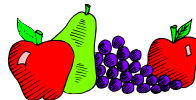


'GET ACTIVE & EAT WELL CHALLENGE'



**Join in the great
FH@W**



"Get Active and Eat Well Challenge"

*Do you want to eat more healthy
and get more active?*



The Challenge:



Is a 12-week programme for workplaces, the focus is on increasing physical activity and fruit and vegetable intake.



The Goal:



Is for workers to increase their physical activity to 30 minutes and eat 5 servings of fruit and vegetables each day.



**All those who complete the challenge receive
a free t-shirt**

Participating employees can get active together or individually, whether it suits them best at work, or at home. Participants may also choose how they want to get active - walk, swim, cycle, any form of physical activity counts towards the challenge. All those interested in taking part must register.

Workplaces will compete against organizations similar in size. Results can be achieved in 2 ways;

- Highest percentage of participants to complete the challenge.
- Highest average points scored.

The workplace that wins will receive a prize and there will be a special prize to the person who makes the most progress.

The programme will take place over a 12-week period. (Research shows that it normally takes 12-weeks for an activity to become a habit)

How it Works:

- **Physical activity** participation will be tracked in 15-minute intervals.
- All activity should be recorded on the record sheet (sample attached)
- At the end of each week see how many boxes have x's in them, this is then x 15 to determine total activity time.
- **Eating Fruit and Vegetables** should be marked on the record sheet (sample attached). Each portion will contribute towards 2 points.

Before getting involved.

If you are not active but would like to participate in the challenge, consider a number of issues;

1. Trying different activities before choosing those you like best.
2. Find something you really enjoy that you can fit into your life and can keep doing regularly.
3. Always be aware of how your body feels and don't push it too far. Exercise is not meant to be painful.
4. It is important to stretch your muscles before and after any strenuous exercise.

*• Set a goal; decide how you will increase your activity level. Remember to progress slowly and build up. You can be more active by increasing the:

- (1) **Frequency** of the activity – walking or biking 2 days a week instead of 1-day
- (2) **Time** involved in the activity – biking for 25 minutes instead of 20 minutes
- (3) **Effort** (intensity) of the activity – walking briskly instead of strolling
- (4) **Distance** – swimming 12 lengths of the pool instead of 10

- Explore other activities – perhaps you can try a new activity.
- Get a friend, family member or pet to join you
- Have fun!

Disclaimer:

Being active is safe for most people. However if you have a health problem or have any queries in participating in the FH@W Get active and eat well challenge check with your GP first.

The Foyle Health @ Work 'Get Active and Eat Well Challenge'

(Sample) PERSONAL RECORD SHEET
(Each person will receive 12 Copies)

Name: _____

Team Name: _____

Team Captain: _____

Physical Activity

- Record every 15 minutes of activity. In the boxes below, mark an X for each 15 minutes of activity completed.
- After each 7 days record the number of boxes and mark in weekly report.
- Using the scale provided measure how active you are.
- Next week aim to have another 2 boxes marked.

X				
	01	02	03	04
	14	15	16	05
	13	20	17	06
	12	19	18	07
	11	10	09	08



Fruit and Vegetable portions

(Aim for at least 5)



(Sample)

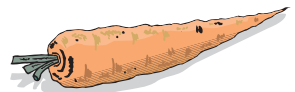


In the boxes below make a tick at the number of portions of fruit and vegetable consumed.



Each piece of fruit will earn you 2 points.

DAY	No. of portions (Mark 'x' in box for each portion)						TOTAL no. of 'X's'





The Foyle Health @ Work 'Get Active and Eat Well Challenge'

(Sample)

**WEEKLY RECORD SHEET to be given to team captain every 2 weeks
(Each person will receive 12 Copies - 1 for each week)**

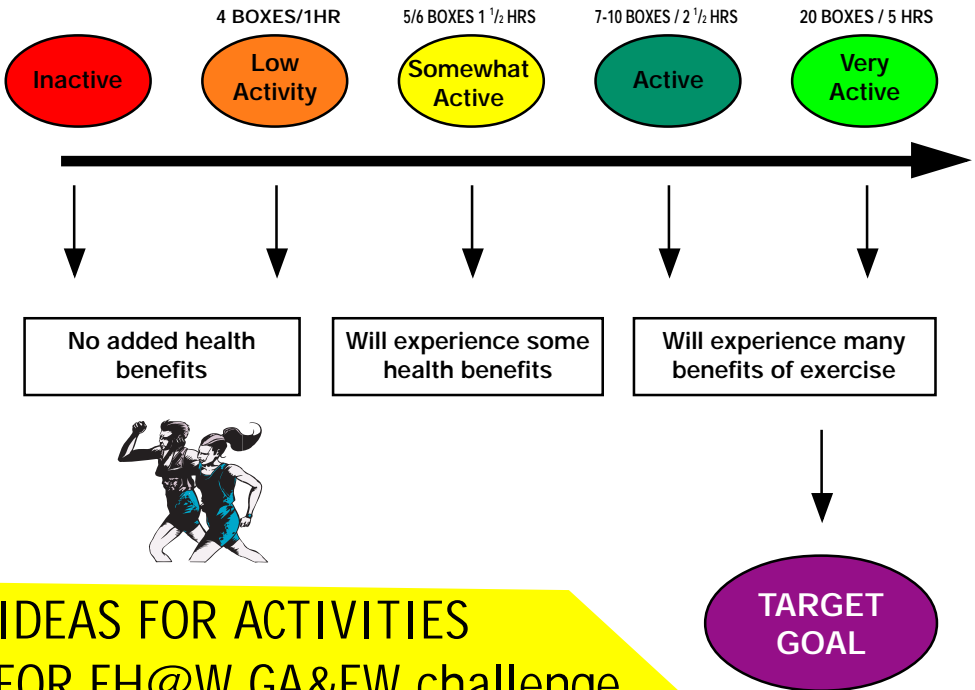
Name: _____

Team Name: _____

Team Captain: _____

WEEK NO. (Only record in the correct week)	NUMBER OF BOXES MARKED	NO. OF BOXES X 15 (Total Weekly activity time) AND POINTS	PIECES OF FRUIT/VEG POINT TOTAL	POINT TOTAL
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

HOW ACTIVE ARE YOU?



IDEAS FOR ACTIVITIES FOR FH@W GA&EW challenge

- ✓ Use the stairs at work instead of the elevator
- ✓ Park your car further away from work.
- ✓ Take a walk during lunch time
- ✓ Play an activity with the kids
- ✓ Take a swim
- ✓ Go dancing
- ✓ Wash the car
- ✓ Take a ride on the bike that has been in the garage
- ✓ Organise a staff team event.
- ✓ Participate in a charity activity event
- ✓ Join the local gym

Benefits of Physical Activity

30 MINUTES OF MODERATE ACTIVITY A DAY HELPS TO:

1. Prevent osteoporosis
2. Protect against heart disease and stroke
3. Prevent some cancers and T2 diabetes
4. Improve concentration/focus
5. Decrease Stress
6. Increase energy levels
7. Improve self esteem
8. Manage a healthy weight
9. Make you feel good!



5 A DAY OF FRUIT AND VEGETABLE

The most important key to a healthy eating plan is to eat the recommend 5 portions of fruit and vegetables per day.

**An adult portion is 80g or 3oz OR:*

- One whole apple or orange
- A couple of kiwi fruits
- A helping of large fruit - melon, grapefruit, pineapple
- A handful of grapes or cherries
- A tablespoonful of raisins
- A bowl of salad
- Two tablespoons of peas
- One corn on the cob
- A glass of fruit juice



A good 'rule of thumb' is to think of a handful. The smaller (or bigger) the person's hand, the smaller (or bigger) the portion should be (a toddler's hand, a child's hand, a rugby players hand etc..). Fresh, frozen, dried and canned fruit and vegetables all count.

Juice and smoothies also count but only as one portion even if you drink more than one glass in a day.

Baked beans count as a portion but can only be counted once per day as can other pulses. Potatoes do not count as a portion. They are included in the starchy food group along with bread, rice and pasta.





BENEFITS OF EATING FRUIT AND VEGETABLES



1. Fruits and vegetables taste great.
2. They are the original fast food – easy to fix & serve.
3. Eating plenty of fruit and vegetables helps you feel more energetic.
4. They are good for your health.
5. Fruit and vegetables have no cholesterol and almost all are naturally low in calories, fat, and sodium.
6. Most fruit and vegetables are a good source of vitamins, minerals, and dietary fibre. Fruits and vegetables help promote a healthy digestive tract.
7. Decrease the chance of developing angina, a heart attack, peripheral vascular disease, or a stroke.
8. You have a lower chance of developing some common cancers, such as bowel cancer and lung cancer.

The Foyle Health @ Work 'Get Active and Eat Well Challenge'

Rules of Participation

- ✓ The challenge is 12-weeks in duration
- ✓ Team members must work at the same worksite
- ✓ Each team who register must have a name, and a designated captain
- ✓ Each participant is responsible for keeping track of his or her earned points on the personal sheet. Everyone is asked to be honest as the challenge is solely for the benefit of the participants.
- ✓ Participants must report their points to their Team Captain every two weeks.
- ✓ In order for each team to get credit for their points, Team Captains must electronically mail or fax team point totals.
- ✓ Individuals who do not wish to become part of a team are also encouraged to participate in the challenge.

PRACTICAL POINTERS

- Set realistic goals for yourself
- Remember this is Fun!
- Support your team mates, share ideas and problems
- Celebrate when the contest is finished. You will have gained valuable information to become physically fit and a healthier eater
- Make it your habit to be more physically active and eat healthier.
- Encourage your family and friends to get involved.
- Provide your team captain with all the record sheets. They are there for your benefit too.

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* References:

- www.patient.co.uk
- Hamilton CA/Workplace health week
- BHF-Workplace Health Activity Toolkit
- “Get a life-Get Active” HPA leaflet
- BBC Online health www.bbc.co.uk/health
- www.sportex-online.co.uk

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