



Building a Routine

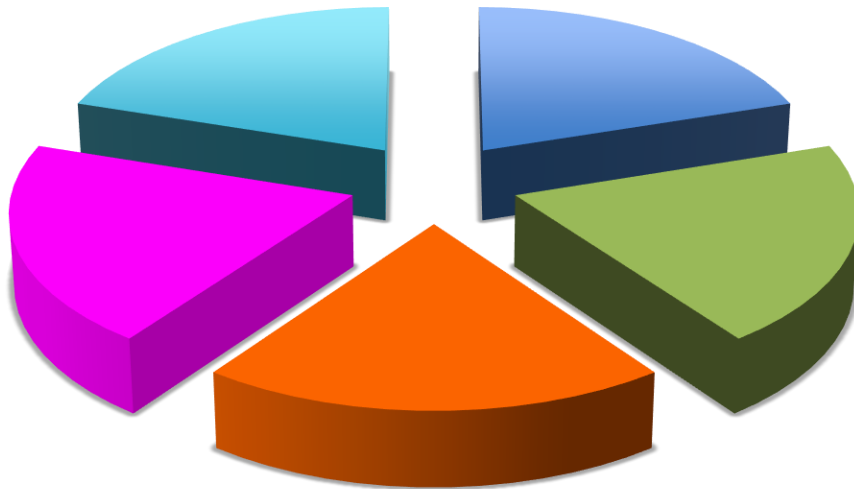
Brigid Liston

#KeepWell

#ActiveCork

@corksports

Get Active – Keep Well



- Building a routine
- Getting Active
- Minding your wellbeing
- Healthy Eating
- Family Play



A photograph of a forest path. The path is made of several large, stacked logs, creating a staircase effect. The forest is lush with green trees and undergrowth. The text "CHANGE IS INEVITABLE" and "GROWTH IS OPTIONAL" is overlaid in white, bold, sans-serif font in the center of the image.

CHANGE IS INEVITABLE
GROWTH IS OPTIONAL



Change is a process not an event

“We cannot become what we want by remaining what we are”

Getting Ready for Change

Take a few minutes to think about each of the following and circle the number that reflects where you feel genuinely are on the scale.

1. On a scale of 0 to 10, how **IMPORTANT** is it for you to make this change?

Not at all important

Extremely important

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10

2. On a scale of 0 to 10 how **CONFIDENT** are you that you can make this change?

Not at all confident

Extremely confident

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10

3. On a scale of 0 to 10, how **MOTIVATED** are you that you can make this change?

Not at all motivated

Extremely motivated

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10

My goal for week 1 is

Specific

Measurable

Achievable

Realistic

Timed

Goal:

S

specific

What specifically am I trying to achieve?

M

measurable

How will I measure success?

A

attainable

What steps do I need to take to attain the goal?

R

relevant

Is this relevant for my long-term objectives? Is this the right time?

T

time-bound

What is the time frame for the goal?

STRENGTHS-BASED HEALTH AND WELLNESS





Self Tracking Hints

- Food & Activity Diary – Digital/written
- Online diary – My Fitness Pal/Calorie Counter & Diet Tracker
- Operation Transformation tools
- Set daily reminders on your phone/laptop/tablet
- Set up a whats app group with friends/family/support bubble



Fill in daily total Steps per day/Length of time being Active/Activity/Intensity

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
11th	12th	13th	14th	15th	16th	17th
18th	19th	20th	21st	22nd	23rd	24th
25th	26th	27th	28th	29th	30th	31st

Days	AM	Mid Morning	Lunch	Mid Afternoon	PM	Resting Time
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						

FITT – Frequency – Intensity – Time - Type

- ✓ How often
- ✓ What is the intensity of activity
- ✓ How long is the activity
- ✓ What type of activity

2018 Statistic

HOW ACTIVE ARE WE?

**Not
Meeting
Guidelines
67%**



**33%
Meeting
Guidelines**

What is physical activity?

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.

- World Health Organisation (WHO), 2013



10 BENEFITS OF EXERCISE IN THE GREAT OUTDOORS

 @BELIEVEPHQ

 @docandrewmurray



**IMPROVES
SLEEP**



**HELPS MUSCLE
AND JOINT
FUNCTIONING**



**INCREASES
ENERGY
LEVELS**



**DECREASES
STRESS
LEVELS**



**HELPS
MAXIMISE
QUALITY
OF LIFE**



**BOOSTS
IMMUNE
SYSTEM**



**IT IS GOOD
FOR YOUR
HEART**



**YOU SEE
AND HEAR
NEW
THINGS**



**CONNECTS
YOU WITH
NATURE**



FRESH AIR



How much physical activity should I be doing per week?

At least 30 minutes of moderate-intensity aerobic activity  **At least 5 days** per week for a total of **150 minutes**

OR

At least 25 minutes of vigorous aerobic activity  **At least 3 days** per week for a total of **75 minutes**

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking



gardening



hiking



dancing



cycling

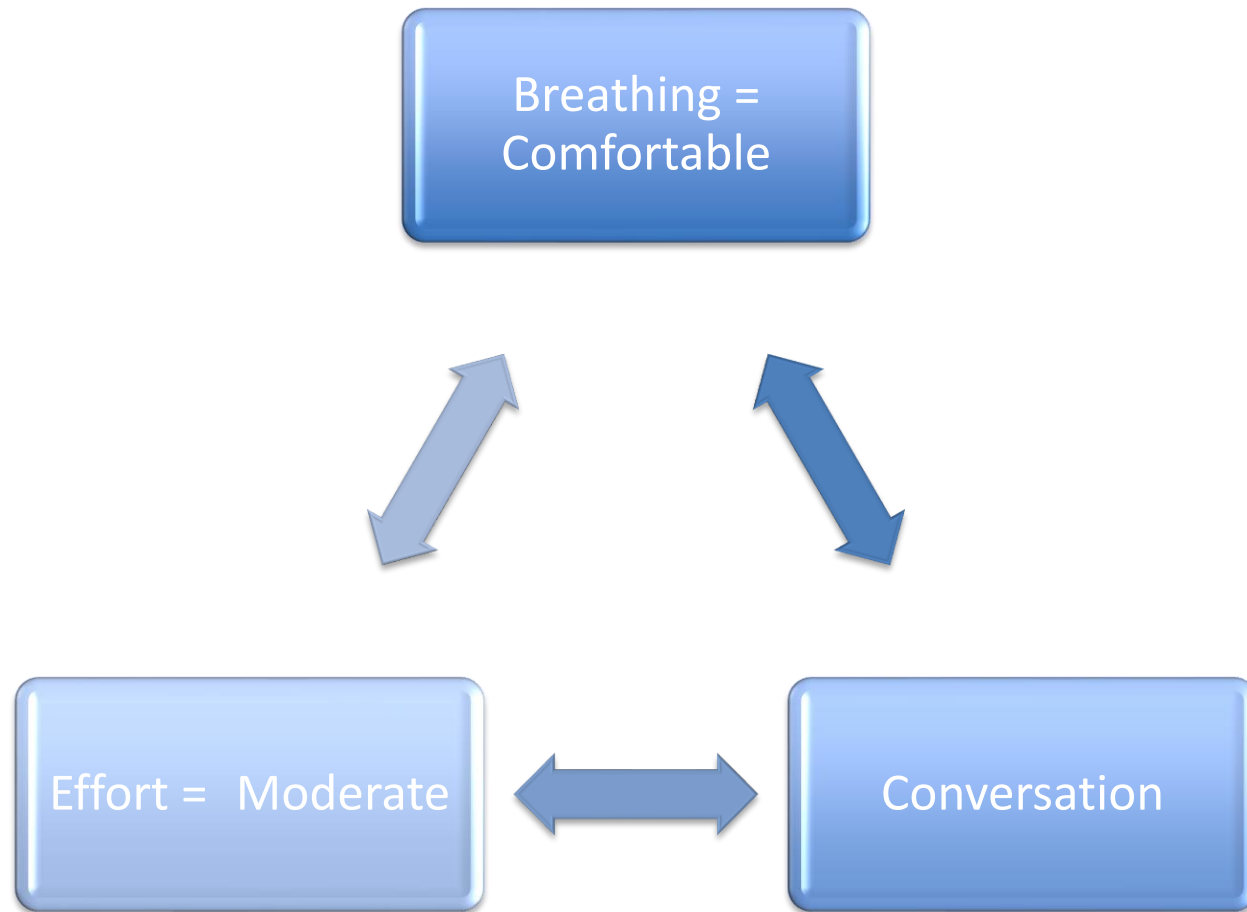


active recreation



swimming

How would you describe moderate physical activity



What counts as vigorous intensity cardiovascular physical activity

Having difficulty talking without pausing is a sign of vigorous activity



jogging
or running



walking/climbing
briskly up a hill



fast cycling



aerobics



fast swimming



most competitive sports



carrying or moving
heavy loads (>20kg)

How would you describe vigorous physical activity



Breathing rate =
Rapid

Difficult to hold a
conversation

Effort is increased

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc



Ideas to get started



Moderate Physical Activity

- Brisk Walking
- Cycling
- Swimming
- Turbo sessions
- Home gym equipment
- Aerobics classes
- Tennis
- Digging in the Garden

Vigorous Physical Activity

- ✓ Jogging
- ✓ Running
- ✓ Circuit training
- ✓ HIIT training via Zoom
- ✓ Hill walking with backpack
- ✓ Fast cycling
- ✓ Brisk Rowing
- ✓ Heavy Gardening

