

HEALTH & WELL-BEING GUIDE



**SUSSEX
EMPOWERED
LIVING**

Contents



- Healthy living advice
- Exercises for keeping healthy



- How to look after your mental health
- How to keep a balanced diet



- How to set yourself goals
- Your personal activity log

"The greatest wealth is health" - Virgil

HEALTHY LIVING

ADVICE



- AIM to do some physical activity **every day**.
- Do some activities **against a weight** that works all of your muscles **two times a week**.



- Do at least **two and a half hours** of **medium effort** activity **a week** or **one hour and fifteen minutes** of **high effort** activity **a week**.



- Reduce your time spent sitting or lying down.
- Break up long periods of not moving with some activity e.g. walking up the stairs.

How hard should I be working?



MEDIUM EFFORT =

Raised heart rate, breathing harder. You will be able to talk but not sing.

HIGH EFFORT =

Breathing hard and fast you should not be able to say more than a few words without pausing for a breath.

This is normal and healthy!

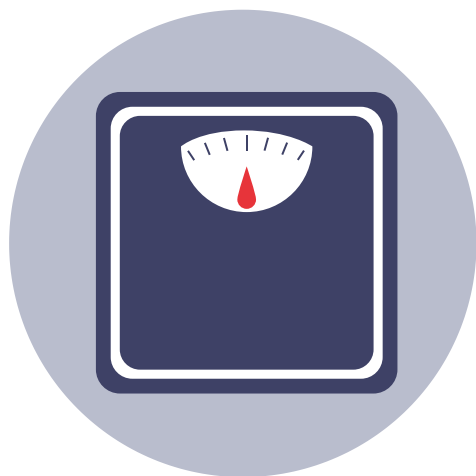


TIP:

Currently you can do some outdoor activity with one other person.

HEALTHY LIVING

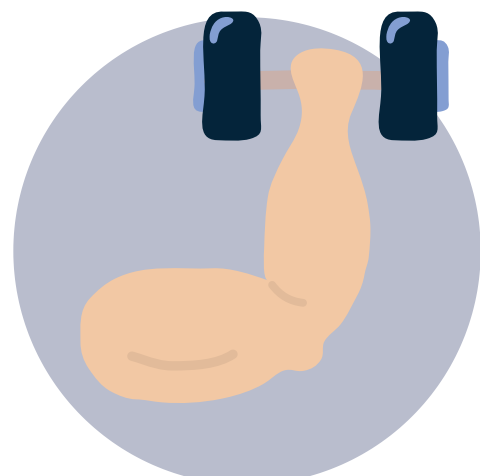
BENEFITS



**helps keep a
healthy weight**



**stronger
bones**



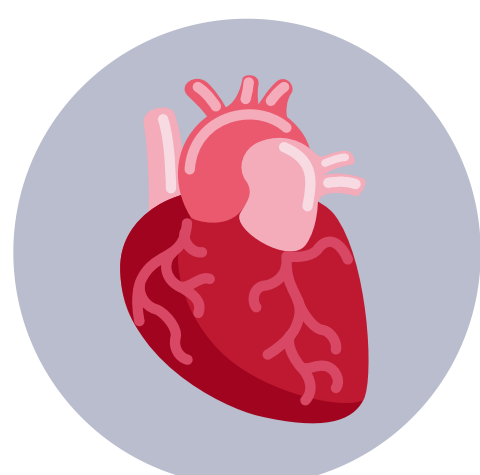
**stronger
muscles**



**lowers
blood pressure**



**positive mental
well-being**



**lowers the risk
of heart disease**



**lowers the risk of
type two diabetes**



**lowers the risk
of certain cancers**



**lowers the risk
of dementia**

STRENGTH EXERCISES



Doing physical activity with weights help to make you stronger and reduce the risk of injuries.



Do these movements 2-3 times a week. These exercises help target the big muscle groups.



Try the exercises on the next few pages 8-12 times.

If you want to really challenge yourself, try do the set twice.

Check out the exercise folder for video demos of the strength exercises.

EXERCISES

to make you stronger



SIT TO STAND

1. See exercise 1 for a demonstration.



CHAIR SQUAT

2. If you find exercise number 1 hard try this easier version (2).



AIR SQUAT

3. If you find exercise number 1 easy give this harder version a go (3).

EXERCISES

to make you stronger

STATIC LUNGE

1. See exercise 4 for a demonstration.



LUNGE

2. If you find exercise number 4 hard try this easier version (5).



DYNAMIC SQUAT

3. If you find exercise number 4 easy give this harder version a go (6).



EXERCISES

to make you stronger



KNEE PUSH UP

1. See exercise 7 for a demonstration.



WALL PUSH UP

2. If you find exercise number 7 hard try this easier version (8).



FULL PUSH UP

3. If you find exercise number 7 easy give this harder version a go (9).

EXERCISES

to make you stronger

BICEP CURL (1- HAND)

1. See exercise 10 for a demonstration.



BICEP CURL (2 - HANDS)

2. If you find exercise number 10 hard try this easier version (11).



SHOULDER PRESS

3. If you find exercise number 10 easy give this harder version a go (12).



Walking paths in Brighton



 **QUEENS PARK**

Queens Park is perfect if you want to take a short walk and relax. There is a wildlife garden and workshops run in the garden.



 **EAST BRIGHTON PARK**

The attraction of East Brighton park is the feeling of open space - the wide green spaces really give you a sense of freedom, with local nature reserve Sheepcote Valley nearby.



 **PRESTON PARK**

Preston Park is the largest urban park in the city. Preston Park is the perfect place to go for sports and picnics in the sun.



TIP: Break up your walk with short bursts of higher effort walking. This can be for up to thirty seconds.

POSTURE ADVICE



Sitting and standing with good posture allows your body to work better with less pressure on your body and spine.

TOP TIPS:

- Avoid slouching
- Attempt tasks that encourage you to stretch e.g. reaching for cereal on the top shelf
- Straighten up your back when standing
- Exercise daily



Check out the posture exercises folder for video demos of exercises to help improve your posture

AIM to do each exercise 8-12 times.

HOW TO CORRECT YOUR POSTURE



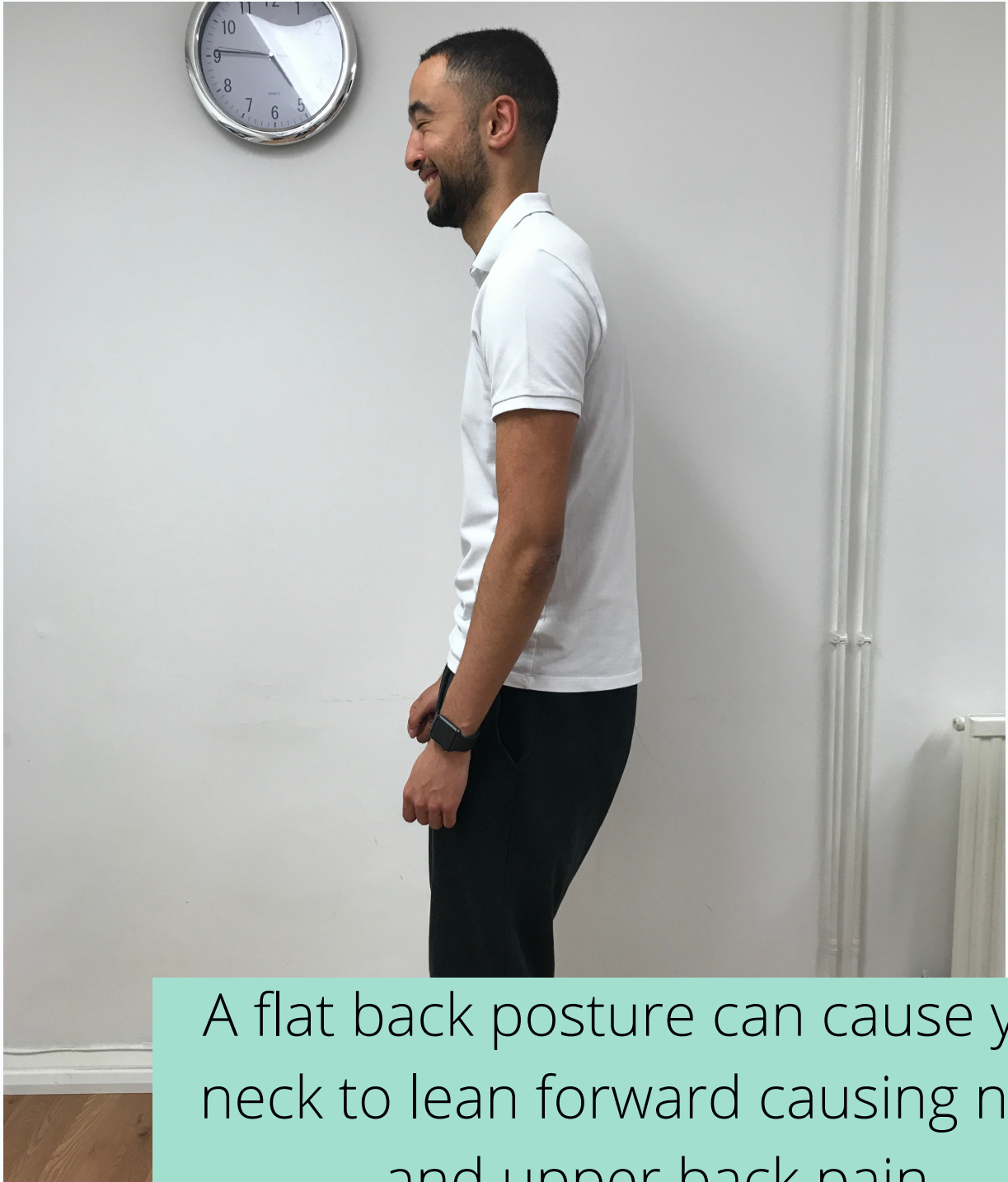
Over time slouching can put tension on your muscles.

Slouching in a chair

Exercises to correct a slouching posture:

1. Bridges
2. Back extension
3. Planks

POSTURE CONTINUED



A flat back posture can cause your neck to lean forward causing neck and upper back pain.

Flat back

Exercises to correct a flat back posture:

1. Side lying leg lifts
2. Back extension
3. Planks

POSTURE CONTINUED



You can check in the mirror if you have rounded shoulders by letting your arms rest naturally. If your knuckles face forwards this could be a sign of this type of posture.

Rounded shoulders

Exercises to correct a rounded shoulders posture:

1. Bridges
2. Planks
3. Pull ups (in a gym)

POSTURE CONTINUED



Hunching or 'Text neck' can lead to a rounded upper back which can cause shoulder and upper back stiffness.

Hunching / Text Neck

Exercises to correct a hunched back posture:

1. Stretching your neck
2. Pull ups (in a gym)
3. Chest stretch

MENTAL HEALTH BENEFITS



Feeling refreshed mentally

Heading outdoors gives our brain time to relax.

Lowers stress

Just **20-30 mins** spent outdoors in nature or in your garden can help drop your stress levels.



Activity high

Our bodies feel good during and after exercise such as walking or cycling.

Helps fight Depression and Anxiety

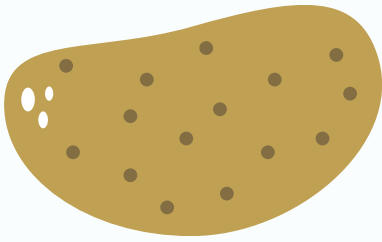
Spending time in nature has been proven to lower the risk of becoming depressed. It also lowers the feelings that depression brings.



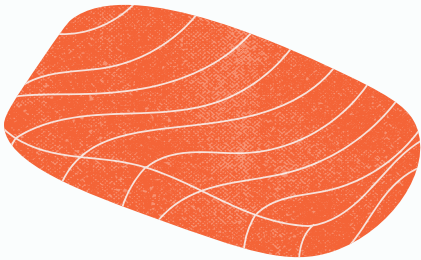
Improves your mood

Being outside has been shown to be beneficial to higher self-esteem and better moods. Especially, when combined with exercise.

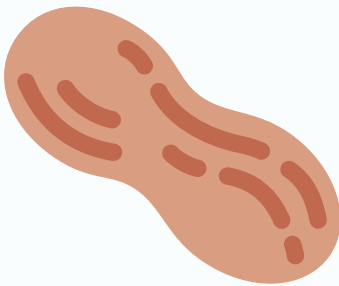
FOOD GROUPS



CARBOHYDRATES: Try grains, oats, rice, flour, pasta, potatoes.



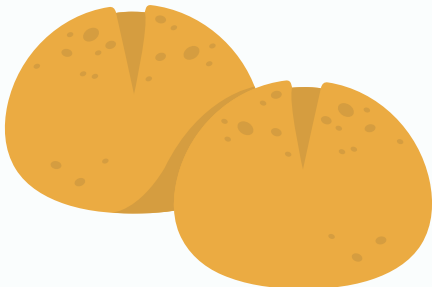
PROTEIN: Try meat, fish, nuts, eggs, beans and pulses.



FATS: Try nuts, seeds, plant oils & dairy products.



VITAMINS & MINERALS: A range of vegetables, lean meats, nuts and seeds will benefit most people's needs.



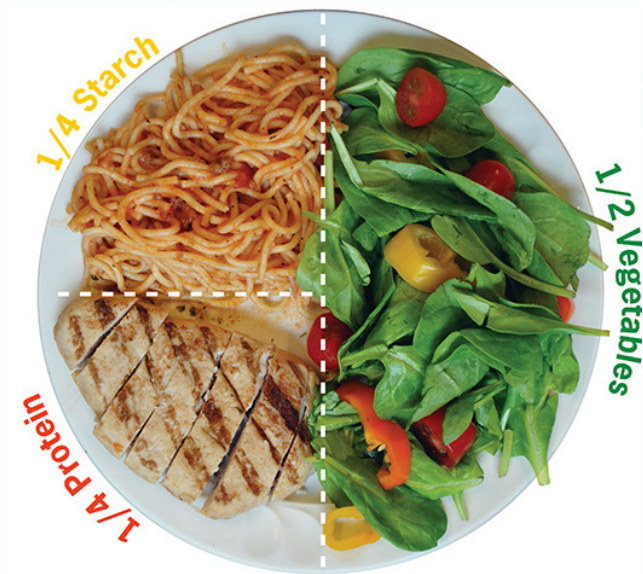
FIBRE: Try vegetables, brown rice, fruit, oats, nuts and seeds.



WATER: Drink water & other beverages. Some naturally comes from food.

BALANCED DIET

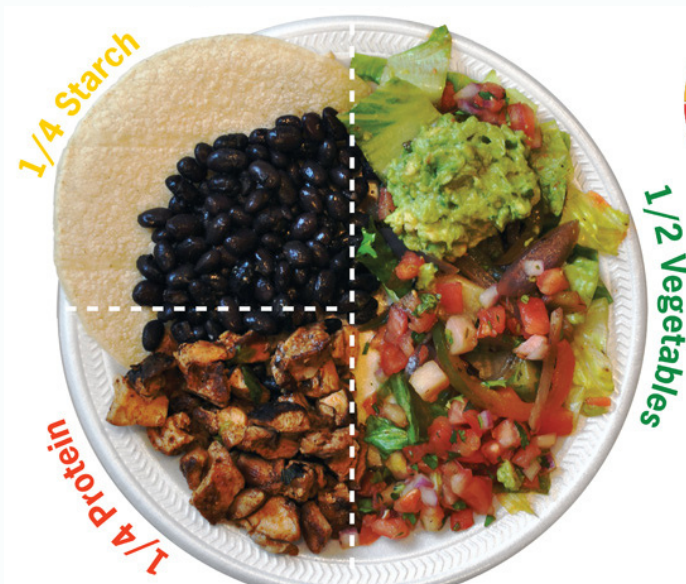
Here is what your plate should look like at mealtimes.



Half of your plate should be vegetables.



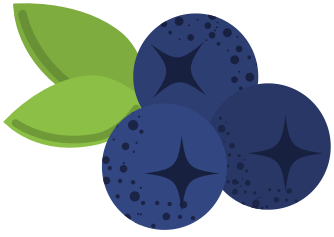
One quarter of your plate should be carbohydrates.



One quarter of your plate should be protein.

EAT MORE, EAT LESS...

Eat More



Fruit & vegetables, nuts, seeds, beans & pulses, whole grain cereals/ bread, lean white meat and fish.

Eat in smaller amounts



Meats such as beef, lamb, pork, shellfish, dairy products. Dried fruit, jams, honey and chocolate.

Eat less



Fats such as butter, cheese and cream and processed meats e.g. sausages, salami and bacon.

Alcohol is high in sugar and calories and is only recommended in moderation.

How to get in your 5-a-day

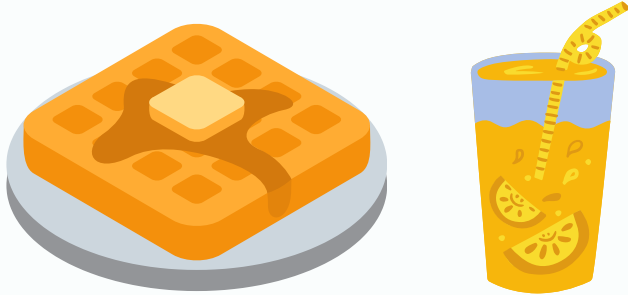


- Trying eating 1 fruit and veg today.
- Smoothies are a great way to get lots of fruit and veg in a delicious drink.
- Try blending some vegetables into a soup for a lovely added flavour.

HEALTHY MEAL IDEAS

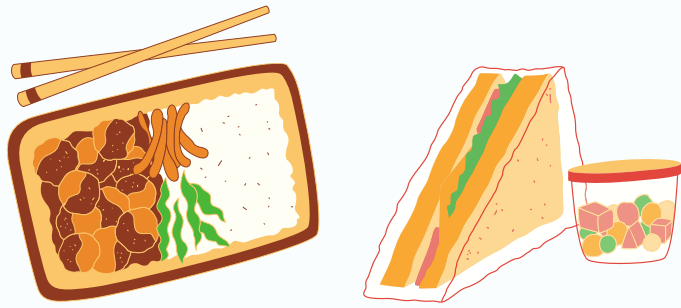
Visit the BBC Good Food for more meal ideas

BREAKFAST



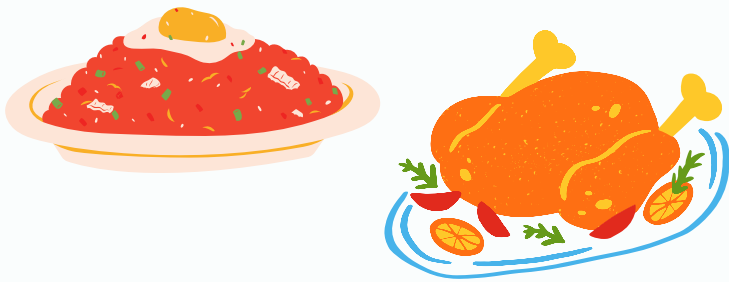
- Banana pancakes
- Omelette
- Fruit smoothie
- Fruit & nut yoghurt

LUNCH



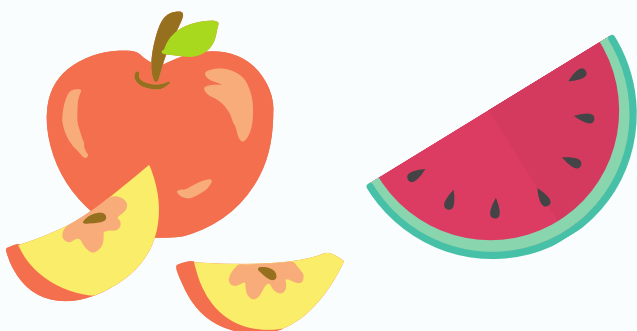
- Salmon with thai noodles
- Vegetable stir-fry
- Chorizo and tomato salad
- Jacket potatoes
- Sweet potato patties

DINNER



- Butternut squash risotto
- Chicken tacos
- Kidney bean curry
- Vegetable soup
- Egg fried rice

SNACKS



- Healthy tuna lettuce wraps
- Pitta pockets
- Hummus and veggie dippers
- Frozen fruit sticks

GOAL SETTING



START SOMETHING

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STOP SOMETHING

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CONTINUE SOMETHING

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ACTIVITY LOG

Day	Duration	Type of activity	Who with?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			