

An introduction to moving more



Workbook

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About this workbook

Welcome to the introduction to moving more workbook.

This resource is for anyone who has started to think about becoming more physically active and would benefit from the insights and advice of those that have made small changes themselves.

This workbook is one of a series that has been written during the Covid-19 lockdown period; a time which has brought about new challenges and opportunities for every person on the planet. We recognise that in these times, some of us are less active and are eating more, as we follow the government guidance to stay at home.

We understand that becoming more physically active can feel like an upward climb initially, particularly if you've become used to sitting more and moving less. That's why we've taken an introductory approach, to exploring small steps for positive change (if that's what you choose!)

Throughout this workbook, you'll notice that we've included written activities for you to have a go at, if you think they'll be helpful. Look out for this symbol for those exercises



We hope that our workbooks are useful and that you enjoy using them.

**Best wishes,
The Exchange Recovery College Barnsley**



Learning outcomes

By completing this workbook you will be able to:

- **List** the everyday exercises that you already do
- **Record** your everyday exercises using the activity log
- **Reflect** on your findings using your completed activity log
- **Rate** how satisfied you are with your current levels of physical activity using a 0-10 scale
- **Identify** how this rating could be improved by one point and describe what that would look like in your own words
- **Outline** a daily move more target that works for you
- **Record** your long term move more goal

A story of change



Before taking part in any physical activity, my life felt very monotonous with each day repeating itself. I realised that having little to no physical stimulation proved impossible to lift low mood!

Starting to do some form of physical activity allowed me to break out of the routine that I had lapsed into unknowingly. I liked the idea of improving myself both internally and externally, and now, not only have I become fitter but also more self-motivated.

Since moving more, I believe that my quality of life has improved drastically. I have become more active and find myself feeling a lot happier than I was before. Being more active makes me feel so much better about myself. I believe that it encourages not only a healthy lifestyle but also a healthy mind.

Speaking from personal experience, I would highly urge anyone who is starting to think about moving more, to do just that.

I started my physical activity journey by attending the Recovery College gym, which was a very inclusive option, accounting for age, ability, and health conditions. It has really helped me to build self-confidence and I found that after each session I left with a real sense of achievement.

We hope that this story of change has provided hope and optimism for what's possible in your own life and that this workbook will be a useful companion for the journey ahead.

Everyday exercise



It's easy to overlook the everyday movements that you already do because it's not as obvious as a jog in the park or a session in the gym. It's highly likely that you're disregarding everyday exercise examples, just because it's not regarded as a formal exercise! Take a moment now to consider the everyday exercises that you currently do. Here are some examples that have been provided by others:

Shopping! I downloaded the Active 10 app that records your steps and I honestly never appreciated how many steps I do when I'm browsing!

To relax I clean. It's amazing how much you work up a sweat

I love being in my garden, mowing and digging

Dancing in my kitchen

Since the experience of lockdown, I realised how stagnant I was starting to get. Before I knew it, morning would be evening, and I hadn't moved when working from home. I decided to schedule in an extended lunch hour to go for a power walk. This is now a part of my everyday routine



Activity: List the everyday exercises that you already do

Physical activity guidelines

By picking up this workbook or accessing it through your phone, laptop or tablet, that tells us that you're already invested in doing just a little bit more to take greater care of your physical health and wellbeing. We don't want to overlook that, and neither should you! It's great to have you on board and considering your options.

Whether your intention is to start moving a little, or a lot more, we want to make sure that you're aware of the guidance, so that you can make informed choices and positive changes that support you. According to Public Health England guidance, children, adults and older adults should be considering the following levels of physical activity:

Children aged 5 to 18



60 mins of physical activity every day

Adults aged 19 to 64



150 mins of moderate activity per week

Adults aged 64+



150 mins of moderate aerobic exercise per week and strength exercises two days a week

Activity log

We know that it's easy to under or overestimate how much physical activity we do, when relying on memory alone. That's why in this next section we've provided an activity log for you to complete over the next 7 days using the blank table provided. We have provided a completed activity log as an example on the page opposite.




Please note, we are encouraging you to complete this task when you're feeling relatively fit and well, in order to capture a 'typical week' for you. We understand and appreciate that activity levels do alter from day to day or week to week, particularly if you have a long term condition.

The purpose of this task is to develop a clearer picture of how much and how often you currently move, without judgement! This should provide you with a starting point, to implement small changes later (if you want to).

Example activity log

Week commencing: 4 January 2021

Total minutes moved this week: 245 minutes

	 Morning	 Afternoon	 Evening
Monday		Walked to the post office. 40 minutes	
Tuesday	I moved very little today.		
Wednesday		Hoovered upstairs and downstairs. 45 minutes	I stood for 20 minutes cooking in the kitchen.
Thursday	I walked from the train station. 20 minutes		I walked to the train station. 20 minutes
Friday			Danced in the kitchen 10 minutes
Saturday			
Sunday	Morning dog walk 90 minutes		

My activity log

Week commencing:

Total minutes moved this week:

	 Morning	 Afternoon	 Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Now that you have taken the time to complete your activity log, you should have a clearer idea about how much or how little you're currently moving. Take a moment to reflect on your findings using the text boxes below.



Activity: Referring back to page 6, how does your current level of activity compare with the physical activity guidance that Public Health England suggest for your age category?



Activity: How satisfied are you with your current level of physical activity? Please rate your satisfaction from 0-10 by ticking a box below.



0 1 2 3 4 5 6 7 8 9 10



Activity: If your rating could be **improved** by just one point, what would that look like? (Write, type or draw in the box provided)



Why move more?



At the Recovery College, we're just a little bit enthusiastic about moving more. Why you ask? Because we've felt and seen the benefits to our own mental health and wellbeing when we do. But don't just take our word for it!



Research has shown that moving more increases energy, reduces stress and calms the mind and body. In fact, exercise stimulates the production of two brain chemicals called norepinephrine and dopamine which elevates mood and leaves us feeling energised. According to the NHS (2018) it's medically proven that people who move more on a regular basis have;



- Up to a 35% lower risk of coronary heart disease and stroke
- 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



If those facts aren't motivation enough, we decided to ask other people why they've decided to move more and sit less. Here's what they said:

 *I've never been a 'fit' person or someone who enjoyed exercising, but in recent months I've really tried to move my body more in support of my mental health. I know that sitting all day has a real impact on my mood and not in a good way. I've started to walk more and I've borrowed a bike. I can honestly say that I feel better and more energetic.* 

 *Physical activity is a key ingredient to keeping my mental health in check and it gives me a sense of achievement.* 



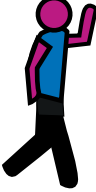

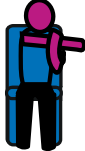



 *Exercise is something that I'm in control of. When there are things that are happening that are out of my control, I know that I can always count on what I choose to do* 

 *The biggest pay off for me, is feeling less alone and isolated. I've gained new friends through being outdoors. The more that you're out and about, the more connected to life I feel. Going outside and walking has developed my relationships with neighbours, just saying hello in passing or getting to know people from the village by name, feels good when you live alone. It makes a difference to my life in more than one way.* 

 *Exercise makes me feel like I'm worth it. I feel rejuvenated, like I've achieved something* 

Tips for moving more

In this section we've provided tips for moving more from our exercise specialist and provided suggestions from others who have made small, realistic changes themselves. Look below for their advice and information!

- It's possible to turn gardening, walking and housework activities into a tiring exercise routine, just by doing the activity a little bit quicker and for 15 minutes. 
- Walking up and down stairs can be easily turned into a tiring workout.
- If you don't have any gym equipment at home such as weights or dumbbells, it's possible to effectively train by substituting these with items from your cupboards. For example, using cans of food or filling empty bottles with water. 
- Try walking instead of using public transport. If it's a long journey, getting off the bus a few stops earlier and walking the rest of the way is a useful and more importantly realistic modification that can be made. 
- For those that drive, maybe you could consider using park and ride as another alternative to increase your step count.
- Listening to music can be an excellent distraction whilst moving more, especially if you're dancing at the same time. 
- Chair-based exercises are another accessible means of moving more whilst in a seated position. Doing these can promote flexibility, improve mobility and prevent falls. The NHS provide a seated exercise routine that can be followed online. Go to the 'opportunities to move more' section for details on where to access this resource. 
- I've subscribed to a YouTube channel called 'The Fitness Marshall' which is basically dancing in your living room for fun! The people leading the class are light-hearted. It doesn't feel intimidating at all. 
- Whenever I take a telephone call I walk and talk. it's a simple habit but it's a good reminder to sit less.
- I take the train to work twice weekly, rather than driving. Taking the train means that I walk to and from the train station. It's been a really great way to gradually improve my fitness. 
- I set a daily reminder in my phone to go for a 30-minute walk each day. I don't always do it, but I've certainly moved more since setting the alert!
- Taking my friends dog for a walk has been a helpful gesture for her and for me! 

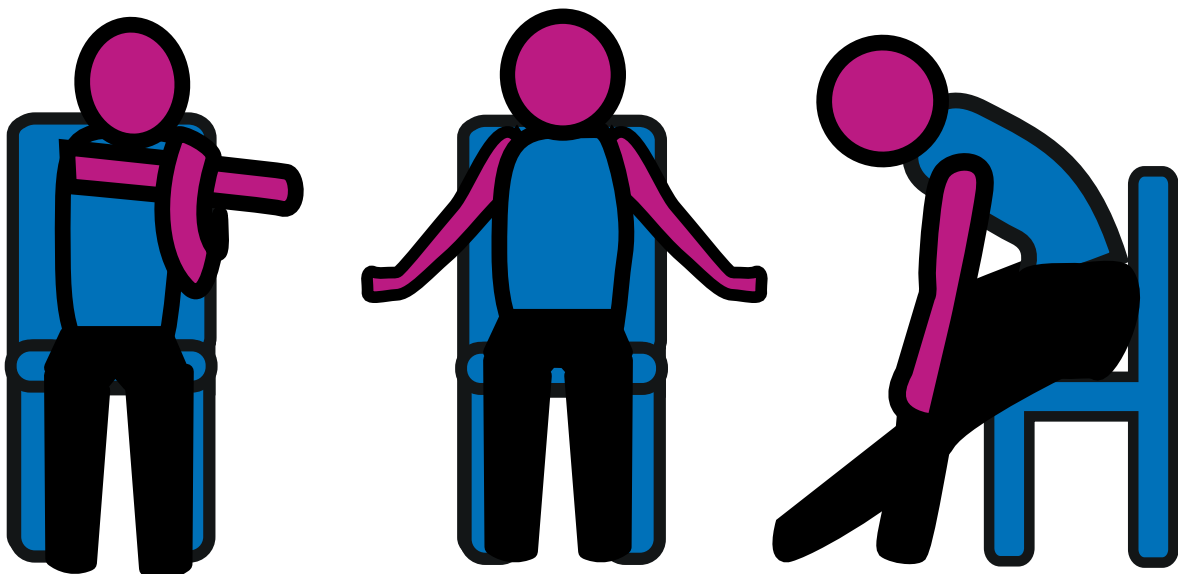
Please note:

It's important to realistically consider how far to push yourself when you start moving more and this is especially relevant when you have a long-term condition. You may experience good and bad days, so it is important to avoid exertion on a bad day and pace yourself on a good day. With some long-term conditions, you may also experience fatigue either during or after exertion. It is therefore important to listen to your body, be kind to yourself and to set small but achievable targets. Nobody knows your limits better than you!



Opportunities to move more

- **Walking for Health** provide over 1,800 free, short walks every week. You can find your nearest health walk scheme by visiting www.walkingforhealth.org.uk or for walks in the Barnsley borough please contact Hannah Burton on 07917650091 or hannah.burton@swyt.nhs.uk
- **The Physical Activity Development Team** offer short term, 1-1 interventions working through the pathway to integrate into community peer led sporting initiatives. We aim to improve self confidence, self esteem, physical fitness and social interaction, whilst also developing skills for life. For further information about the initiatives available in South Yorkshire, please contact Hannah Burton on the contact details above.
- **Couch to 5k week by week** provides a weekly running plan for beginners. This online resource offers a week-by-week description of the 9-week set of Couch to 5K podcasts. Each week involves 3 runs to help you to improve your fitness gradually. Access it for free at www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week
- **One You Couch to 5K app** is free to download to any iPhone or Android device. The app has been developed by Public Health England and provides an easy to follow programme that's perfect for those new to running and requiring extra support and motivation along the way.
- **NHS Fitness Studio** is a website provided by the NHS that offers a range of online exercise videos that you can access at home. Take your pick from 24 instructor led videos that cover aerobic exercise, strength and resistance, Pilates and Yoga. These workouts have been developed by fitness experts and last from 10 to 45 minutes. Access them for free at www.nhs.uk/conditions/nhs-fitness-studio/
- **The Exchange Recovery College Gym** – contact the college on 01226 730433 or email Barnsley.Recoverycollege@swyt.nhs.uk for more information.
- **NHS chair based exercise routine** can be accessed for free at www.nhs.uk/live-well/exercise/sitting-exercises/



Move more challenge

Earlier in this workbook, we encouraged you to capture a typical week of your physical activity levels using the log provided. We hope that this was a useful starting point and helped to point out what you already do.

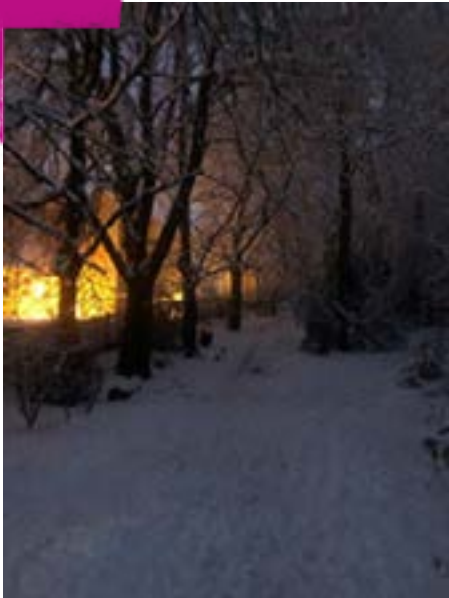
In this section, we're inviting you to take part in our move more challenge! Using the 7-day diary planner opposite, we're asking anyone who is interested to set a daily move more target **that works for you**. It can be anything from a short walk to vacuuming the house. If you need inspiration, refer to the 'tips for moving more' section in this workbook.

Don't forget, you're not doing this alone! Why not share your move more photographs on our Facebook page:

@TheExchangeRecoveryCollegeBarnsley

#movemorechallenge

Here are some scenery shots from others who have started to move their bodies more!



Move more challenge

	 Morning	 Afternoon	 Evening
Monday			
Tuesday			
Wednesday		 <i>Keep going!</i>	
Thursday			
Friday			
Saturday			
Sunday			 <i>You made it!</i>

Move more goals

In this next activity, we want to help you to keep the good work going! We find that having something to aim for can really help. Take a moment to think about your move more goal going forwards. Here are some examples from others:

- I'd like to be able to walk 5km without stopping.
- I want to be able to run 5km without having to walk in between.
- Take up a sport that I enjoy.
- Have the confidence to join a gym.
- I'd like to increase my fitness levels so that I can do household tasks more easily.



Activity: In the next 12 months I would like to...



Activity: What resources, help or support might I need to make this goal possible?
e.g. Couch to 5k app, moral support, diary reminders, planning my week in advance, the internet.

Remember to start small in your approach, it's the little things that you choose to do every day that makes all the difference to your life longer term. With this in mind, we'd like to help you to break this down into realistic, everyday actions that you want to do in service of your physical health and overall wellbeing.

Take a moment now to imagine that you have already achieved the goal that you set on the previous page. Standing in that person's shoes, consider what small steps that person would have taken in order to get there. Please record your thoughts in the activity boxes below.



Activity: What steps might I need to take each day?

e.g. set daily reminder to move more using my phone or calendar



Activity: What steps might I need to take each week?

e.g. use my weekly activity log to increase the time that I'm moving each week by 1 hour until it becomes a part of my routine, trial different exercises to find something that I enjoy

Additional resources

If you feel that your health and wellbeing would benefit from additional help, explore these extra resources at your leisure.

- For more information about the benefits of exercise, visit <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>
- To learn more about The Exchange Recovery College and their physical activity offer, get in touch by telephone on 01226 730433 or email Barnsley.Recoverycollege@swyt.nhs.uk
- If you would like to tell us about your experience of this workbook or have any enquiries please contact our exercise specialist on kevin.bryson@swyt.nhs.uk
- Where you feel that you require further help for your physical and or emotional health, please contact your GP in the first instance, who can refer you to the appropriate services where required.



The best thing about the future, is that it comes one day at a time.



Abraham Lincoln