



Weigh in @ Work

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Information for your workplace weight management sessions

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Introduction



This pack should help you with topic information for starting up or continuing a workplace weight management group. It is divided into sections covering a range of healthy eating and physical activity topics.

Each section contains:

- Links to topic information
- Sources of additional resources
- Details of related websites, relevant national campaigns and contact details
- Links to photocopyable topic handouts



Your organisation is required to have its own **scales** and **tape measure** for weight/waist measurement.

How to use this pack



Once you are ready to set up your session or group you should read through the pack to decide how you are going to share the information. This will depend on your topic knowledge, and the particular set up e.g. lunchtime work group meeting/ drop in/ email/ facebook group and the time available for the sessions.

You could photocopy the weight record card/goal sheet now

Taking measurements could be time consuming. If it's a group session you may wish to have an assistant for this stage.

At the first session emphasise the nature of your group and the role of the champion. Take Body Mass Index (BMI) measurements and after highlighting ideal weight loss progress, people may wish to set their own goal.

Check the pack to see what info you want to download for each session

For future meetings you may wish to prepare copies of the topic information or highlight appropriate links, order further leaflets and/or bookable resources for added interest. Websites promoted in this pack will provide much more information on each topic.

Please note it is very important to inform your session members that only general healthy eating information is provided. For specific health queries, help from a doctor or dietitian should be sought. For BMI ≥ 35 specialist help is available from Glasgow & Clyde Weight Management Service via your own GP.

Weight Wise Steps To Success



- **Set a realistic weight loss plan**
- **Decide on an eating plan**
- **Become more active**
- **Keeping going**

Are you a healthy weight for your height?



There are several ways of checking whether your current weight or body shape is likely to affect your health including working out your **Body Mass Index (BMI)** and checking your **waist size**.

BMI can be a good starting point to assess your weight, but it does not take into account what percentage of your weight is body fat and what is muscle. A professional athlete may be overweight according to their BMI but they may have a lot of muscle mass. If you are in doubt your body composition can be checked by a doctor or a local fitness instructor.

Waist measurements can be tricky to get right. Make sure that you measure in the right place - see next page for tips - and breathing out each time before you take the measurement will ensure a more accurate recording. Only measure your waist monthly to see progress results.

Using your scales,
check your weight
(use same scales
each time – top
tips overleaf)

Using a tape
measure, note
your height/waist
measurements

Calculate your BMI using
the chart on page 10 or
check out NHS Choices
online resource at

www.nhs.uk/Tools/Pages/Healthy-weightcalculator.aspx

Top tips for using scales



When

You should weigh yourself at the same time of the day, before eating a meal and no more than once a week

Where

Don't put scales on an uneven or soft surface such as a carpet – use your scales on a flat, even surface

How

Remove heavy clothing and shoes before weighing yourself, or wear light layers

You can use the chart on page 10 (or the link to the online resource) to check if you are the right weight for your height

Top tips for waist measurement



Measure your waist

- To find your true waist, feel for your hip bone on one side.
- Move upwards until you can feel the bones of your bottom rib. Halfway between is your waist. For most people this is where their tummy button is.

For women:

- Ideal: less than 80cm (32")
- High: 80cm to 88cm (32" to 35")
- Very high: more than 88cm (35")

For men:

- Ideal: less than 94cm (37")
- High: 94cm to 102cm (37" to 40")
- Very high: more than 102cm (40")

Use a mirror the first time to see what you're doing and to make it easier to measure.

Calculate your BMI

WEIGHT lbs 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180 185 190 195 200 205 210 215
 kgs 45.5 47.7 50.0 52.3 54.5 56.8 59.1 61.4 63.6 65.9 68.2 70.5 72.7 75.0 77.3 79.5 81.8 84.1 86.4 88.6 90.9 93.2 95.5 97.7

HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39			
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	26	27	28	29	30	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	26	27	28	29	28	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	26	27	28	27	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	23	24	25	26	27	28	27	28	29	30	31	31	31	
5'10" - 177.8	14	15	15	16	17	18	19	20	20	21	22	23	24	25	26	27	28	27	28	29	30	30	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	27	28	29	30	30	30	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	20	21	22	23	24	25	26	27	26	27	28	29	29	29	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	20	21	22	23	24	25	26	25	26	27	28	28	28	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	19	20	21	22	23	24	25	26	25	26	27	27	27	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	19	20	21	22	23	24	25	24	25	26	26	26	26	26	
6'4" - 193.0	12	12	13	14	14	15	16	16	17	18	19	20	21	22	23	24	25	24	25	26	26	26	26	26	

BMI less than 18.5 = underweight

BMI 18.5 - 24.9 = normal

BMI 25 - 29.9 = overweight BMI over 30 = obese

Use the chart above or the online resource at

www.nhs.uk/Tools/Pages/Healthweightcalculator.aspx to calculate your BMI

Weight / Waist Measurement Record Card



Name

Target weight/waist measurement

For further information on managing your weight visit:

<http://www.nhsggc.org.uk/your-health/healthy-living/manage-your-weight/>

Healthy Eating

Sources of additional information & resources for your healthy eating sessions

Websites

NHSGGC Public Education Resource Directory (phrd) www.phrd.scot.nhs.uk

NHSGGC Managing your weight www.nhsggc.org.uk/your-health/healthy-living/manage-your-weight

Food Standards Agency www.food.gov.uk/scotland/scotnut/

NHS Choices www.nhs.uk/LiveWell/Pages/Livewellhub.aspx

NHS Inform www.nhsinform.scot

Oral Health Foundation www.dentalhealth.org

British Heart Foundation www.bhf.org.uk/HealthAtWork/

Healthy Living Award www.healthylivingaward.co.uk

Take Life On www.takelifeon.co.uk

BDA Fluid Fact sheet: <https://www.bda.uk.com/foodfacts/fluid.pdf>

Mental Health Foundation www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health

British Dietetic Association www.bda.uk.com

Nutrition and Diet Resource UK <http://www.ndr-uk.org/Published-resources/vmchk.html>

Eatwell Scotland <https://www.gov.uk/government/publications/the-eatwell-guide>

Scottish Government's Eat Better Feel Better campaign <http://www.eatbetterfeelbetter.co.uk/>

National Campaigns

National Heart Month (Feb) www.bhf.org.uk

Farmhouse Breakfast Week (Jan) www.shakeupyourwakeup.com/

National Salt Awareness Week (Mar) www.actiononsalt.org.uk

National Smile Month (May/Jun) www.nationalsmilemonth.org

National Food Safety Week (Jun) www.food.gov.uk/news-updates/campaigns/germwatch/resources

Some people find that they put on weight if stopping smoking
<https://www.ndr-uk.org/item/17/HealthyEating/Worried-About-Gaining-Weight-When-you-Stop-Smoking.html>

Diabetes Week (June) www.diabetes.org.uk and search diabetes week

Healthy Eating Pages on the Scottish Centre for Healthy Working Lives website
<http://www.healthylivinglives.com/advice/workplace-health-promotion/healthyweight>

Smartphone Apps - NHS Choices weight loss apps
http://apps.nhs.uk/apps/weight_loss/

Healthy eating sessions



Making changes to the types and amounts of foods you eat

- The Eatwell Guide covering 5 food groups
- Portion control and Calories
- Your food diary
- Choose a topic session from a variety of fact sheets available including:
 - Healthy breakfasts
 - Healthy packed lunches
 - Healthy snacks
 - Carbohydrates
 - Fat
 - Sugar
 - Salt
 - Fruit and Vegetables
 - How to get 5 a day
 - Vitamin D
- Food labelling
- Takeaways
- Healthy recipes

Healthy Eating Session



The Eatwell Guide

Includes:

- Eatwell Guide

Your Guide to the Eatwell Guide is available to download from:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

For more information, including details of which foods are included in the food groups, along with colour copies of the Eatwell guide JPG and EPS formats download Public Health England's booklet about the Eatwell Guide GOV.UK

<https://www.gov.uk/government/publications/the-eatwell-guide>

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

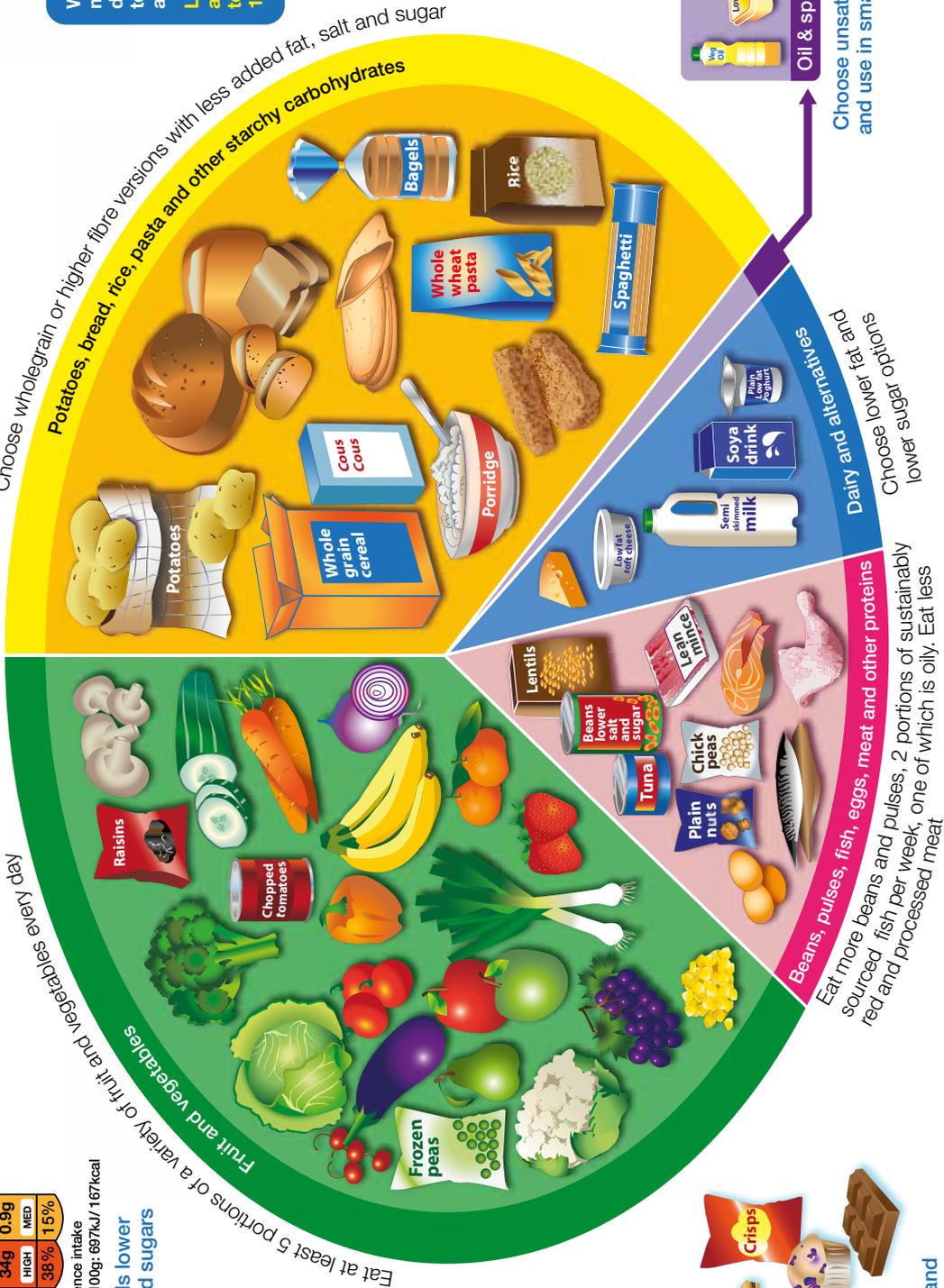
Check the label on packaged foods

Each serving (150g) contains

Energy	Saturated Fat	Sugars	Salt
1048kJ 250kcal	3.0g	3.4g	0.9g
13%	LOW	LOW	MED
	4%	7%	38%
			15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy Eating Session

The Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group. This includes everything you eat during the day, including snacks. It's a good idea to get the balance right every day, but you don't need to do it at every meal.

The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible

Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)

Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

Healthy Eating Session



Portion sizes and calories

Includes:

- Hints on portion sizes and calories
- Links to calorie checkers
- Links to guides on portion size

Hints about Portion Control



Over the last few decades, the size of portions served in restaurants and in supermarket packages has increased. A study by the World Cancer Research Fund (WCRF) found that burgers, for example, have doubled in size since 1980.

Not surprisingly, research shows that when we're given a larger portion, we tend to eat more

Be aware of hunger and fullness and know when to stop eating:

- Coping with larger portion sizes is a matter of **stopping when you feel full.**

- It takes up to 20 minutes for your body to let you know that you've eaten enough, so **eat slowly** and enjoy your food - you'll have a better chance of avoiding that over-stuffed feeling.

- Try eating off a smaller plate (with smaller portions) and see if you are hungry later.

Remember, when you **cook fresh, healthy meals at home** instead of eating out or buying supermarket ready meals, you can control portion size and save money.

Hints about Calories

- Remember everyone is different and your energy requirements vary depending on your age, gender, current weight and how active you are.
- Ideally, you need to eat 500-600 calories fewer than your daily calorie needs in order to lose a healthy 0.5kg/1lb per week - you may lose more if you're more active too.
- **On average, if you are trying to lose weight:**
most women should consume around 1400 - 1500 calories
most men should consume around 1800 - 1900 calories
- **On average, if you are trying to maintain weight:**
most women should consume around 1800 - 2000 calories
most men should consume around 2500 calories

Calorie Counters

- **A calorie checker** for over 150,000 different food and drinks is available at: <http://www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx>
- **A free calorie counter and diet tracker** (web and mobile app) is available from: www.myfitnesspal.com
- **Smartphone Apps**
NHS Choices weight loss apps are available from: http://apps.nhs.uk/apps/weight_loss/.

Links to guides on portion size

This is a suggested guide to the number of portions you should have from each section of the Eatwell guide daily for 1500 / 1800 calorie intake diets:

Food Group	1500calories	1800calories
Bread, rice, pasta, potatoes	7	8
Fruit and Vegetables	6	8
Milk and dairy foods	2	2
Meat, fish, eggs, beans	2	2
Fat	3	4
Extras / snacks	150 calories	200 calories

NB. portions vary between individuals depending on their gender, weight, age and activity level and their goal rate of weight loss.

- More information on calories and portions is available from the British Dietetic Association at:
http://www.bdaweightwise.com/eating/eating_plan.html
- A food portion (based on calories) picture guide is available as a sample (cost applies to download / order) from Nutrition and Diet resources UK – ‘Weight loss you can see’ at:
<http://www.ndr-uk.org/Weight-management/Weight-Loss-You-Can-See.html?keyword=weight+loss+you+can+see>
- Further food portion information is available from British Heart Foundation – Your Simple Guide to Healthy Weight Loss (Jan 2015) at:
<https://www.bhf.org.uk/publications/healthy-eating-and-drinking/facts-not-fads--your-simple-guide-to-healthy-weight-loss>

Healthy Eating Session



Your food diary

Includes:

- Photocopyable food diary with guidance

Food Diary



Food diaries help you become more aware of your eating habits and problem areas. They give you a basis from which to plan changes and set goals, and allow you to look back and see what you've changed over time.

A food diary will also encourage you to make conscious choices about what you eat and do - writing it down gives you the chance to think twice before you act. This is one of the most useful things you can do to help you gain control of your weight.

It can also help to make a note of any thoughts or feelings linked to eating, especially if you find you often eat for comfort or when you're not actually hungry.

Example of how to fill in your diary:

Time	Food and Drink	Where and who with	Thoughts
8am	Glass of orange juice	At home with family	Rushing to get everyone organised
9am	Chocolate muffin, large coffee	Coffee shop - alone	Stressed, need something sweet

Please see overleaf for photocopyable diary

Healthy Eating Session



Further information and photocopyable factsheets are available to download from the British Dietetic Association at:

<https://www.bda.uk.com/foodfacts/home>

Topics include:

- Healthy breakfasts
- Healthy packed lunches
- Healthy snacks
- Carbohydrates
- Fat
- Sugar
- Salt
- Fruit and Vegetables - how to get 5 a day
- Vitamin D

Check out other suggestions for more sessions on page 51.

Healthy Eating Session



Food labelling

Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars. Fact sheets and help to understand the nutritional information on food labels are available from:

NHS Choices

<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>

British Dietetic Association

<https://www.bda.uk.com/foodfacts/labelling>

Takeaways

Takeaways are often cheap, convenient and satisfying but, unfortunately, they're not always very healthy. They can be high in fat, salt and sugar. Help to understand the foods to avoid and healthier option choices when ordering your favourite takeaway is available from:

NHS Choices

<http://www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx>



 Check out these websites for some great healthy recipe ideas:

- www.nhs.uk/LiveWell/healthy-recipes
- www.nhs.uk/LiveWell/5ADAY/Pages/5ADAYhome.aspx
- www.teenweightwise.com/recipes.html
- www.takelifeon.co.uk
- www.eatbetterfeelbetter.co.uk/

Getting physical. What's best for you?



Most of us know that regular physical activity has a wealth of benefits, yet the majority of us remain relatively inactive. We're less active - but still eating about the same amount as 20 years ago - so the excess calories are stored as fat.

Having an active lifestyle can improve your overall health and help prevent disease. What's more, combined with healthy eating, regular physical activity is the best way to lose and maintain a healthy weight.

Getting active and staying active is one of the best things you can do for your health. Every form of physical activity counts and doing something is better than nothing.

Why get active?

Being active helps you:

- Live longer and more healthily
- Improve your mood and helps relieve stress and depression
- Feel good about yourself
- Lose weight and improve body shape
- Maintain your weight loss

Exercise also reduces your risk of developing:

- Diabetes
- High blood pressure
- Heart disease
- Some cancers
- Osteoporosis

Physical Activity

Sources of additional information & resources for your physical activity sessions

Websites

- NHSGGC Public Education Resource Directory (phrd)
www.phrd.scot.nhs.uk
- NHSGGC Managing your weight
www.nhs.gov.uk/your-health/healthy-living/manage-your-weight/
- NHS Choices
<http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx>
- British Heart Foundation
www.bhf.org.uk/health-at-work
- Take Life On
www.takelifeon.co.uk/get-active/
- Active Scotland
<http://www.activescotland.org.uk/>
- Paths for All
<http://www.pathsforall.org.uk/>
- Cycling Scotland
<http://www.cyclingscotland.org/>
- Jogscotland
www.nhs.gov.uk/getactive
- Walkit.com
<http://walkit.com>
- Sustrans
<http://www.sustrans.org.uk>
- Smartphone Apps
NHS Choices fitness and weight loss apps
http://apps.nhs.uk/apps/weight_loss/
<http://apps.nhs.uk/apps/fitness/>

Local Facilities

Local Authorities provide a wide range of leisure and recreation opportunities – check your local authority's website for further details (see page 45 for contact details)

Location and contact details for other physical activity opportunities are available from NHS Greater Glasgow & Clyde health improvement directory

www.nhs.gov.uk/infodir

National Campaigns

Walk to Work Month (May)
<https://www.livingstreets.org.uk/what-you-can-do/try20-tips/try20-in-your-workplace>

Bike Week (Jun)
www.bikeweek.org.uk

Step Count Challenge:
<http://stepcount.org.uk/>

Physical activity sessions



Setting goals for being more active

- Recommended activity levels
- Your activity diary
- Top tips
- Walking/jogging
 - Walkit.com
 - Paths for All
 - jogscotland
- Local facilities

Physical activity guidelines for

ADULTS (19–64 YEARS)



1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Cycling

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Running
- Sports such as swimming or football

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Exercising with weights
- Carrying or moving heavy loads such as groceries

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)

Physical activity guidelines for

OLDER ADULTS (65+ YEARS)



- Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
- All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause older adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Ballroom dancing

Vigorous intensity physical activities will cause older adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Climbing stairs
- Running

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Carrying or moving heavy loads such as groceries
- Activities that involve stepping and jumping such as dancing
- Chair aerobics

Activities to improve balance and co-ordination may include:

- Tai chi
- Yoga

Minimising sedentary behaviour may include:

- Reducing time spent watching TV
- Taking regular walk breaks around the garden or street
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Helps maintain cognitive function
- Reduces cardiovascular risk
- Helps maintain ability to carry out daily living activities
- Improves mood and can improve self-esteem
- Reduces the risk of falls

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)

Top Tips

to get more active in your daily life



- Make walking a habit
- Walk to the shops
- Use the stairs, not the lift or escalator
- Go for a brisk walk at lunchtime
- Do a regular walk with a friend
- Walk the kids to school
- Walk instead of taking the car for short journeys
- Get off the bus or tube a stop earlier and walk the rest of the way
- Go out and play with the kids in the garden/park
- Go for a cycle ride or country walk at weekends



Are you sitting too much?

Sedentary behaviour refers to time spent sitting or lying for long periods. Sedentary behaviour is increasingly common in a society where many of us do desk jobs, travel in motor vehicles and spend leisure time in front of computers and televisions. More evidence is emerging that even if you exercise regularly, spending a lot of time sitting down can be bad for you.

Breaking up periods of sitting and lying down by standing regularly and walking more can help reduce the negative health effects of sedentary behaviour.

Find out more at:

<https://www.bhf.org.uk/heart-matters-magazine/activity/sitting-down>

Physical Activity Session



Walking/jogging

Includes:

- Information on an interactive walk planner from Walkit.com to help you find the best walking route.
- Walking for health information from Paths for all including a walk at work programme, walk at work step count challenge, workplace walk leader training and pedometer packs and challenges.
- Workplace jogging information from jogscotland including the jogworks pack full of advice and resources to get a group started.

Walking...

Described by health professionals as the near perfect exercise, walking is a low impact activity that is adaptable for all abilities. Furthermore, it's free, easy, requires no special equipment and, most importantly, it's good fun!

Walking regularly:

- Makes you feel good
- Helps you sleep better
- Helps reduce stress levels and promotes relaxation
- Helps with weight management
- Improves heart and lung function
- Lowers the risk of strokes and certain cancers
- Reduces the risk of developing heart disease by half

For more info visit:

www.pathsforall.org.uk - info on walking and contacts for local health walks in your area

www.ramblers.org.uk - longer more challenging walks

www.walkit.com - a great website that enables you to create your own walking routes from your doorstep

www.livingstreets.org.uk - organisation that co-ordinates walk to work week and walk to school week

Walkit.com



Walkit.com The urban walking route planner

'Get a route map between any two points, including your journey time, calorie burn, step count and carbon saving.'

Find out more about:

- What's nearby on foot
- Circular walks
- Themed walks
- Walking events and tours
- Walking for health
- Walking to work
- Walking to school
- Going green

Walkit.com is now available for smartphones www.walkit.com

Workplace Walking



FOR A HAPPIER,
HEALTHIER SCOTLAND

About Paths for All

Paths for All is the national charity promoting walking for health and path network development in Scotland.

Walk at Work

Our Walk at Work programme supports workplaces to become more active by setting up staff walking groups and initiatives. The Walk at Work programme is supported by the Scottish Centre for Healthy Working Lives. We have developed a number of resources and materials to help you set up your own project.

Walk at Work Step Count Challenge: We run a national pedometer challenge for workplaces twice a year, a 4 week challenge in autumn and an 8 week challenge in spring. Participants form teams of 5 and use a pedometer, favourite app, or gadget every day. We provide ideas and motivation to find ways of fitting a little more walking into your day, be it walking to work, taking a lunchtime stroll or simply parking the car a little farther away from the office. There are also lots of incentives and prizes available along the way.

Training: Paths for All offers a one day course on how to get your staff and colleagues more active by starting a workplace walking project. This training will provide key staff with the essential knowledge, skills and ideas to develop and deliver a successful workplace walking project.

The course costs £600 for up to 20 delegates (this does not include catering & venue hire). A grant is available to cover the cost of training, contact PFA for more information. The course is aimed at individuals who are taking the lead in setting up a workplace walking project.

Delegates will be presented with key information and resources which will help them build a business case for developing a walking project in order to get management and colleague buy in to the project. In addition, delegates will explore the key stages of project cycle in order to plan, deliver and evaluate a workplace walking initiative.

Grants: There is a grant scheme which workplaces can access. We can grant up to £2,000 for any initiative that gets inactive employees active through walking. The grants can cover the cost of pedometers, promotional materials, incentives, a launch event, local signage and mapping, equipment such as waterproof jackets or umbrellas etc. We'd be happy to discuss any application before it's submitted.

Paths for All can provide promotional materials free of charge to advertise your project. These include posters, leaflets, mugs, pens etc. These can be ordered online.

Contact details

For more information contact
walkatwork@pathsforall.org.uk or visit www.pathsforall.org.uk/work

Workplace Jogging

jogscotland's workplace programme, jogworks, has been carefully put together to help get workplace jogging groups up and "running".

Encouraging workplaces to be more active makes good business sense, both for employers and their employees.

Increasing activity levels at work can reduce stress, aid weight loss, improve concentration and develop good social networks within and across teams and departments, which will in turn boost morale within the organisation.

For the employer, promoting good health and wellbeing at work can help to reduce absenteeism, turnover rates and workplace injuries as well as increase productivity and improve employee retention. Jogging can also be good for the environment if employees are encouraged to jog to work as part of their commute. Workplace jogging groups can enhance the reputation of the organisation externally.

The jogworks pack is full of advice and resources to get a group started in the workplace.

The jogworks pack contains:

- An information booklet to help you set up a group
- Posters to help publicise your group
- A jogscotland 'Meets Here' sticker

To become a member, visit the website at:
<http://jogscotland.org.uk/joggers/join-jogscotland/>

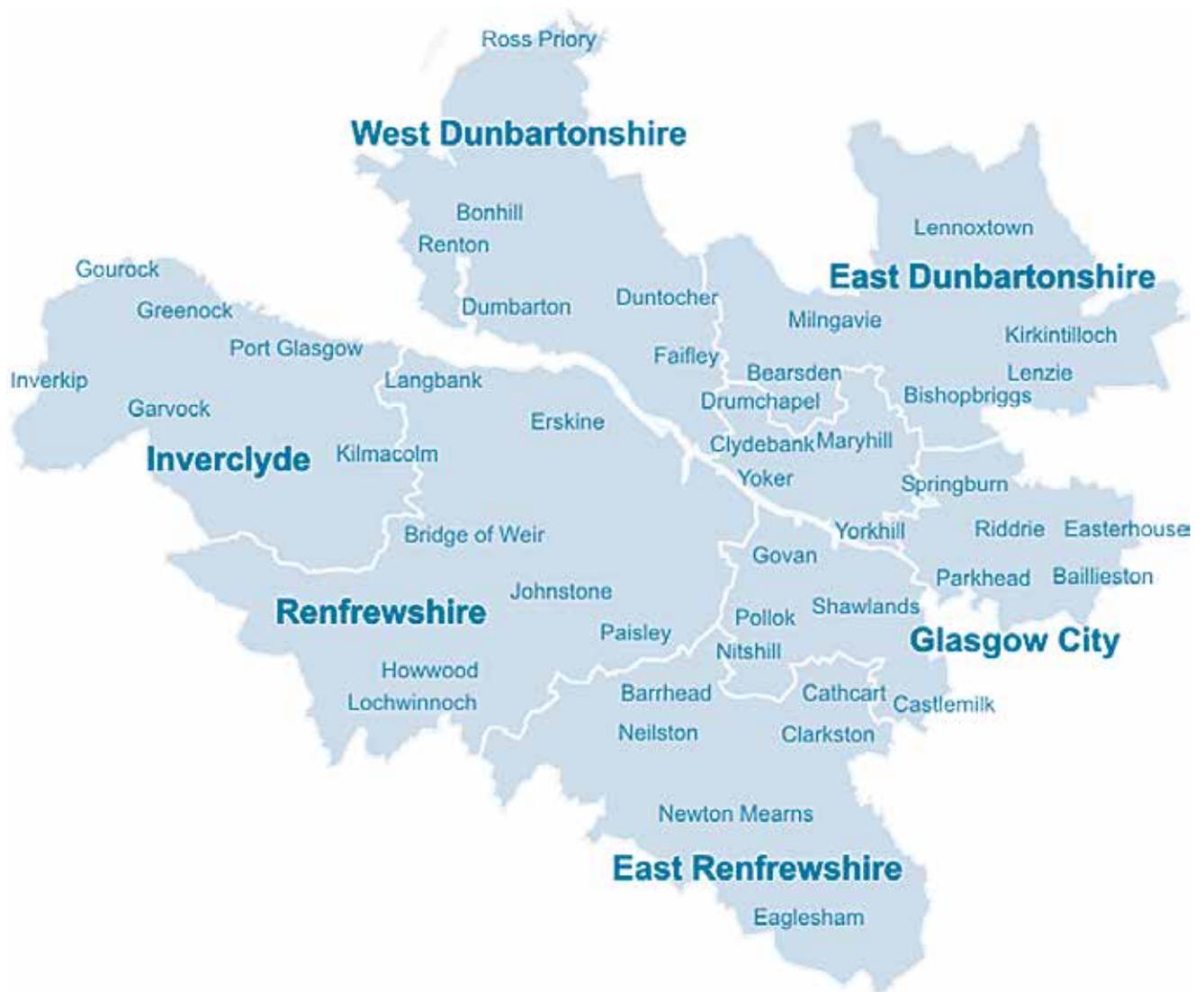
jogscotland has worked in collaboration with the Scottish Centre for Healthy Working Lives to create the jogworks programme.

To order a **FREE** pack for your workplace, please call **0131 539 7341** or email Membership Development Officer Joanna Stevens on jo.stevens@scottishathletics.org.uk.

For more information check out:
<http://jogscotland.org.uk/joggers/jogworks-workplace-groups/>

Find us on FACEBOOK - <https://www.facebook.com/JogScotty>

Physical Activity Session - Local Leisure facilities



Check out what's on at your local leisure facility:

East Dunbartonshire Leisure & Culture Trust

www.edlc.co.uk

East Renfrewshire Council

<http://www.ercultureandleisure.org/sports>

Glasgow Sport

www.glasgowlife.org.uk/sport/Pages/home.aspx

Inverclyde Leisure

www.inverclydeleisure.com

Renfrewshire Leisure

www.renfrewshireleisure.com

West Dunbartonshire Leisure

<http://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/leisure-centres/>

Stay on track



Making lifestyle changes is the best way to achieve long-term weight loss but sometimes it can be hard to keep on track.

You may want to try:

- **Keeping a regular food diary & activity log (see templates in pack)**
- **Using your weight/waist record card to monitor your progress**



- **Look at what you've achieved so far**
- **Remind yourself of all the reasons for wanting to change**
- **Remember to give yourself a non-food reward or treat for achieving your goals**
- **Seek encouragement from those who support you**

Your 'support team'



Finding people who can help and encourage you along the way can be very beneficial.

Here are a few suggestions:

Work - Your workplace weight management group, colleagues or 'buddy'

Home - Ask family and friends to encourage and support you

Local Council/NHS - Leisure centres offer access to gyms, swimming pools, health suites and fitness classes. Local schools often host evening keep fit/yoga/pilates classes.

Live Active - The Live Active Referral Scheme is a service for people who are inactive and would benefit from increasing their physical activity or for people who would like to address their weight. A referral from a GP, Practice Nurse or physiotherapist is required to access the Live Active programme.

www.nhsggc.org.uk/getactive

Websites - Check the resource information sheets in the pack for useful websites

NHS Choices has a 12 week weight loss programme for individuals offering email support and a weight loss forum

<http://www.nhs.uk/Livewell/weight-loss-guide/Pages/losing-weight-getting-started.aspx>

The British Dietetic Association offers answers to frequently asked questions on weight management

http://www.bdaweightwise.com/expert/expert_faq.html

Your family



You can find further information on healthy eating and physical activity for your family on the following websites:

- Guide to eating less sugar
<https://sugarswaps.change4life.co.uk>
- BDA Teenagers weightwise website
<http://www.teenweightwise.com/>
- Get active your way, ideas for busy mums, families, young people and older adults to build activity into their lives
www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx

Common issues - Possible solutions

Issue	Possible solution
Family/time pressures	<ul style="list-style-type: none">• Enlist the support of a friend, partner or family member to look after the children at planned, regular times• Make a list of jobs that really need doing; include some activity/exercise time on your list and do it!
Less active job	<ul style="list-style-type: none">• Find a colleague to go for a walk with you at lunchtime• Walk or cycle to work, or part of the way, if possible• If you travel in the car a lot, take fresh fruit and low calorie drinks/snacks for the journey• Buy sandwiches at service stations instead of takeaways or pastries
'Comfort eating'	<ul style="list-style-type: none">• Try to identify the source of your feelings (angry, sad, bored etc)• Think of ways to deal with feelings, other than food• Use your food diary to work out times when you overeat
Social pressures	<ul style="list-style-type: none">• When eating out, opt for lower fat dishes and forget dessert - most of the time - then enjoy your favourite high fat food occasionally and get straight back on track the next day• Stick to sensible limits for alcohol, and alternate with low calorie drinks or mixers
Living alone	<ul style="list-style-type: none">• Check labels before buying ready-made meals Choose low fat options (less than 3g fat/100g or less than 10g fat per serving) or supermarket healthy eating ranges• Always have a supply of: baked beans; tinned fish (e.g. tuna); tinned tomatoes; pasta, rice or noodles and low fat pasta sauce• Eat regularly and don't skip meals, especially breakfast

Additional topics

Further information and photocopyable factsheets are available to download from the British Dietetic Association at: <https://www.bda.uk.com/foodfacts/home>

Including:

- Alcohol
- BBQs
- Children - diet, behaviour and learning
- Children - healthy eating
- Cholesterol
- Coping with Food Allergies
- Chronic Fatigue Syndrome and Myalgic Encephalopathy (CFS/ME)
- Christmas
- Depression and Diet
- Fad diets
- Fluid (water and drinks)
- Folic Acid
- Food and Mood
- Heart-health
- Irritable Bowel Syndrome
- Malnutrition
- Menopause
- Osteoporosis
- Sports
- Supplements
- Vegetarian Diets
- Weight Loss

Information available from NHS Choices:

Type 2 diabetes

<http://www.nhs.uk/Conditions/Diabetes-type2/Pages/Treatment.aspx>

South Asian Health Issues (video and transcript)

<http://www.nhs.uk/Livewell/SouthAsianhealth/Pages/SouthAsianhealthhub.aspx>

10 most popular diets reviewed highlighting pros and cons

<http://www.nhs.uk/Livewell/loseweight/Pages/top-10-most-popular-diets-review.aspx>

1. Disclaimer of Liability

Nothing in this Weigh in @ Work pack constitutes individual dietetic advice. Always consult a suitably qualified dietitian or doctor on any specific problem or matter. Whilst we take every effort to ensure that the information contained in this pack is accurate, no guarantees can be given. NHSGGC assumes no responsibility for information contained in this pack and disclaims all liability to any third party for injury, damage or loss suffered as a result of reliance on information in this pack.

2. Signposting

The Weigh in @ Work pack contains signposting to other websites and to material contained on other websites. Any link provided in this pack is solely for your convenience. NHSGGC is not responsible for the content or reliability of the signposted websites and to the extent permitted by law disclaims all liability in respect of such content and of any other websites or content which you may be able to access from such websites. Listing should not be taken as endorsement of any kind.

3. Websites including NHS Websites

The NHS Choices website provides a single public site for health in England and some information contained in the website may only be appropriate for the people of England. NHS Choices material highlighted within the pack has been reproduced by kind permission of the Department of Health, © 2010.

NHS inform is the national health information service for the people in Scotland. This service provides the public, patients and carers with a wide range of quality-assured health information online at www.nhsinform.co.uk. The website draws on information from NHS24.com, NHS Choices and a number of approved external resources, to one central, easily accessible point for the people of Scotland.

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W: www.healthyworkinglives.com

Published February 2015 Reviewed January 2017