



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



BUILDING A FAIRER
GWENT
TEG I BAWB



Gwent Live Well, Live Longer

A simple guide to support you with easy steps
to manage your weight and live well.

Developed by the Community Health Programme, part of your local NHS Health Board

Making Changes to Your Physical Activity

Motivation to Change

Changing our physical activity levels to support weight loss can be difficult and requires lots of motivation. If we think of motivation as a desire, it can alter how we perceive physical activity. Yes, we should exercise. Yes, we need to exercise. But do we have a desire to exercise?

Some of us enjoy how it feels to exercise, but a lot of the time, we often think of exercise as a tool to achieve an end goal – for weight loss, to get stronger, to look better, to feel better.

Using exercise or physical activity to achieve an end goal is slightly different than having a desire to exercise. This can explain why we can plateau or often find our motivation fluctuates.

That's why it is important to find out what motivates you. To do so, it can be useful to consider the overleaf points before making a change:

How important it is to make a change?

How confident do we feel in our ability to make the desired change?

It can also be helpful to explore and define our feelings towards change. Below are some questions to prompt your thoughts.



Importance of Change

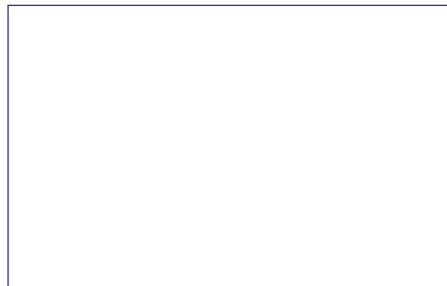
1. Consider your own values. What is most important to you in life?

E.g. Spending time with my children, living a long, healthy life, being good at your job.



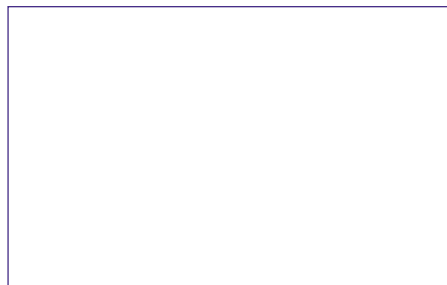
2. How do my current behaviours affect the things I value most?

E.g. Shortness of breath due to inactivity causing you to struggle to keep up with children/ grandchildren, weight gain due to inactivity causing aches and pains.



3. What are the benefits to me of making change? Will this have a positive effect on what is important to you?

E.g. If I were to lose weight I wouldn't get out of breath so quickly and would have more energy.



4. What would life be like if I didn't make change?

E.g. I worry about things getting worse. I have pain in my knees and struggle to stand when on the floor. I'm worried that this may get worse.

5. Are there any negatives to making this change now?

I will miss out on socialising, it will be financially challenging, it's physically challenging (i.e. aching from muscle strengthening or out of breath due to exercise), anxiety regarding exercising in public spaces etc.



Confidence in Change

6. If you were to begin making changes to your physical activity today, on a scale of 1-10, how confident do you feel that you could achieve this?

E.g. 7 out of 10, I'm feeling confident?

E.g. Spending time with my children, living a long, healthy life, being good at your job.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	7	8	9	10

6. Why have you chosen this score and not lower?

E.g. when I put my mind to something I can be very determined, something had been restricting my physical levels before but has now been resolved.

7. What has worked well in the past, and why?

E.g. I increased my physical activity by incorporating into my daily activities, such as parking further away from shops/café's/ workplace to increase steps or walk rather than drive.

8. What support do I need?

E.g. I'm not sure what activities are on in the area, I'd like someone to attend with me; a family member, friend, CHP staff etc.

Where do I start with this change?

The benefits of regular exercise are endless
physical, mental and social benefits

Physical Benefits	Mental Benefits	Social Benefits
Increase in muscle growth (strength)	Exercises produces serotonin (feel good hormone)	Mix with other people of the same interest and make new friends
Increase in muscle elasticity (flexibility)	Look good, feel good	Family, friends, peers all noticing a positive difference
Reduced heart rate and blood pressure	Increases self-esteem and confidence	Get out of the house – prevent isolation/loneliness
Reduced risk of health complications	Enjoyment – find something you enjoy doing	Friendly competition – sense of achievement
Increase in muscle growth (strength)	Enjoyment – find something you enjoy doing	Friendly competition – sense of achievement

However, starting regular exercise is daunting for many. The soreness afterwards (delayed onset muscle soreness) is an uncomfortable but necessary part of building muscle and getting fitter (no pain no gain!).

To increase your physical activity levels, it might be best to increase gradually and incorporate more activity into your daily routine. This could be walking shorter distances that you might have previously driven, getting off at an earlier bus stop to walk the extra distance and parking further away when we can. It is also important to not become sedentary and stay sat/lay down for long periods of time. To prevent this, try going for short walks on the hour (if your job is desk based), if watching TV get up and move around during advert

breaks or in between episodes. Once you feel comfortable, you can also change some daily routines to include time dedicated to exercise. In this instance, it is best to start with something you enjoy that you can do consistently and keep that motivation.

You don't need to make huge changes to become more active and you don't have to change all your habits all at the same time. If we try to change too much at once, our focus is split in different avenues and can often result in stopping those changes. Try changing the one thing you feel you would get most benefit from and once that has become habitual, try changing another thing. Over time, small changes all add up & these can make a big difference to your health.

Goal Setting

Setting goals is used by many people for different settings e.g. for athletes to increase their performance, for children to learn to read, for companies to increase yearly revenue. A popular technique for setting goals is with the “SMART” framework.

S M A R T

SPECIFIC

Who, what,
where, when,
why?

MEASURABLE

How many?
How much?

ACHIEVABLE

Can this
really happen?
Do I believe I
can achieve this?

RELEVANT

Will this help
me achieve my
long-term goal?

TIME BOUND

Can I set fixed
deadlines?
What are the
deadlines?

Vague	SMART
I will increase my physical activity	I will become more active by walking 30-minutes, twice per week. If I am consistent with this for 1 month, I will increase the number of days per week.

Consider using the **SMART** framework to set your own goals with the prompts on the next page.



Measurable:

How much and how many?
E.g. how much time in duration,
how much change?

Achievable:

Is this a realistic goal? Is this change
within your power to implement?



Relevant:

Will the goal support me to achieve
my overarching aim? Does the
change have a positive influence
on things I value the most?

Time bound:

Is this a realistic time-frame to
achieve your goal? When will
you review your progress?

Planning Ahead

We all have days when things do not go to plan and sometimes days or weeks where we feel very positive and things seem to go well. Sometimes there can be subconscious choices we make in a row that support us to have better days than others **e.g. you met up with friends for a nice walk in the sunshine and laughed a lot, or you planned to walk 2km but ended up walking 3km.**

During these positive times it can feel like the negative days pop up completely out of the blue however; when you look back you may spot themes within your choices that happened all in a row which have impacted on you, **e.g. I stayed up late & was tired the next day & I snapped at a friend, then I felt guilty going home, the next day I ran late for the train, had to work late was extra tired going home and ordered a take away pizza with extra sides.**

Similar choices can be made with our exercise and physical activity where we increase our physical activity drastically and can only maintain this pattern for a short period, resulting in a crash and burn. So, then we revert back to little-to-no exercise.

Here is a list of possible considerations for you to think about with your current habits:

How is your sleep?

Do you regularly get between 7-9 hours sleep? Do you wake up feeling rested and ready to go? If not have you ever considered why?

Do you plan what days you might do your exercise and physical activity?

Are there some days that are busier than others so certain days might not work for you?

Do you protect quiet time and 'you' time?

This can involve being alone or doing something you enjoy, or it can involve socialising. If not why? If you work long hours or spend your day for caring for everyone else, where is the time to care for your needs?

Further support in your journey:



Useful Applications

Physical:



One You: Active 10 Walk Tracker

Tracks your walking and shows you how to increase your intensity to benefit your health.



MapMyWalk

Tracks your walks and displays your route on a map. Can be connected with MyFitnessPal to compare calorie intake and burn.



Daily Yoga: Workout & Fitness

Provides various guided classes to fit your goals. Includes beginners classes and more advanced classes.



One You: Couch To 5k

An easy to follow running programme provided by the NHS that can be completed in 9 weeks.



Strava

Tracks fitness activities such as walks, runs and bike rides. Option to join online groups and challenges.



Just Swim

Goal setting app to help you get a little fitter in the pool. Choose challenges and keep a diary of your swims.

Pedometers:



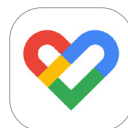
Pacer

Activity tracker, step counter and more. Track your steps 24/7. You can connect with friends and family and create walking groups.



Fitbit

You don't actually need a Fitbit tracker to use their app! This app tracks your steps and allows you to log your food and hydration each day.



GoogleFit

Tracks steps and monitors your physical activity. You can set fitness goals and connect Google Fit with other apps.



Apple Health

This app is usually already on your smart phone as a standard. Tracks steps, walking distance and can be used to monitor your weight.



Please contact your GP
should you desire further
personalised support



For
additional
information
please scan
the QR code



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



BUILDING A FAIRER
GWENT
TEG I BAWB