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Healthy Lifestyle Progress Charts

● Healthy eating ● Being more active ● Stopping smoking made easier

Congratulations! you have made the first step towards a healthier lifestyle. Like many others, you know that there are changes you could make to your daily routine that would reduce your chances of suffering from heart or lung diseases and that would give you more energy to enjoy life. By using *The Health Show Guide* in conjunction with the *Healthy Lifestyle Progress Charts* you will find lots of ideas and simple changes that you can try in order to make your lifestyle much healthier. By using the charts you can try new ideas each week which we hope will become so firmly established that they will seem the natural way to continue. Fill in the progress charts each day so you can see how well you are doing.

Healthy eating

INTRODUCTION

The aim of this programme is to help you have a healthier diet. This isn't just about weight loss – most people can benefit from making changes to their diet. The main changes we need to make are:

- eat more 'fibre-rich starchy foods' like bread, potatoes, pasta and rice
- eat more fruit and vegetables
- eat less fat, especially saturated fat – the type mainly found in animal products

Read pages 6–15 in *The health show guide* for the reasons why you need to think about making changes to your eating habits.

Think about whether you have made any changes to your diet (e.g. eating more vegetables) **over the past year** to make it more healthy. Put a tick in the box against the changes you have *already* made. Be honest with yourself. Only tick the boxes if you *always* follow the advice and not if you do it occasionally.

Group A

- ☐ Eat more fruit each day (eg two pieces if you normally eat one, three if you normally eat two).
- ☐ Eat more vegetables (other than potatoes) and salad each day (eg three portions if you normally have two).
- ☐ Eat more bread each day (eg six slices a day if you normally eat four slices, or three if you normally eat two).
- ☐ Eat more potatoes (not fried), rice or pasta each day.
- ☐ Eat more breakfast cereals (not sugar-coated ones).

Group B

- ☐ Use semi-skimmed (striped red and silver top) milk instead of full-fat (silver top) milk.
- ☐ Spread butter or margarine more thinly on bread.
- ☐ Use low-fat spread instead of butter or margarine.
- ☐ Use oil instead of dripping or other hard fats for cooking.
- ☐ Use less oil or other fat in cooking.
- ☐ Eat less full-fat cheese such as Cheddar or use half-fat cheese instead.
- ☐ Use low-fat plain yoghurt instead of cream.
- ☐ Cut down on biscuits, cakes and pastries.
- ☐ Cut down on chocolate and/or crisps.
- ☐ Use leaner cuts of meat.
- ☐ Trim all visible fat from meat and remove the skin from poultry.
- ☐ Use low-fat burgers and sausages instead of full-fat varieties.
- ☐ Cut down on chips – replace with baked or boiled potatoes.
- ☐ Bake, boil, steam or microwave instead of frying.

Now that you can see the healthy choices you have already made, you will be able to choose some new ideas to try by following the three step plan over the page.

Healthy eating

Three steps to a healthier diet

Step 1
Decide on one new idea from the list on the previous page which you think you could try for a week. Choose one which you would find easy and practical that suits your lifestyle and that you can afford. Write it on the first line of the chart and tick it off the list.

Step 2
If you have chosen an idea from Group A tick it off on the chart each day of the week that you manage to make the change. Try to make the change every day. If you have chosen an idea from Group B you may not be eating this every day but on the days you do and you follow the advice then tick the box. On days you do not eat these foods at all then still award yourself with a tick e.g. if you were to use no oil or fat in cooking.

Step 3
For Week 2 carry on with this one change and choose one more idea from the list which you think you could try for a week. Write this idea on the next line on the chart and tick the boxes as in Week 1. Try to build up your ticks week by week so that by Week 8 you are ticking 5 out of 7 boxes for each idea. Carry on for eight weeks, trying one new idea each week and continuing with all the changes you've already made. Check how you get on at the end of each week. If you found some changes too difficult, think about why this was, and leave them for now concentrating on the changes you found easier. If you find you are making good progress then you could always try more than one idea a week. At the end of eight weeks congratulate yourself on sticking at it. Make a commitment to yourself to continue with the changes that you were successful in making. Think about trying some of the other ideas in the future.

NAME	week 1							week 2							week 3							week 4							week 5							week 6							week 7							week 8													
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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You need only try one new thing this week.

Keep it going - you're now doing 5 new things.

Well done! Carry on enjoying healthy eating.

Being more active

Three steps to a more active and healthier lifestyle

Before following this plan please read the Introduction on the back page.

Step 1
Select one activity from the list on the back page that you think you will enjoy. Write it in the activity box and put a tick in the daily boxes for each day that week that you do this activity for at least five minutes.

Step 2
For Week 2 you can either choose a new activity, carry on with the same one or, if you would like some variety, do some of both e.g. walking on two days and swimming on one. Tick the daily boxes each day you do the chosen activity for at least five minutes. Gradually try to increase the time spent on each activity to 15 minutes. If you succeed then score a cross rather than a tick.

Step 3
Each week repeat Step 2 and aim to increase the number of ticks and crosses you score each week. You do not need to do an extra activity each week and if you do not enjoy an activity try another one. By Week 4 you should be aiming to score two ticks and a cross. By Week 8 you should aim to score one tick and three crosses but remember, it is not a race. The aim is to build up slowly, to be a little more active each day and eventually to do at least one vigorous activity at least three times a week for about 20 minutes, and at the end of which you should be slightly breathless and a bit sweaty. You will feel much better for it.

NAME	Activity	week 1							week 2							week 3							week 4							week 5							week 6							week 7							week 8						
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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Start gently by doing your chosen activity for 5 minutes and scoring a tick.

If you manage to do an activity for 15 minutes score a cross.

By Week 4 you should score two ticks and a cross each week.

Congratulations! You've reached Week 8 and you feel much better for it.

Being more active

INTRODUCTION

Being more physically active will help you improve your fitness level. You will find that everyday activities will seem easier as you improve your strength and stamina. Physical activity and some exercise will also help you control your weight and body shape, make you feel great and full of energy. And, by strengthening the heart muscles, you will significantly reduce the risk of heart disease. You do not need to take on anything particularly strenuous or organised. To have a beneficial effect, exercise should leave you *slightly* breathless, but still able to talk easily. A brisk walk, instead of a car or bus journey, and walking upstairs instead of taking the lift, will help. Build up your exercise slowly.

IF YOU HAVE NOT BEEN VERY ACTIVE RECENTLY OR HAVE DOUBTS ABOUT YOUR FITNESS AND HEALTH, CHECK WITH YOUR DOCTOR FIRST.

MOST IMPORTANT, TRY TO ENJOY THE ACTIVITY.

The chart on the previous page will help you monitor your progress as you aim to build up your activity level over the eight week period.

Activities

Brisk walking
Jogging
Running
Cycling
Swimming
Rowing
Dancing
Kite flying; frisbee catching; etc

Or you could try a sport, either on your own or in pairs or even a team.

Badminton
Squash
Tennis
Softball
Football
Rugby
Volleyball, netball; etc

There are many available, contact your local leisure centre for other ideas and choose the one you will enjoy the most.



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