

# HEALTHIER LIFESTYLE PLAN



A 12 week program of helpful tips  
and tricks to support healthier  
lifestyle changes

# WEEK 1

## GETTING STARTED

### GETTING STARTED:

Welcome to the Growing Well Growing Healthy Healthier Lifestyle Plan.

This plan offers a 12 week program of information, top tips and weekly tasks to help support you to make healthier changes to your lifestyle.

Each week of the plan has its own weekly tasks to complete. These tasks are examples of small sensible changes you can introduce that can make a big difference!

Our website, app, Instagram and Facebook pages also offer a wide range of fun, interesting and useful supporting resources that you can use alongside the plan.

### TOP TIPS:

- Making healthier changes to your lifestyle can be easier than you think!
- Just a few small sensible changes to your eating, shopping and activity habits can make a big difference!
- Small changes are often more sustainable and can become healthier long term habits



### FOOD DIARY EXAMPLE:

	Breakfast	Lunch	Dinner	Snacks
MONDAY				1. 2.
TUESDAY				1. 2.
WEDNESDAY				1. 2.
THURSDAY				1. 2.
FRIDAY				1. 2.
SATURDAY				1. 2.
SUNDAY				1. 2.



### EXERCISE TRACKER EXAMPLE:

Day	Activity	Duration	Comments
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



### WEEKLY TASKS:

- Complete a food diary over the next week to help you get an idea of what you're currently eating
- Track how much physical activity you do in a typical week to help give you a baseline



# WEEK 2

## ENERGY BALANCE

### ENERGY BALANCE:

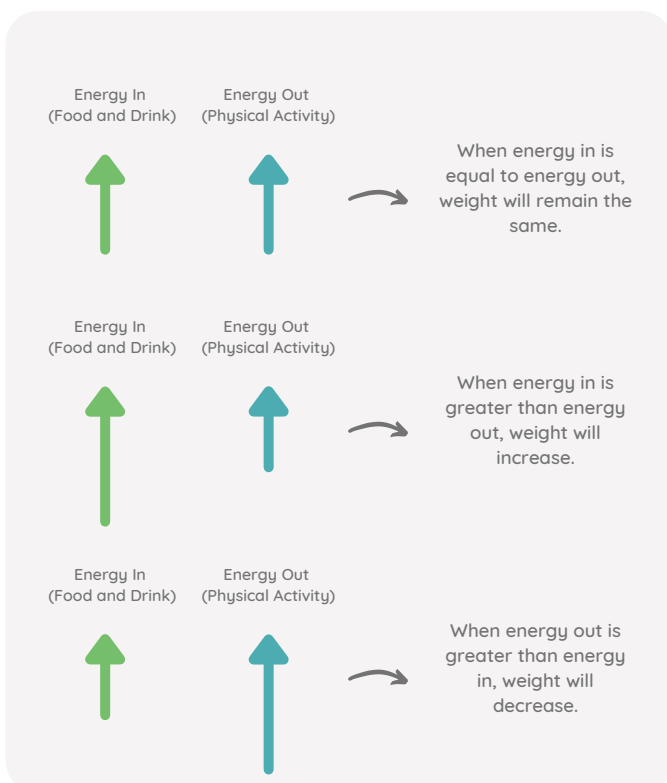
Energy balance and physical output is key to maintaining a healthy weight. Our bodies need energy to function properly, this is provided from food and drink.

However, too much food can lead to increased weight which can cause complex health problems later in life.

The key to energy balance is to try eat right and eat well - and keep your body moving as much as possible throughout the day!

### TOP TIPS:

- Making sure your are consuming age appropriate portion sizes (more on this in week 4) can help with trying to get your energy balance right for you
- Working on upping your daily steps can also be helpful in increasing your energy output



### WEEKLY TASKS:

- Make one sensible change to increase your daily steps such as walking to school or introducing a 5 minute walk on the spot

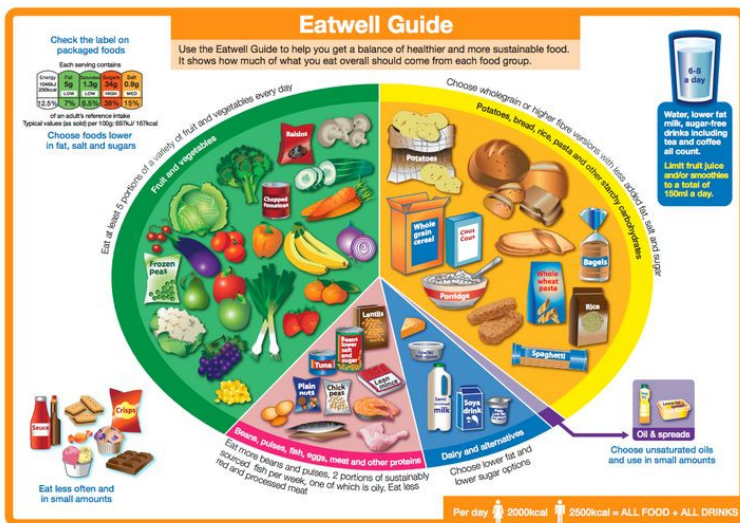


### EATWELL GUIDE:

The Eatwell Guide is a government tool to help us understand what makes up a healthy balanced diet.

No single food can provide all of the nutrients our bodies need and therefore we need a combination of foods from multiple different food groups.

The Eatwell Guide presents these different food groups and shows that we should consume energy from carbohydrates, fruits, vegetables, dairy, fats and proteins.



### TOP TIPS:

- The Eatwell Guide is a useful tool to help us look at whether or not we are eating a balanced diet
- You can use this resource as a guide for putting more balanced meals together by trying to pick different foods from the different sections of the Eatwell Guide



### WEEKLY TASKS:

- This week try to swap your usual protein for leaner sources such as reduced fat mince, turkey or chicken
- Serve a portion of vegetables with at least 3 of your evening meals this week





# WEEK 4

## PORTION CONTROL

### PORTION SIZE:

Portion size is the amount of food you should eat depending on how much energy your body can use.

The amount of food we need, varies from person to person. Factors such as age, gender, height and weight can affect how much food we need!

One easy way to better understand what a persons portion sizes should be is to use their hand as a guide.

Everyone has different sized hands, which serves as a reminder that everyone requires different portions

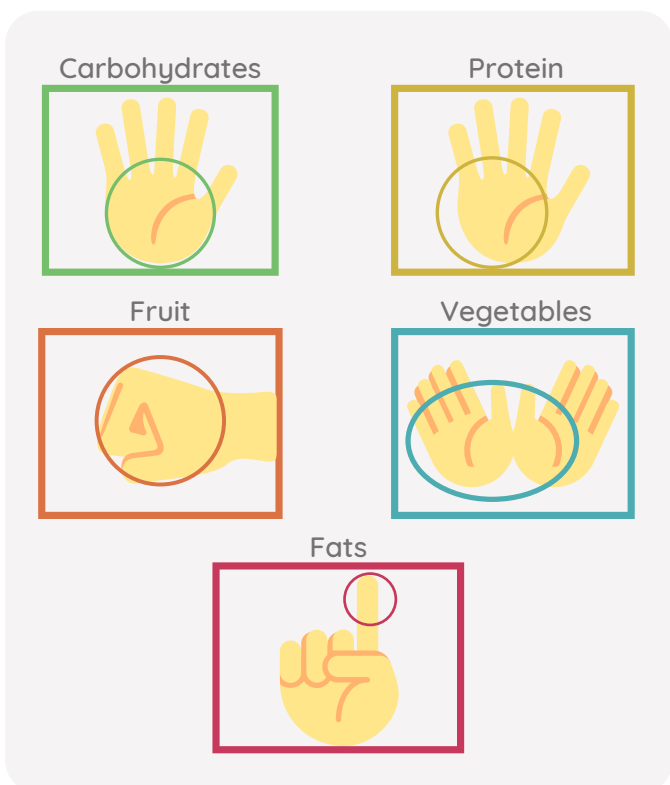
### TOP TIPS:

- To help maintain better portion control avoid going back for second helpings at meal times
- When eating out try not to opt for 'large' meals
- Try to be mindful of individual portion sizes rather than serving up the same size portions for each member of the family



### WEEKLY TASKS:

- Take photos of your meals over the week and compare them against the handy portion guide
- Use the hand guide to help you to make adjustments to portion sizes



# WEEK 5

## SNACK SMART

### SNACKING:

A snack is any food or drink consumed outside of a structured meal

Snacks can help to keep our hunger at bay but it is important that we stick to two per day and keep them under 100 calories

Snacks are not good for us when we have too many and end up eating too many calories

Often snacks are high in sugars and fats which we need to be mindful of.

### TOP TIPS:

- Try to avoid consuming snacks close to meal times
- Try to have at least one fruit or vegetable snack each day to maintain a healthier balance
- Snacks such as frozen grapes can help you to slow down when consuming your snack and help you be more mindful



### 100 CALORIE SNACKS



1 Medium **Apple**



1 x 16.5g Pack **Cheese Puff Crisps**



1 x 20g Pack Plain **Popcorn**



1 Medium **Banana**



1 Fun Size **Chocolate Bar**



1 Low Fat **Yogurt**

### WEEKLY TASKS:

- Make a list of 100 calorie snacks to help increase awareness of the types of snacks you can pick
- Aim to stick to 2 x 100 calorie snacks per day and record them to help you stay on track



# WEEK 6

## FOODS HIGH IN SUGAR

**GWGH**  
Growing Well Growing Healthy

### SUGAR

Sugar can be found naturally in some foods such as fruit, vegetables and dairy but can also be added to others such as sweets, chocolate and cakes.

The sugars added to foods are often known as 'free sugars' and these are generally the ones we consume too much of.

'Free sugars' are not necessarily needed in our diet and can have negative effects on your health so we want to consume them in small amounts and less often.

### TOP TIPS:

- Making sensible swaps to reduced or no added sugar varieties of your usual products can help to reduce how much 'free sugars' you consume
- Adding fresh fruit to your breakfast cereal can help to add sweetness without the need for adding extra sugar



### FOODS HIGH IN SUGAR



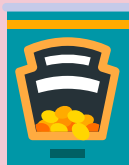
Ketchup



Breakfast Cereal



Smoothies



Baked Beans



Cereal Bars



Premade Pasta Sauces

### WEEKLY TASKS:

- Make at least one sensible swap this week for a reduced or no added sugar alternative
- Check your food labels to look for reduced sugar options



@growingwellgrowinghealthy



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[www.gwgh.co.uk/resources/gwgh-workbook](http://www.gwgh.co.uk/resources/gwgh-workbook)

# WEEK 7

## FOODS HIGH IN FAT

### FATS

Saturated fats are the types of fat we need to be avoiding, due to the negative impacts on our health, unlike unsaturated fats which are beneficial to our health.

All fats are high in energy, therefore they should be eaten sparingly. This will help maintain a healthy weight whilst at the same time consuming necessary nutrients to help support a healthy body!

### TOP TIPS:

- Swapping to leaner sources of protein such as chicken or turkey can help to reduced how much saturated fat you are consuming
- Swapping to lower fat spreads instead of butter can also help lower your saturated fat intake



### FOODS HIGH IN SATURATED FAT



Burgers



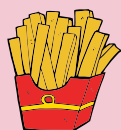
Cakes



Pizza



Biscuits



Chips



Pastries/Pies

### WEEKLY TASKS:

- Make at least one sensible swap this week for a reduced fat alternative
- Try to grill or bake more of your meals rather than frying





# WEEK 8

## PHYSICAL ACTIVITY

### PHYSICAL ACTIVITY

It is recommended that if you are aged between 5 and 19 years, you should be involved in activity for no less than 60 minutes per day.

This can include play, sports and general day to day activities.

It is important to complete a variety of different types and intensities of physical activity to help develop skills, movement, muscles and bones.



### TOP TIPS:

- Try to spread your physical activity out throughout the day
- Try to do a mix of different types of physical activity
- Try breaking up long periods of sitting down with some activity
- Start small and build up gradually to 60 minutes of activity per day



### PHYSICAL ACTIVITY IDEAS:



Dancing



Tennis



Football



Rugby



Swimming



Basketball

### WEEKLY TASKS:

- Try to complete 15 minutes (15 minutes more than you usually do) of activity on at least three days over the next week
- Put on your favourite song and dance around for the duration of the song



## N.E.A.T

Non-Exercise Activity Time or N.E.A.T, is a fancy name to describe the calories that you burn from your daily activity.

This is basically any movement that you do that is not from exercise.

It can make a big difference in helping you to get active and maintain a healthy weight

## TOP TIPS:

- Try to take the stairs instead of a lift where possible
- Setting specific jobs for each member of the family can help to make sure everyone is moving around more during the day



## EXAMPLES OF N.E.A.T



Cleaning



Vacuuming



Cooking



Gardening



Shopping



Taking The Stairs

## WEEKLY TASKS:

- Pick a particular household job such as vacuuming or setting the table and complete this as part of your daily routine
- Make your bed every morning this week



# WEEK 10

## FLUID INTAKE

### FLUIDS

Fluid intake is important as the body uses water in every cell, organ and tissue of the body.

Water is used to:

- Produce saliva which helps us to swallow
- Helps us to create mucus which protects us from illness
- Regulate body temperature
- Support physical activity
- Cushion joints
- Prevent overeating

### TOP TIPS:

- We should be aiming to drink at least 6-8 glasses of fluids per day
- Often we can mistake the signs of thirst for hunger and end up consuming extra snacks instead of reaching for a drink
- Carrying around a bottle of water with you can help you to drink more throughout the day



### WHAT COUNTS?



Water



Lower Fat Milks



No Added Sugar Juice

### WEEKLY TASKS:

- Make it a part of your daily routine and start every day with a glass of water
- If you drink juice, make a sensible swap to no added sugar varieties



# WEEK 11

## INFLUENCES AND TRIGGERS

### INFLUENCES & TRIGGERS

A trigger is considered a reaction to a situation, whereas the term influence means doing something because an opportunity presents itself.

Sometimes influences and triggers can help us to make positive choices and sometimes they cause us to make less positive decisions.

When triggers result in us making less positive choices we think about trying to stop making the same choice again. Instead of trying to cut out the behaviour all together straight away try to think about ways you can make a healthier choice next time.

Positive reinforcement can be useful in helping children to make this healthier changes.

### TOP TIPS:

- Focusing on making a healthier choice rather than always trying to make the healthiest choice can be a much more sustainable method
- Often influences such as our environment and family life can result in us forming unhealthier habits. This can include behaviours passed down within the family such as always having a dessert after meals



### A HEALTHIER CHOICE



**Trigger:** You go swimming at the local leisure centre



**Usual Choice:** After swimming you are hungry so you decide to grab a snack from the vending machine



**Improved Choice:** Next time you go swimming you remember that you were hungry after and decide to pack a healthier snack instead

### WEEKLY TASKS:

- If you usually have a dessert after your evening meal try to swap to a healthier option such as fruit and fat free yogurt or an alternative option under 100 calories
- Use a non food related reward to encourage your child to make a healthier choice this week





# WEEK 12

## 5 A DAY

### 5 A DAY

It is recommend that you aim to have slightly more vegetables than fruit to make up your 5-a-day.

This can be easily achieved by splitting it into 3 portions of vegetables and 2 portions of fruit each day.

This may sound like a lot if you are not a fruit and vegetable lover but you may already be closer to achieving this than you think!

### TOP TIPS:

- Adding grated vegetables such as carrots or courgettes into pasta sauces get help to give you an extra boost of veg into your diet
- Try to add some salad or vegetables to sandwiches or wraps
- Start the day right by adding a portion of fruit to your breakfast!



### WHAT COUNTS?



80g of fresh, canned or frozen fruit and vegetables



150ml of fruit juice, vegetable juice or smoothie (Try not to drink more than 150ml a day)



80g of beans or pulses



30g of dried fruit

### WEEKLY TASKS:

- Track your fruit and veg intake this week to see how many portions you are getting
- Try to have at least one fruit or vegetable snack each day over the next week

