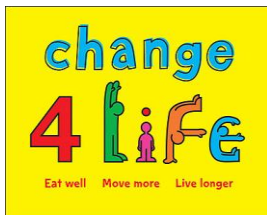




Healthy Workforce Challenge – 8 weeks

(Original 8 week model created by Deb Saunders, NHS Warwickshire – developed by CSW Sport)



Outline for weeks

- **Week 1 - Healthy drinking week**

- 2 litres of water or a little less than 4 pints (2.23 litres) (1.8 litres is the recommended level by British Dietetic Association) to be consumed everyday (includes home life) this week (and ideally onwards, if you are not doing it already).
- If you do exercise and/or it's hot and you sweat then you will need to take in more water. Caffeine is a diuretic (and alcohol too) and so dehydrates you slightly. Therefore when you drink tea or coffee (and alcohol) you should drink a little more water to counteract its diuretic nature. I have some 2 litre water bottles if you don't have your own.
- Refer to the wee chart (one can be accessed off the internet) to see whether you are hydrated to the right level.
- Consider when you drink a tea/coffee having a drink of water too and/or every other drink of tea/coffee that you intend to drink/would normally drink, to be substituted for a cup of water.
- Consider reducing the amount of alcohol and fizzy drink consumption this week. Can you keep the same approach at home? Can you replace an alcoholic drink with a soft drink option or for example, add lemonade to a beer to make it a shandy instead of a full pint?
- Fruit and vegetables are good because they contain water and can count towards your daily intake.
- Remember drinking too much can be bad for you too but you need to take into account, sweating, caffeine etc. too.
- If you are struggling with 2 litres because you are not used to it, then build this up gradually over the week.
- If you have sugar in your drink then try and reduce the number of sugars you have and if you have full fat milk or add other unhealthy components to your drink then try and omit or reduce these in your drinks. Can you swap these choices for soft drinks, water or a healthier option?

Useful resources:-

Drinking:-

- <http://www.nhs.uk/change4life/Pages/Justforme-DrinkSwap.aspx#softdrink>



Water:-

- <http://www.nutritionfriend.com/Benefits-of-Drinking-Water/111.htm>
- <http://www.colonic-association.co.uk/The%20Importance%20of%20Water.htm>

Caffeine:-

- <http://www.lowcaffeine.co.uk/effects-of-caffeine.htm>
- http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/healthy_caff.shtml#effects_of_caffeine

Alcohol:-

- <http://www.drinkaware.co.uk/>
- <http://www.nhs.uk/LiveWell/Alcohol/Pages/Alcoholhome.aspx>
- <http://health.marksandspencer.com/healthy-eating/alcohol>

• **Week 2 - Moving away from your desk week**

- Try and have the mindset of moving away from your desk at regular intervals
- Every hour sat at the desk stand up and move away from your desk
- You could do the following to achieve this. Going to a meeting, making a drink in the kitchen, picking up your own printing, speaking to a colleague at their desk or in the kitchen/outside to both make sure you are moving away from your screen and desk area. Try to do these anyway.
- If you are having more than a very brief conversation with a colleague, walk over to their desk to have the conversation so that you get up and move and minimise the disruption caused to others in the office. Consider meeting in the kitchen, meeting room or outside too.
- At lunchtime move away from your desk (including no use of the internet!) for at least 15 minutes but ideally closer to 30 minutes.
- Go outside at least once during the day, other than coming in and leaving work.
- Break once in the morning and once in the afternoon for at least 5 minutes, in addition to your lunch break.
- Consider meeting outside if it is nice enough weather or even having a walking meeting.
- Consider having a lunchtime walk (part of your 150 minutes of physical activity per week, see week 4 for details)
- Focus your eyes on something other than the computer screen every half an hour, if not more frequently, so that you can relax your eyes. You could look out of the window, focus on another object or have a brief conversation with a colleague.
- Moving around gives you a chance to relax from what you are doing for a short time, gets the blood circulating around the body, will help you minimise the chances of getting headaches and feeling lousy, can help you burn off calories and importantly improves productivity!

Useful resources:-

- <http://www.realbuzz.com/articles/exercise-at-your-desk/#1>
- <http://www.guardian.co.uk/lifeandstyle/2006/sep/23/healthandwellbeing.features>



- **Week 3 - Get Outside week**

- Get outside at least once (ideally more) during the day other than coming in and out of work.
- Can you get outside as part of your normal work day? It might be for a walk at lunchtime, parking further away than normal to work and walking or having a meeting or discussion outside of the office? What about walking to Tesco's or another shop and combine getting outside, getting moving and doing something useful.
- Can you do activities in the evening that would get you outside, with or without those you live with? It might be a walk, cycle or jog in the park, into town etc.?
- These above activities could contribute to your 150 minutes a week, see week 4 for more details.
- Getting outside will help you relax, clear your head and improve your health and sense of well-being. It will help prevent headaches, help if you have one and benefit your general mood. It will allow you to come back to your work re-energised and ready to go!
- Getting outside and getting moving is likely to save you time in the long run as you will be able to work more efficiently and effectively by getting some fresh air and so the argument that you can't afford the time doesn't work. It could and should actually allow you to do more work in your day.
- It's about getting outside, getting fresh/fresher air and the benefits of these things but at the same time moving more than you would normally do.

- **Week 4 - 150 minutes of Physical Activity**

- Our objective this week is to do at least 150 minutes this week of at least moderate intensity physical activity. This can be broken down into bouts of 30 minutes or less. If you can do more than that's great!
- The minimum recommended physical activity levels for adults for general health benefits set by the UK Chief Medical Officers and government is at least 150 minutes per week of at least moderate intensity physical activity.
- The recommended levels of activity can be achieved in a number of different ways by doing smaller bouts of activity or larger ones. If you did 30 minutes a day for Monday to Friday then you would achieve the guidelines.
- For general public health benefit, the most appropriate activities are those of moderate intensity (will vary depending on the person).
- A person who is doing moderate intensity activity will usually experience:
 - an increase in breathing rate,
 - an increase in heart rate, to the level where the pulse can be felt, and
 - a feeling of increased warmth, possibly accompanied by sweating on hot or humid days.
- Activities could include brisk walking, gardening including mowing the lawn, housework and D.I.Y, gentle jogging, recreational cycling, stair walking, doubles tennis, social badminton etc. Note that these can be everyday activities and so are very achievable and sustainable!
- In terms of activities as part of the working day you could incorporate some or all of your daily activity through active travel, eg cycling, walking or jogging part or all of your journey to and from work and/or consider doing some activity at lunchtime, for example, going out for a walk, jog or doing an exercise class or going to the gym.



Useful resources:-

- Get Active, Stay Active and Be Active for Life, British Heart Foundation documents

Being Active, get moving:-

- NHS Live Well, <http://www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx>
- Change4life, <http://www.nhs.uk/change4life/Pages/Justforme-UpandAbout.aspx>
- National Physical Activity Guidelines, http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127931
- BHF Think Fit website, <http://www.bhf.org.uk/thinkfit/>

• **Week 5 - Healthy eating (and drinking) week**

- Food Diary (optional) – see the attachment and take part in this activity. This could be a fun and interesting way to monitor and evaluate your food and drink consumption patterns.
- 5 a day - Eat 5 portions of fruit and/or vegetables every day this week in line with the 5 a day message. See the booklet in the kitchen for help with this.
- Replace biscuits, chocolate, cakes, crisps etc. with fruit, nuts, seeds or something healthy or not eating anything at all. The Change4life web site offers some good advice on replacing certain unhealthier foods with healthier options.
- Can you pack a healthy lunchbox or when you buy lunch make it a healthy option? Both could include fruit.
- Can you cut down on the amount of fat, particularly saturated fat, salt and sugar you are consuming this week? Check the labels on the food you buy this week to see what you are consuming and think about how you could reduce and/or replace some of the unhealthier food options.
- Could you eat whole grain products such as brown rice and wholemeal bread rather than the unhealthier equivalent?
- Remember the recommended daily intake of calories for men is 2500 and 2000 for women.
- Consider completing the Healthy drinking challenge (week 1) for all of this week too
- Consider when you drink a tea/coffee having a drink of water too and/or every other drink of tea/coffee that you intend to drink/would normally drink, to be substituted for a cup of water.
- Consider reducing the amount of alcohol and fizzy drink consumption this week. Can you keep the same approach at home? Can you replace an alcoholic drink with a soft drink option or for example, add soda to half a glass of wine to make it a spritzer instead of a full glass of wine?
- If you have sugar in your drink then try and reduce the number of sugars you have and if you have full fat milk or add other unhealthy components to your drink then try and omit or reduce these in your drinks. Can you swap these choices for soft drinks, water or a healthier option?

Useful Resources

Healthy eating:-

- Attachments such as the Eat Well Plate

NHS Live Well pages,



- <http://www.nhs.uk/LiveWell/5ADAY/Pages/5ADAYhome.aspx>
- <http://www.nhs.uk/Livewell/5ADAY/Pages/Portionsizes.aspx>
- <http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx>
- <http://www.nhs.uk/livewell/goodfood/Pages/Goodfoodhome.aspx>

Change4life pages,

- <http://www.nhs.uk/change4life/Pages/Justforme.aspx>
- <http://www.nhs.uk/change4life/Pages/Justforme-FibreSwap.aspx>
- <http://www.nhs.uk/change4life/Pages/Justforme-SnackSwap.aspx>
- <http://www.nhs.uk/change4life/Pages/Justforme-PlateSwap.aspx>

Department of Health publications,

- http://www.dh.gov.uk/en/Publichealth/Healthimprovement/FiveADay/DH_4069867
- <http://www.eatwell.gov.uk>
- <http://www.realbuzz.com/food-and-diet/>
- http://www.bhf.org.uk/HealthAtWork/eating_well_at_work/how_to_do_it/activity_ideas.aspx

- **Week 6 - Pedometer Challenge week**

- Your target is 10000 steps per day although if you can get higher than this then that is great! 10000 steps is the nationally recognised recommended daily target by various experts. 10000 steps approximately equates to 5 miles or 8 kilometres.
- Try and get as high a number of steps as possible this week, Monday to Friday.
- Compare each day's steps and work out how you could increase the number of steps you take. Why not challenge yourself to beat the number of steps you took on the previous day? Or record the highest number of steps you took on one day this week?
- Try and work out ways that you can move more in your day, eg taking a stroll at lunchtime, parking further away from work and other destinations that you go to, eg the shops, walking to the kitchen and to other people's desks rather than talking to them from a distance etc. Could you go for a walk outside of work in a local park or other open space? If you make it a brisk walk then it can contribute towards your 150 minutes of physical activity (week 4).
- Please note that some activities, like jogging/running or an aerobics class might not calculate the number of steps accurately, depending on the pedometer. You can still take this into consideration when evaluating your daily steps and as with all these activities that are done at the moderate intensity level they count towards your 150 minutes of physical activity (week 4).

Useful Resources:-

- Put your heart into walking, British Heart Foundation
- NHS Live Well 10000 step challenge
<http://www.nhs.uk/Livewell/loseweight/Pages/10000stepschallenge.aspx> and
<http://www.nhs.uk/Livewell/women1839/Pages/10000stepsdiary.aspx>
- NHS Live Well, <http://www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx>



- Change4life, <http://www.nhs.uk/change4life/Pages/Justforme-UpandAbout.aspx>
- BHF Think Fit website, <http://www.bhf.org.uk/thinkfit/>
- **Week 7 - Active Travel week**
 - Firstly, use another mode of transport than you would normally do on one day this week (more if you can and want to) to get to and/or from work. This can be part of the journey if for 15 minutes or more. Walking can count if you walk for 15 minutes or more and other obvious options would be travelling by bus, cycling, running or train. Car sharing, because of its benefits to the environment also counts too!
 - Secondly, walk (part of your 150 minutes of physical activity, week 4) part of your normal journey to work. For example, park further away from work than you would normally do and/or use another car park on at least one day this week. You can combine both first two points here.
 - Try and have a mindset this week of considering and exploring other ways to get to and from work, in the context of improving your health and wellbeing but potentially saving you money too!

Useful resources:-

- CTC, Commuting section, <http://www.ctc.org.uk/DesktopDefault.aspx?TabID=5000>
- **Week 8 - Give something a go and give up a bad habit week**
 - In the context of being active and being healthy is there something new you could try or do something different this week that will make you more healthy and/or active (something that could contribute to your 150 minutes of physical activity)? Maybe something that you have been thinking about but not got round to it yet?
 - Likewise is there something you think you need or ought to give up or do differently but need that incentive to do it?! This is the week for both of those things. The objective is to achieve one of each but if you can achieve more than that is great.

General Points

- Optional - for each of the previous weeks' challenges can you achieve that challenge's objectives on at least one day of the current week (or more if you can)? For example, in week 6, Monday could involve meeting the objectives of week 1, Tuesday the objectives of week 2 etc. and not necessarily in any particular order.
- Try and maintain the mindset for these challenges into your home life too on the week days and if you want you can carry the challenge for each week over to the week end days too. For those of us who don't work the 5 days of the week, try and achieve the goals of the week's challenge at home if you can.
- It's about making your behaviour change achievable and sustainable - all the tasks might be challenging but should be achievable and sustainable. The idea is to sustain this behaviour beyond the 8 weeks and ideally indefinitely! It's about trying to keep the mindset in your home life too and so it is about your whole mindset to life.



- Ideas are welcome for making additions/omissions to the different weeks, whether that is before or during a particular week.

Resources

Websites

General resources (relevant to every week that are not stated above)

- NHS Live well site, <http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>
- Change4life, www.nhs.uk/change4life and <http://www.nhs.uk/change4life/Pages/Justforme.aspx>
- Real Buzz.com, Healthy active living, <http://www.realbuzz.com>

Non specific

- Smoking Advice, <http://smokefree.nhs.uk/>
- Alcohol Advice, www.drinkaware.co.uk

Coordinator Resources (as well as the above)

- Department of Health Publications Orderline, offering free resources, including posters and booklets, http://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf
- Change4life resources, <http://www.nhs.uk/change4life/Pages/PartnerTools.aspx>
- British Heart Foundation Publications, some free and some priced resources, including posters and booklets, <http://www.bhf.org.uk/publications.aspx>
- BHF Think Fit website, <http://www.bhf.org.uk/thinkfit/>
- Pedometers for each of the participants (the better the pedometer the more accurate and the better the challenge will be – Pedometer challenge week)
- Optional – fruit bowl – healthy eating week
- National Physical Activity Guidelines, http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127931

Documents

- British Heart Foundation resources including Get Active, Stay Active and Be Active for Life, <http://www.bhf.org.uk/publications.aspx>
- other publications mentioned – search for these or request from rich@cswsport.org.uk

After the Event – optional but could be a good idea

- Evaluation form for everyone to feedback on the challenge
- Personal reflection sheet for people to reflect on how they behaved in the challenge and work out what actions they are going to put in place over the coming weeks and the future.
- 1 month – informal review to see how people are doing, 1st week in August
- 3 month – informal review to see how people are doing, 1st week in October

Assess how the 1st 2 reports go to see whether it is worth having further reviews

Email rich@cswsport.org.uk to request any of the above or to ask any questions