

Move More Western Isles

Activity Diary



This activity diary will help you to record the ways you are gradually increasing your activity levels.

Planning ahead helps to overcome barriers and plotting your progress will enable you to recognise how far you have come.

Set small targets each week that are achievable, be satisfied when you have done well and don't be downhearted when you have been disappointed.

Remember, there is always next week!

Six guidelines for activity

1. Try to be active daily

2. The Magic 150 Minutes

Clocking up 150 minutes of moderate aerobic activity per week is the UK Chief Medical Officer's recommendation. Moderate activity will raise your heart rate and make you breathe faster and feel warmer.

One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song. Activities such as walking, cycling, swimming, pushing a lawn mower - all count.

Move More Western Isles offers free access to our facilities for 12 weeks and a Move More advisor, can help you find an activity that suits you.

3. Don't be down hearted

150 minutes will seem like too much for many people with long term conditions, including cancer especially when you are just starting. Remember simply doing a little bit more of what you can already manage and adding on a minute or two will make a difference.

'The biggest benefits come to those who start from scratch, its moving from a sedentary lifestyle to a moderately active one that makes the biggest difference to your health'

Dr Cavill, NHS Choices

4. Keeping muscles and bones strong is important too!

The UK Chief Medical Officer recommends strength exercises on two or more days a week which works all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

But you don't have to visit the gym to get stronger, standing up out of your chair, carrying shopping bags AND gardening tasks are just some of the ways that can help improve your bone and muscle strength. Attending a Move More circuit class will give you some ideas.

5. Sitting is bad for your health

You should try to break up long periods of sitting with light activity, as sedentary behaviour is now considered an independent risk factor for ill health.

Try to get up every 20 minutes morning afternoon and evening. You only need to be on your feet a few minutes to make a difference.

6. Balance

Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week.

Your Move More advisor can help you find some simple balance and strength exercises that you can do at home - or you may want to try a Move More Gentle Movement Class. Bowls, yoga and dancing can all help improve balance.



Why Move More?

Inactivity is described by the Department of Health as a "silent killer". Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods is bad for your health.

Whether it's limiting the time babies spend strapped in their buggies, or encouraging adults to stand up and move frequently, people of all ages need to reduce their sedentary behaviour.

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose!

Did you know...

It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia

Health benefits of exercise

"If exercise were a pill, it would be one of the most cost-effective drugs ever invented"

Dr Nick Cavill, NHS Choices

'It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy to take, has an immediate effect. Its name? Exercise.'

NHS Live Well



Week 1	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 2	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 3	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 4	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 5	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 6	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 7	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 8	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 9	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 10	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 11	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Week 11	Activity	Minutes of moderate activity	Comments
Targets 1. 2. 3.		Total:	

Congratulations!

You have completed your 12 week 'Move More' programme.

Over the past 12 weeks you have taken many steps towards improving your health and wellbeing through moving more. We hope that you have enjoyed your time on the programme and that it has been of benefit. You've made a great start but keeping active **long term** will improve your health **long term**.

There will be times when daily life interferes with your routine e.g. house moves, caring responsibilities, illness, etc. Be prepared that this will happen and accept this as a 'blip'. Try to get back gently to exercise as soon as possible.

Everyone has times when they are just not motivated; try to remember that even a small amount of activity can make a difference.

How can we help you long term?

Your local Sports Centre offers a variety of follow-on classes (and currently offer the cheapest membership scheme in Scotland), should you wish to continue using the fitness facilities/ swimming pool. If you prefer not to sign up to a year's membership, your Sport Centre has a 'Pay As You Go' option that may suit some people.

We hope you will continue with a home programme of walking and balance and strength exercises or maybe you will be interested in joining one of our partner activities which includes walking, gardening, singing, table tennis, group cycling and more. Just ask about these at your 12 week check.

You may be interested in signing up to the NHS Western Isles text service Florence ('Flo' for short) to track your weekly activity minutes, which can act to encourage you to keep up your physical activity levels.

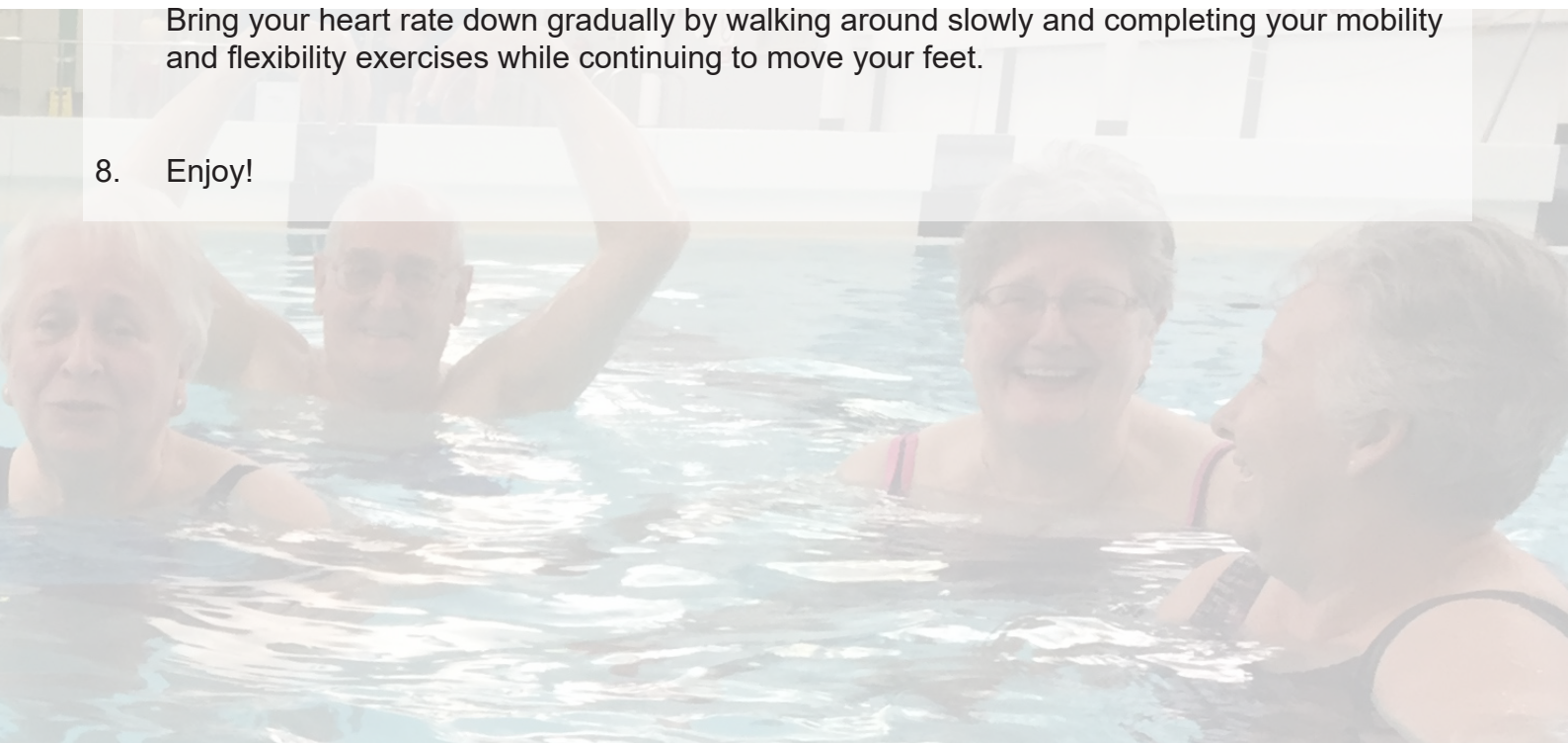
For some people a fitness tracker or even an old fashioned paper diary may also help with motivation!

Remember, although you have completed the 12 week 'Move More' programme, we are interested in your progress - and you can always knock on our door for advice, a boost, or even to chat about how you are getting on. Our contact details are available on the 'Local activities and contacts' page.

Golden Rules

1. Remember if you have been prescribed a spray or inhaler you should keep the medication on hand when you are active (and a snack if you are diabetic). If you feel unwell, dizzy or experience chest pain - **STOP** - and ask for help.
2. Warm up gradually (15 minutes for people who have been through cardiac rehabilitation) starting 'slow and easy' on a piece of cardiovascular equipment e.g. the exercise bike/ treadmill and increase your heart rate and intensity gradually.
3. Adhere to the advice regarding intensity from your Move More advisor. For most people on the Move More programme, light to moderate levels of activity have been recommended.

(Cardiac Rehabilitation: Moderate intensity is a minimum for most people who have been through cardiac rehabilitation. People who have been through this programme should continue to exercise within their target heart rate zones)
4. People on the Move More programme have had a limited introduction to the gym. Your programme is specific to your referral condition. If you are interested in using a new piece of equipment, then please ask Move More staff before doing so. Don't be tempted to copy another user, as the activity may be inappropriate for you.
5. Avoid standing still for periods of time. Keep your feet moving throughout the activity programme.
6. Keep hydrated.
7. Cool down is important (15 minutes for people who have been through cardiac rehabilitation). Bring your heart rate down gradually by walking around slowly and completing your mobility and flexibility exercises while continuing to move your feet.
8. Enjoy!



How active should I be?

Be active

Keep your heart and mind healthy

Build strength

Strengthen muscles, bones and joints

Improve balance

Reduce your risk of falling

How often?
150
minutes
of moderate
activity a week

2
days a week

2
days a week



Sit less



Break up long periods of sitting down to help keep your muscles, bones and joints strong.

To do 150 minutes of activity in a week, you could do 30 minutes of activity on five days of the week. You could break this up into 10 minutes of activity, three times a day. It is important to build this up slowly, at a pace that's comfortable for you.

It is also important to do activities that improve muscle strength on at least two days of the week. If you are older or at risk of falling, you are also advised to do activities that improve co-ordination and balance on at least two days of the week.

Local activities and feedback

‘Move More Western Isles’ has links to a variety of activities from Barra to Ness, including:

Activity	Activity
Comhairle nan Eilean Siar Sports Centre SLAINTE MHATH Membership Schemes	Gardening Projects
Gentle Movement Classes	Walking Football
Move More - Circuit and Gym Classes	Table Tennis
Move More - Easy Aquafit Classes	Hebridean Harmony Singing Group
Health Walks	Gentle Yoga
EMBARK - Cycling Woodland Skills and Rowing	FLO (NHS Western Isles motivational text service)

If you would like more information or a recent timetable of the activities available please contact your local ‘Move More’ Activity Officer.

“No question that it has been useful - 10 out of 10! I would encourage other people to come”
Mr M, aged 75

“I wasn’t aware I could improve in so many areas in three months! I feel stronger and more motivated I had never seen myself as someone who would use gym equipment but it is great to do”
Mrs R, aged 74

“It’s been very enjoyable both socially and exercise-wise - I feel that I have got my strength back”
Mr D, aged 80

“Feel very happy with the 12 week course. Enjoyed taking part each week. Felt in good hands. Hoping to continue with my activity”
Mr J, aged 84

For further information on the ‘Move More Western Isles’ project, please contact the Move More Activity Officer for your area:

Lewis & Harris Kirsty Wade, tel: (01851) 822 761 / 822 800 or email: kirsty.wade@cne-siar.gov.uk
Uists Kevin Morrison, tel: (01870) 604359 or email: kevin.morrison@cne-siar.gov.uk
Barra Lianne Macinnes, tel: (01871) 810129 or email: lianne.macinnes@cne-siar.gov.uk

Further Information

If you require further information, please contact:

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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