as give you more energy and reduce stress levels.

To stay healthy, adults aged 19-64 should try to be physically active every day and aim for one of the following:

- At least 150 minutes of moderate aerobic activity every week and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- 75 minutes of vigorous aerobic activity and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- A mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).