



ChooseToLose@Work

Week 3 – Physical Activity

Aim:

The aim of week 3 is help participants to start to increase their physical activity to support weight loss.

Essential topics to cover:

- Welcome participant back
- Ask participant how they felt the previous week went. Did they stick to their goal? If yes, congratulate them. If no, ask them to reflect if the goal was achievable or whether they should consider tweaking it.
- Remind them to set a week 3 goal – encourage them to make this goal around increasing their physical activity.
- Remind participants that forward planning is key to success and making small realistic changes is the key to losing weight in the long term.
- Encourage participants to keep a food and activity diary.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight and reflect on any weight change.

Top Tips:

1. Start small by incorporating more movement into your day. For example, park at the furthest point in the car park so you have to walk a little further, and always take the stairs instead of the lift. After this you can consider incorporating some more structured exercise a couple of times a week.
2. Consider the NHS Couch to 5K training programme or the strength and flex podcast for a five-week workout. <http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx>.
3. Visit Jog Scotland, Park Run UK or Braveheart Association Falkirk to find a walk or run to suit your ability.
4. Signing up for a regular class or exercising with friends is a great way of keeping your motivation up. Information on local classes can be found at <http://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/get-active-your-way/>



5. Pedometers can be bought, or downloaded as a smart-phone app.
6. Physical activity guidelines for adults are:
 - at least 150 minutes of moderate aerobic activity such as cycling or fast walking 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).

OR

- 75 minutes of vigorous aerobic exercises such as running or a game of singles tennis 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).

OR

- 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).

For further information on healthy eating visit Choose To Lose – [Get Active Your Way](#)

Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](#) <http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
Choose To Lose Self Monitoring Worksheets	Download Self Monitoring Tools/Worksheets online www.nhsforthvalley.com/weight These can be photocopied and used weekly to record your activity levels and set some personal activity goals. <ul style="list-style-type: none"> • My Smart Goal Sheet • Food and Activity Diary Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L

Get Active Your Way Includes Activity Wheel	HIRS PAC 01/L
Physical Activity Benefits for Adults and Older Adults	HIRS PAC 01/P Download from https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541233/Physical_activity_infographic.PDF
Physical Activity Guidelines	Download from NHS Choices www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx
NHS Choices Weight Loss Guide	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 2

Useful Websites

For further links to websites and apps visit:

Choose To Lose... and keep weight off for good!

www.nhsforthvalley.com/weight

- **Ready to Take Control?** - Helping you change your old habits and get motivated.
- **Eat Well Feel Great** – Set achievable goals and get tips on healthy eating.
- **Get Active Your Way** – Find an activity that suits you and find out what’s going on in your area.
- **Keep Going** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle.

activescotland.org.uk

<http://www.activescotland.org.uk/>

Braveheart Association

<http://www.braveheart.uk.net/>

Choose to Lose – Get Active Your Way for local exercise classes and activities

<http://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/get-active-your-way/>

NHS Choices – Physical Activity for Adults

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

Health Improvement Resource Service (HIRS) <http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

