
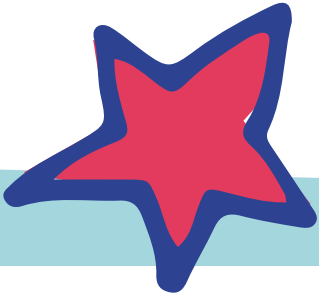


OneLife Suffolk Children, Young People and Family Handbook





Contents



1	Welcome
2	About you
3	OneLife group principles
4	Goal setting
5	S.M.A.R.T goals
6	Weekly goals
7	The Eatwell Guide
8	Regular eating & snacks
9	Portion control
10	Portion guide
11	Tips & shopping on a budget
12-13	When fruit & vegetables are in season
14-15	Meal planner
16	Physical activity
17	Approaching activity
18	Let's track our activity
19	Making healthy choices
20	Eating out
21	Food labels
22	What's in your drink
23	The importance of water
24	Water tracker
25	The importance of sleep
26-27	Sleep diary
28	How to get a good nights sleep
29	Healthy breakfast
30	Help with fussy eaters
31	Staying on track
32	Tips for staying on track & Maintenance
33	Useful websites & apps
34-35	Notes
36-37	Reflections

Welcome to OneLife Suffolk!



This handbook contains lots of information and things for you to do, to support your family whilst you are on the programme and beyond.



OneLife Suffolk programmes exist to provide families the support and advice to make better lifestyle choices to help you feel fitter and healthier. We do this by giving you the time and space to learn about what living healthily actually means, and how you can apply this to family life.

What do our programmes involve?

1.

Lifestyle sessions where we explore a range of topics such as: what healthy eating really looks like; what's in foods we love; and how to make those little changes that make big differences!

2.

Loads of moving about! Your child will be taking part in fun physical activities in a friendly and relaxed environment. There will be various activity sessions from dodgeball to boxercise. They'll soon see how moving more can have a big impact on their confidence and how they feel.

3.

If you and your family are attending your Onelife Club virtually the sessions are slightly shorter but cover the same topics with the option of attending our fun activity session.





Name:



Your Practitioners!

Throughout your sessions on the OneLife Club, you will be supported by dedicated child & young person healthy lifestyle practitioners who are there to help you every step of the way.

Practitioner 1 Name:

Practitioner 2 Name:

Practitioner 1 Email:

Practitioner 2 Email:

**Practitioner 1 Contact
Number:**

**Practitioner 2 Contact
Number:**

OneLife group principles



Tell us if you are unhappy

- Let us know if you feel upset or have any concerns, we can work things out.
- Please don't drop out.

Arrive on time

- So as not to keep others waiting.

Be supportive of each other

- Accept people just as they are, and avoid making judgements.

Attend every session

- Make a commitment to the group.
- If you must miss a session, please inform us as far in advance as possible.

Equal time for all

- Give everyone a chance to talk.

Implement your learning

- Practise what you learn.
- These methods can help you control your weight, only if you practise them.

Keep it practical

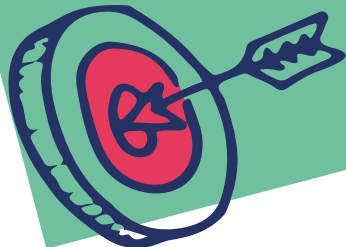
- Focus on solutions.

Keep it confidential

- Respect and maintain the confidentiality of the group.
- What is said in the group is not to be repeated or discussed at any other time or place.
- You can discuss what you are learning about healthy lifestyle with others.



Goal setting



Planning what you want to achieve or get better at is called goal setting and it helps you succeed.

Goal setting is something you hear during every session with OneLife.

We know that individuals who set and monitor their goals regularly are the ones most likely to achieve the best results.

Learning about living a healthy lifestyle is great but you will only see results if you set goals and put them into practice.

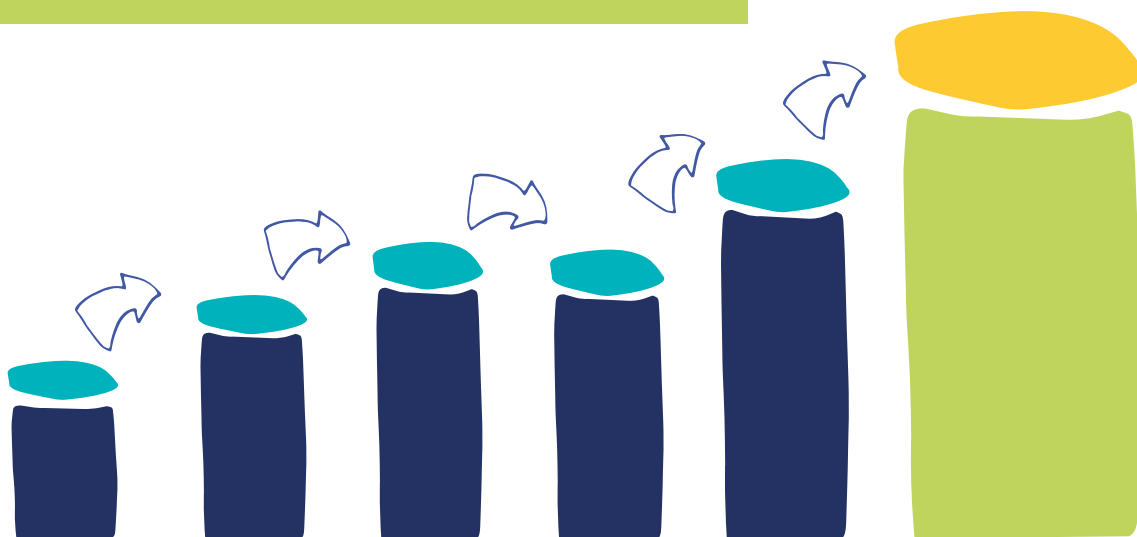
At OneLife we split goals into:

Journey goals - weekly goals

These are shorter-term goals that you can achieve within a week. For example "This week I will cut down from a packet of crisps a day to three packs a week."

End goals - your longer-term goals

Things that you would like to achieve in 3,6 and 12 months. For example, "I want to be fit enough to get onto the football team at school next year."



S.M.A.R.T goals



Setting goals can help you keep focused and motivated. When setting goals, it is useful to keep them SMART:

Specific -

The goal should make it clear what you want to accomplish e.g. Walk up the hill near my house without stopping.

Measurable -

Identify a way to measure and track progress toward the goal e.g. Increase the number of lampposts I walk to each week.

Achievable -

Choosing very hard goals sets you up for failure so make them easy and realistic e.g. If you are not currently active, a better goal should be to walk up your local hill without stopping rather than run all the way up.

Relevant -

Make goals relevant to important things in your life. For instance, walking up the hill from your house may help you visit your family and friends more often if they live at the top of the hill.

Time - framed -

Think about how frequently and for how long you will do the activity. For instance you might start by aiming to walk for 20 minutes on the days you go to the local shop.

Example:

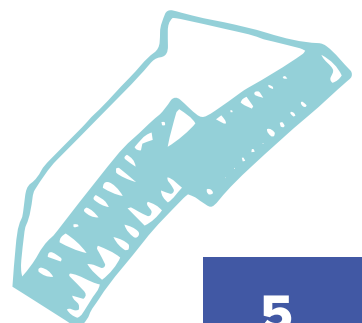
Goal: I want to do more exercise

SMART: I want to do a 30-minute walk with my dog for 5 days over the next week

Example:

Goal: I want to eat more fruit & vegetables

SMART: I want to eat my 5 a day of fruit & vegetables 3 times a week





Weekly goals

My goal this week is...

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

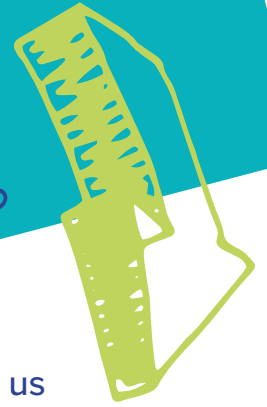
Week 7

Week 8

Week 9

Week 10

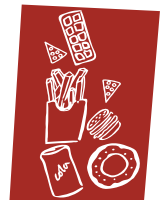
The Eatwell Guide



The Eatwell Guide shows us approximately how much we should eat from the five main food groups. To achieve a healthy, balanced diet we should be eating:

Fruit and Veg - Aim for a rainbow of different colours of fruit and vegetables every day.

Carbohydrates - 3 - 5 servings a day. These foods provide energy.



Foods high in fat, salt and sugar - These foods are not needed in our diet, so we need to make sure we have them as a treat!

Choose Unsaturated oils and spreads, and eat in small amounts - Unsaturated fats are healthier and include vegetable, rapeseed, olive and sunflower oil. Remember all types of fat are high in energy and should be eaten sparingly.

Proteins - Try to have 2-3 portions of these foods every day. These foods help the body to grow and repair. Proteins are the building blocks of life!

Dairy Foods - Foods rich in calcium help to keep bones and teeth strong. Aim for 2 portions a day.

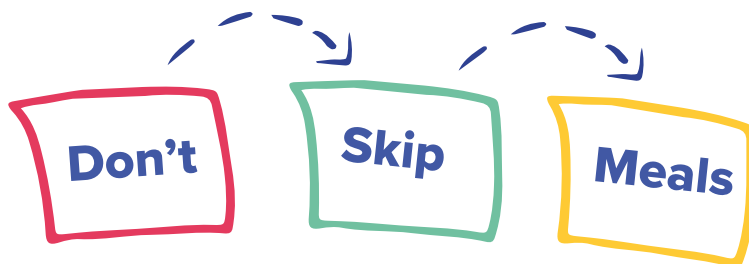


Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day



Regular eating & snacks

Research tells us that regular eating is very important in managing a healthy weight and your energy levels.



Stop skipping meals - skipping, for example breakfast, can make you want to snack on unhealthier options later on in the day.

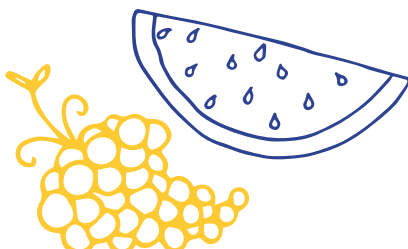
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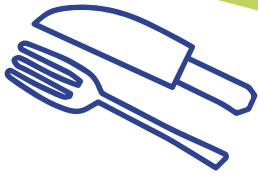
Eat 3 meals a day - (breakfast, lunch and dinner) and enjoy 2 healthy snacks in between.

Avoid getting too hungry by choosing healthy snacks to help keep you going until your next meal!

Swaps	Things to swap from	Things to swap to
After school snack swap	<ul style="list-style-type: none">• Muffins• Cakes• Pastries• Biscuits• Chocolate bars• Cereal bars• Sugary breakfast cereal• Puddings• Sweets	<ul style="list-style-type: none">• Fruit, fresh and tinned (in juice not syrup)• Cut up vegetables i.e. carrot or cucumber sticks• Plain rice cakes• Toast or bagel with spread i.e low fat spreads and reduced fat houmous• Wholewheat biscuits and shredded whole grain cereals• Plain unsalted nuts• Fresh or tinned fruit salad (not in syrup)• Fruited teacake



Portion control



Research tells us that portion control is one of the key factors when trying to reach or maintain a healthy weight. It's a fact that we tend to eat larger portions if our plate is full, rather than stopping when we are full.



Use these guides to help you and your family eat the right amount of each type of food. Share them with whoever makes the meals so that they know what to dish up.

Be aware, portion sizes can sometimes sneak up a little bit so it's really important to keep checking them.



Meat
A palm size



150ml fruit juice
portion

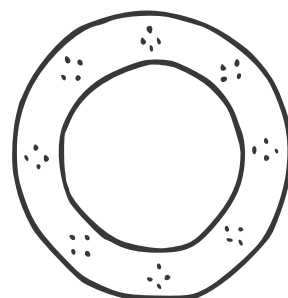


Vegetables
A cupped hand size



**Fruit, rice, pasta,
potatoes**
A fistful size

Top Tip 1
Buy a smaller plate to
use at home



Portion Guide



Portion Guide	Girls			Boys		
	4-6 yrs	7-10 yrs	11+ yrs	4-6 yrs	7-10 yrs	11+ yrs
Fruit & veg	5	5	5	5	5	5
Bread, rice & pasta	6	6	6-7	6	6	7-9
Meat, fish & other sources of protein	2	2-3	2-3	2	2-3	2-3
Milk & dairy	3	3	3	3	3	3
Fats (oils & spreads)	2	2	2	2	2	2
Treat snacks	Up to 5 per week	Up to 5 per week	Up to 5 per week	Up to 5 per week	Up to 5 per week	Up to 5 per week



Daily sugar allowance

Sugar can be found naturally in products such as fruit, but it can also be added to other products such as cake and biscuits. Products with added sugar are the ones we need to look out for! If we have too much sugar in our diet, it can lead to tooth decay and weight gain. This is why we need to limit the amount that we have everyday.

Recommendations for each age group

Age 4-6	5 tsp
Age 7-10	6 tsp
Age 11 + (this includes adults!)	7 tsp

Top Tip 2

It takes 30mins for the body to digest food. If you are still hungry 30 mins after you have eaten, it's ok to have a piece of fruit or yoghurt to fill you up



Tips & shopping on a budget



1.

Eating plenty of fruit and vegetables provides us with natural forms of vitamins, minerals and fibre to help maintain a healthy body.

2.

Basing our meals around starchy foods, such as potatoes, bread, pasta and rice (choose wholegrain varieties when possible).

3.

Having some milk and dairy products (choose low-fat options where you can).

4.

Choosing some foods that are good sources of protein, such as meat, fish, eggs, beans and lentils.

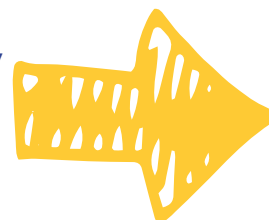
5.

Eating foods high in fat, salt and sugar less often and in smaller amounts.



You don't always have to buy fresh, frozen or fruit and veg tinned in water or their own juices are just as good. Be careful though of dried fruit as these can lead to tooth decay and we can easily over indulge in more dried fruit than we would wish.

Fruit and veg are often cheaper to buy when they are in season



When fruit & vegetables



Vegetables

January	February	March	April	May	June
 <p>Artichoke, kale, leeks, beetroot, parsnips, swede</p>	 <p>Leeks, potatoes, shallots, cauliflower, swede</p>	 <p>Spinach, kale, swede, spring onions, leeks, salsify</p>	 <p>Broccoli, asparagus, rocket, lettuce, spinach</p>	 <p>Carrots, lettuce, peas, new potatoes, samphire</p>	 <p>Tomatoes, aubergine, carrots, courgettes, turnips</p>
July	August	September	October	November	December
 <p>Peas, pak choi, tomatoes, carrots, beetroot</p>	 <p>Peppers, sweetcorn, turnips, fennel, broad beans</p>	 <p>Mushrooms, pumpkin, shallots, turnips, artichoke</p>	 <p>Pumpkin, sweetcorn, celeriac, squash, celery</p>	 <p>Potato, turnips, pumpkin, butternut squash</p>	 <p>Turnip, beetroot, mushrooms, swede, leeks, celery</p>

are in season

Fruit

January	February	March	April	May	June
 <p>Apples, lemons, pears, satsumas, kiwi fruit</p>	 <p>Rhubarb, lemons, oranges, pineapple, passionfruit</p>	 <p>Lemons, bananas, kiwi fruit, pineapple, oranges</p>	 <p>Bananas, rhubarb, kiwi fruit</p>	 <p>Kiwi fruit, bananas, rhubarb</p>	 <p>Strawberries, blueberries, cherries, gooseberries</p>
July	August	September	October	November	December
 <p>Cherries, strawberries, blueberries, greengages, gooseberries</p>	 <p>Raspberries, cherries, redcurrants, plums, blueberries</p>	 <p>Pears, plums, raspberries, redcurrants, blackberries, apples</p>	 <p>Blackberries, pears, quince, figs, grapes, elderberries</p>	 <p>Pomegranate, satsumas, clementines, cranberries, passionfruit</p>	 <p>Satsumas, apples, pears, cranberries, clementines</p>

Meal planner template



Date:

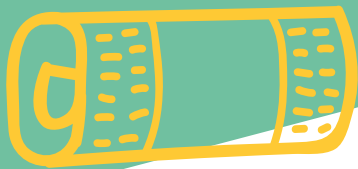
	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Date:

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Physical activity



Physical activity is really important to help keep you and your family healthy.

You should be engaging in moderate to vigorous intensity physical activity for at least 60 minutes every day. This doesn't have to be done all at once it can be split into smaller chunks e.g. 3 lots of 20 minutes or 6 lots of 10 minutes throughout the day.



Why is physical activity good for you?

- It makes you feel great
- Reduces your risk of cardiovascular disease
- Reduces your risk of type 2 diabetes and metabolic syndrome
- Reduces your risk of some cancers
 - Helps to control your weight
- It helps you meet new people and make friends
- Strengthens your bones and muscles
- Regular activity helps with sleep regulation and therefore helps to maintain a good sleep routine

There are two types of activity:

Structured Activity

This involves activity such as sports or playing games that get you moving around and getting you a bit hot and sweaty.

The following activities are structured:

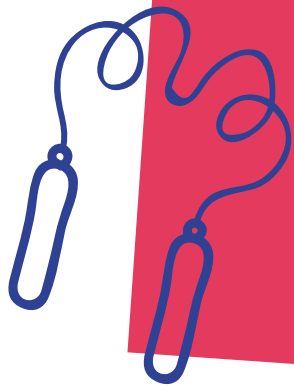
- Going for a jog
- Riding a bike
- Team sports
- Going to an exercise class
- Doing an exercise video

NEAT (Non Exercise Activity)

These are extra movements you can do to get yourself moving and use more energy without thinking about it too much.

Neat includes:

- Whilst you are on the phone, walk about rather than just sitting still
- Get off the bus a stop earlier and walk the extra distance
- Walk to school or work a few times a week
- Do housework like Hoovering



Approaching activity

How might I benefit from increased activity?



6

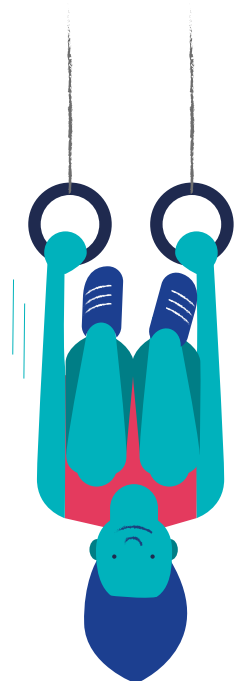


What stops me from being more active?

Committing to something new...

Identify a new activity to reduce sedentary behaviour:

Identify a way to increase lifestyle activity:



Let's track our activity!



Things to think about:

- What did you do at break and lunchtime? (run around, played football, lunchtime club)
- How did you get to school or friends or an activity club (walk, cycle)
- Did you do any chores around the house? (clean car, Hoover, dusting)
- Did you have an afterschool club? (football, rugby, gym, dance)



	AM	PM	Total Time: Aim = 60 mins/ per day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Making healthy choices

There will be many things that influence what your child chooses to eat such as: what their friends eat, adverts, habits, and even emotions such as stress and boredom.

When you identify specific influences, we call these 'triggers'. For example, you may treat your child to a chocolate bar from the vending machine after swimming. So swimming is the trigger for eating chocolate. When you have identified your child's triggers we can then come up with ways to overcome them. For example:



What is the trigger?	What is the trigger for?	What could we do instead?
Going to the seaside	Eating fish and chips, candy floss and ice cream.	Asking your child to choose their favourite treat before you go and packing healthier snacks and/or a lunch for the rest of the day.
The cinema	Having popcorn and a sugary drink.	Bringing your own small bag of popcorn and choosing a sugar-free alternative.
Being 'good'	You may reward your child with food for good behaviour.	Find alternatives to food rewards such as stickers or a trip to the park.

Eating out

Eating out should be fun; it should be about spending time with your family or friends with the added bonus of having someone else to wash the dishes! Preparation and planning are key to eating out healthily wherever you go!

The cinema

Take a bottle of water and a healthy snack with you so you're not as tempted by the popcorn and fizzy drinks.

An all you can eat buffet

You're more likely to make a less healthy choice if you are hungry. Have a healthy snack and drink plenty of water before you go.

A friends birthday party

If there's loads of party food, use a smaller plate and fill it up once - don't keep going back. And don't forget to pile on the vegetables!

A restaurant with friends

Many restaurants have menus on their websites, check them out before you set off and choose the best option for you.

A family barbecue

Why not make your own menu before you go? Think of the different options that will be there and plan the best choice ahead of time.

What about snacks and sides?

- Does it come with chips? Why not ask for some vegetables, beans or a side salad instead?
- Avoid dips that are high in fat such as creamy dips, go for tomato based ones instead, like salsa.
- Don't stand next to the snacks at parties – it is amazing how much you can nibble and not realise!
- Healthier options include side salads, beans, vegetable sticks, fruit, rice crackers, salsa and cottage cheese.

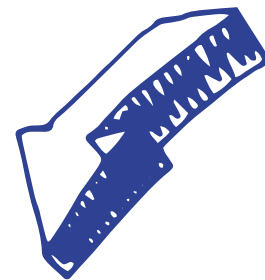


Food labels



Our aim is to help you and your family eat healthier. To do that it's important for you to know what to look for on food labels and on menus. This will help you to manage your calorie intake.

The table below shows us the UK guidelines for calories for different age groups. You can use the information you have learnt about portion control and the Eatwell Guide to ensure that your child's calories are coming from the right sources. For example, not all your calories should come from fat or sugar. It should be the right mixture of carbohydrates, proteins, fats, and dairy.



Calorie guidelines*

1 yrs	Boys	765
	Girls	717
2-3 yrs	Boys	1088
	Girls	1004
4-6 yrs	Boys	1482
	Girls	1378
7-10 yrs	Boys	1817
	Girls	1703
11-14 yrs	Boys	2500
	Girls	2000
15-18 yrs	Boys	2500
	Girls	2000

Sometimes nutritional information is helpfully summarised on the front of a food product using the Traffic Light System. Here's how it works:

Serves 2 - Half pizza provides

Cals	Sugar	Fat	Sat fat	Salt
495	9.0g	18.3g	9.2g	2.0g
25%	10%	26%	46%	33%

of your guideline daily amount



Foods with mostly RED levels of fat, sugar and calories should only be eaten every now and again



Mostly AMBER indicates foods that can be eaten a little more often



Mostly GREEN indicates that it's a healthy choice.

The figures for energy in this table relate to the general population (50th centile of weight) and individual requirements will vary. For children below and above the 50th centile these values will differ.



What's in your drink



Drinks can easily add to the number of calories and the amount of sugar your child consumes – without you even realising!

This can contribute to weight gain and tooth decay. These drinks also don't tend to contain many other nutrients so have little benefit to your child. Water is a healthy and cheap choice for keeping you hydrated. If you don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could also add some no-added-sugar squash for flavour.

Remember that even unsweetened fruit juice is sugary, so limit the amount you have to no more than 150ml a day.



x 8.75



x 5.75



x 6

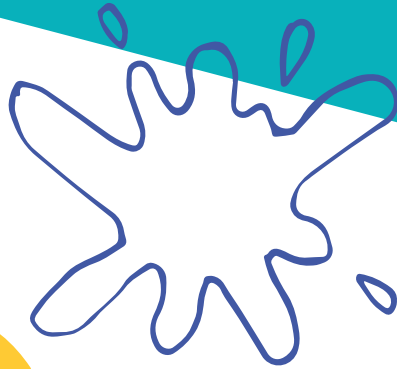


x 13.5

*correct as of March 2019

Energy drinks such as Red Bull and Monster also contain high levels of caffeine which is a stimulant. Having too much caffeine can be dangerous as it may cause serious heart rhythm, blood flow and blood pressure problems.

The importance of water



Most of us don't drink enough water. Do you know how much we should be having a day?

The average adult body contains 55-65% water. 80% of our muscle tissue is water!

Aside from oxygen, water is the most important thing we consume. We can live a couple of months without food, but only a few days without water.

Water is vital for many of our bodily functions, it:

- Helps digestion and absorption of food
- Regulates body temperature
- Helps blood circulation
- Carries nutrients & oxygen
- Removes toxins & other waste
- Helps cushion joints

What if you don't like the taste of water? Put a bottle in the fridge, as keeping it cold can improve the taste or chop up some fruit to give it a citrus taste.

The department of Health recommends we drink at least 1.2 litres of water a day, which is about 8 glasses. Remember if you exercise you will need to drink more.

It is important that you top up your fluid intake throughout the day so if you can't stand water, low sugar/sugar free squash is ok.

For those who are forgetful how about using your OneLife bottle which may prompt you to drink more.

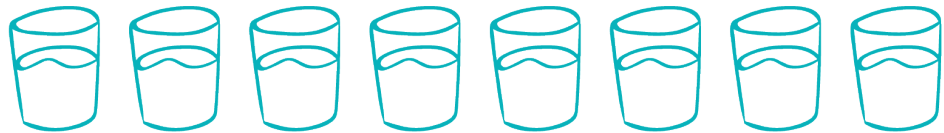
If you have a smartphone try downloading a water tracker app/ game.

Water tracker



Are you achieving your 8 glasses/1.2 litres of water a day?

Monday



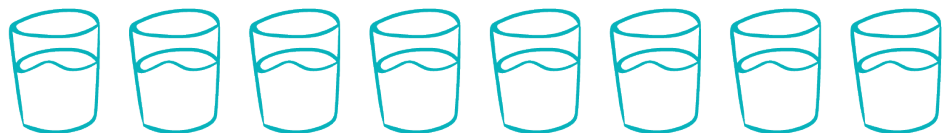
Tuesday



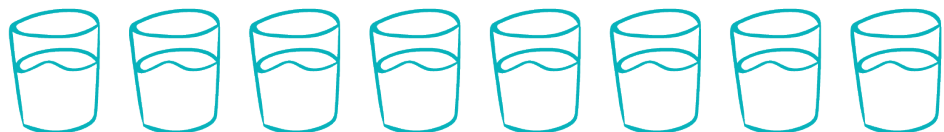
Wednesday



Thursday



Friday



The importance of sleep

Increases our learning.

Improves concentration & memory.

Boosts mental health.

Avoid getting unwell.

Rest & relax.

Make healthier food choices.

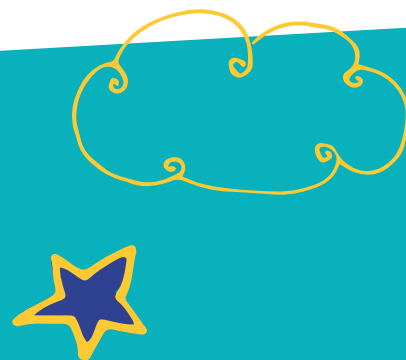
Feel happy & positive.

z z z

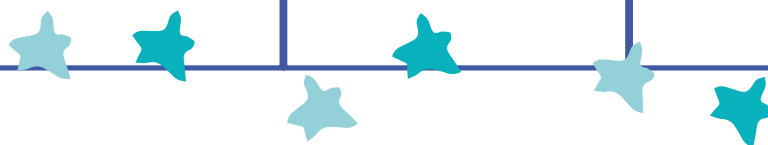
z z z



Sleep diary



	Day 1	Day 2	Day 3
Day of the week			
What time did you go to bed last night?			
What time did you wake this morning?			
How long did it take you to first fall asleep in minutes?			
Did you fall asleep: - Easily - After some time - With difficulty			
How many times did you wake in the night?			
How long were you awake during the night in total?			
What disturbed your sleep? (physical or mental factors such as stress, worry, noise, lights, comfort etc.)			
How would you rate your quality of sleep from 1-5? (with 1 being very poor & 5 being very good)			
How do you feel this morning? - Refreshed - OK or Lethargic			
How many caffeinated drinks did you have BEFORE 5pm?			
How many caffeinated drinks did you have AFTER 5pm?			
In minutes how much exercise did you do today BEFORE 9pm?			
In minutes how much exercise did you do today AFTER 9pm?			
Did you have a nap during the day or evening and for how long? (in minutes)			
Throughout the day have you felt any of the following: - Grumpy, impatient, tired, moody or unable to concentrate?			
In the hour before bed what has your bedtime routine included?			



How much sleep do you need?

Age (years)	Time (hours)
4	11 hrs 30 mins
5	11 hrs
6	10 hrs 45 mins
7	10 hrs 30 mins
8	10 hrs 15 mins
9	10 hrs

Age (years)	Time (hours)
10	9 hrs 45 mins
11	9 hrs 30 mins
12 & 13	9 hrs 15 mins
Teens	9 hrs
Adults	7-9 hrs

The figure displays a 7x5 grid of colored squares, representing a weekly schedule. The columns are labeled 'Day 4', 'Day 5', 'Day 6', and 'Day 7'. The grid shows a repeating pattern of colors: light blue, light green, light purple, light orange, and white. The pattern repeats every 4 rows, with the 5th row being white.

	Day 4	Day 5	Day 6	Day 7
1	Light Blue	Light Blue	Light Blue	Light Blue
2	Light Green	Light Green	Light Green	Light Green
3	Light Purple	Light Purple	Light Purple	Light Purple
4	Light Orange	Light Orange	Light Orange	Light Orange
5	White	White	White	White
6	Light Blue	Light Blue	Light Blue	Light Blue
7	Light Green	Light Green	Light Green	Light Green
8	Light Purple	Light Purple	Light Purple	Light Purple
9	Light Orange	Light Orange	Light Orange	Light Orange
10	White	White	White	White
11	Light Blue	Light Blue	Light Blue	Light Blue
12	Light Green	Light Green	Light Green	Light Green
13	Light Purple	Light Purple	Light Purple	Light Purple
14	Light Orange	Light Orange	Light Orange	Light Orange
15	White	White	White	White
16	Light Blue	Light Blue	Light Blue	Light Blue
17	Light Green	Light Green	Light Green	Light Green
18	Light Purple	Light Purple	Light Purple	Light Purple
19	Light Orange	Light Orange	Light Orange	Light Orange
20	White	White	White	White



How to get a good night's sleep ✨

Tips on how to get a good night's sleep:

- Create a bedtime routine
- A warm, relaxing bath
- Using dim lights encourages your body to produce the sleep hormone, melatonin. Melatonin is referred to as the sleep hormone, it is important for the body's sleep wake cycle. Its production increases with evening darkness, promoting healthy sleep.
- Create a good sleeping environment - ideally a room that is dark, cool, quiet and comfortable.
- Read a book
- Listen to soothing music
- Talk through any problems before bedtime
- At least 30 minutes of screen-free time before going to bed
- Limit screens in the bedroom
- Regular exercise (at least 60 minutes of physical activity every day)
- Try not to have caffeine at least 4 hours before bedtime (found in drinks such as cola, tea and coffee)

zzzz

Healthy breakfast

Eating breakfast is a great habit for your family to get into. Evidence shows that people who eat breakfast tend to be healthier than those who don't. However, some of us are making breakfast choices that are either too high in sugar or fat, or not having anything at all.



Eating breakfast will help give you the energy you need until lunchtime and reduce unhealthy snacking throughout the morning.

Healthy breakfast tips:

- Instead of having porridge with syrup why not try adding some fresh fruit instead, it can also count towards one of your 5-a-day.
- When having a cooked breakfast why not try grilling instead of frying and swapping to poached or scrambled eggs.
- Try to avoid cereals high in sugar (look at the labels) the best options to go for are cereals such as porridge or wheat biscuits; which are also high in fibre.

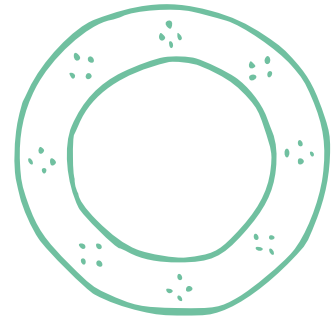


Help with fussy eaters



Below is OneLife's 10 Top Tips for fussy eaters:

1. Stick with it. It can take up to 15 tries of a new food before children accept it, and their tastes often change. Every now and then, try them again with a food they've said no to in the past.



3. Start small. Give them a tiny taste of a new food first - they can always have more.

2. Don't use favourite foods as a reward if your child tries something new - you're only making them prize those foods even more.

4. Give them control - let them spit it out if they really don't like it!

6. As frustrating as it is, don't get cross or force children to eat. Take their plate away without comment if they haven't eaten what's on it.

5. Mealtimes are about so much more than food. Try to sit down together to eat whenever you can, turn off the TV and use the time to chat – research shows this also helps build children's confidence.

7. Add cooked and mashed carrots, butternut squash, sweet potato or swede to normal mashed potato.

8. Throw carrots, peppers and onions into bolognese sauce.

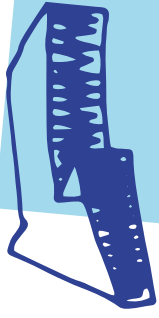
10. Give your child the same food as the rest of the family, but remember not to add salt to your child's food. Check the label of any food product you use to make family meals.

9. The best way for your child to learn to eat and enjoy new foods is to copy you. Try to eat with them as often as you can.



For further guidance go to:

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/how-to/get-cooking/fussy-eaters/>
<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>
<https://foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>



Staying on track



Reasons why we want to make healthier lifestyle choices

What have you changed over the last 10 weeks?

What would you like to improve on for the future?

Are there any areas you still find difficult?

How did you overcome these difficult areas?



What can you do if you notice that you are going off track?

Tips for staying on track



Keep doing it as a family – you can all motivate and support each other to make more positive changes or to remain on track with the changes you have already made.

Maintain realistic expectations – make small goals.

Don't deprive yourself – healthy eating is about moderation and a balance. There is room to have your favorite foods or drinks.

Carry healthy snacks with you.

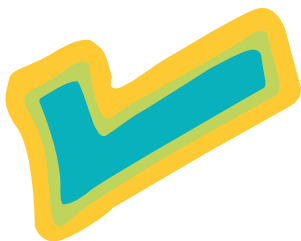
Plan meals throughout the week.

Think about what really motivates you and your family.

Don't have an all or nothing approach – avoid judging your day as good or bad can prevent you from overeating or/and making poor choices.



Maintenance



We'll see you again to see how you and your family are getting on!

6 month appointment date

9 month appointment date

12 month appointment date



Useful websites & apps



OneLife Suffolk

www.onelifesuffolk.co.uk/

Please like our OneLife Suffolk Facebook page & follow our twitter account to keep up-to-date with what's happening in your area.

Change 4 Life

www.nhs.uk/change4life/Pages/change-for-life.aspx

Lots of healthy eating tips, recipes & fun ways to exercise. Also try downloading the free apps

NHS Choices

www.nhs.uk/pages/home.aspx

Click on the Live Well tab for free information appropriate for the family

British Heart Foundation

www.bhf.org.uk/

UK's number one heart charity offering information about heart disease and advice on how you can help prevent it

Active Suffolk

www.activesuffolk.org

Your local physical activity and sports partnership

Inspire Suffolk

www.inspiresuffolk.org.uk/

A local charity working to inspire and motivate young people and adults in Suffolk through education, sport and health programmes

Ipswich Borough Council

www.ipswich.gov.uk/services/children-and-young-people

Find out about junior activities and children's parties at Ipswich Borough Council's sports centres and pools, or view their school holiday programme.

Netmums

www.netmums.com/

Netmums is the UK's biggest parenting website offering local info, expert parenting advice, chat, competitions, recipes and friendly support.

Day out with the kids

www.dayoutwiththekids.co.uk/

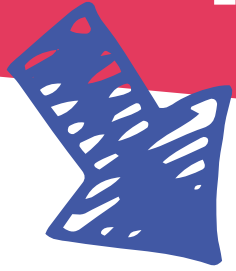
Looking for a day out with the kids - turn off the TV, lock up the games console and have a great time with the children.

Parkrun

www.parkrun.org.uk/

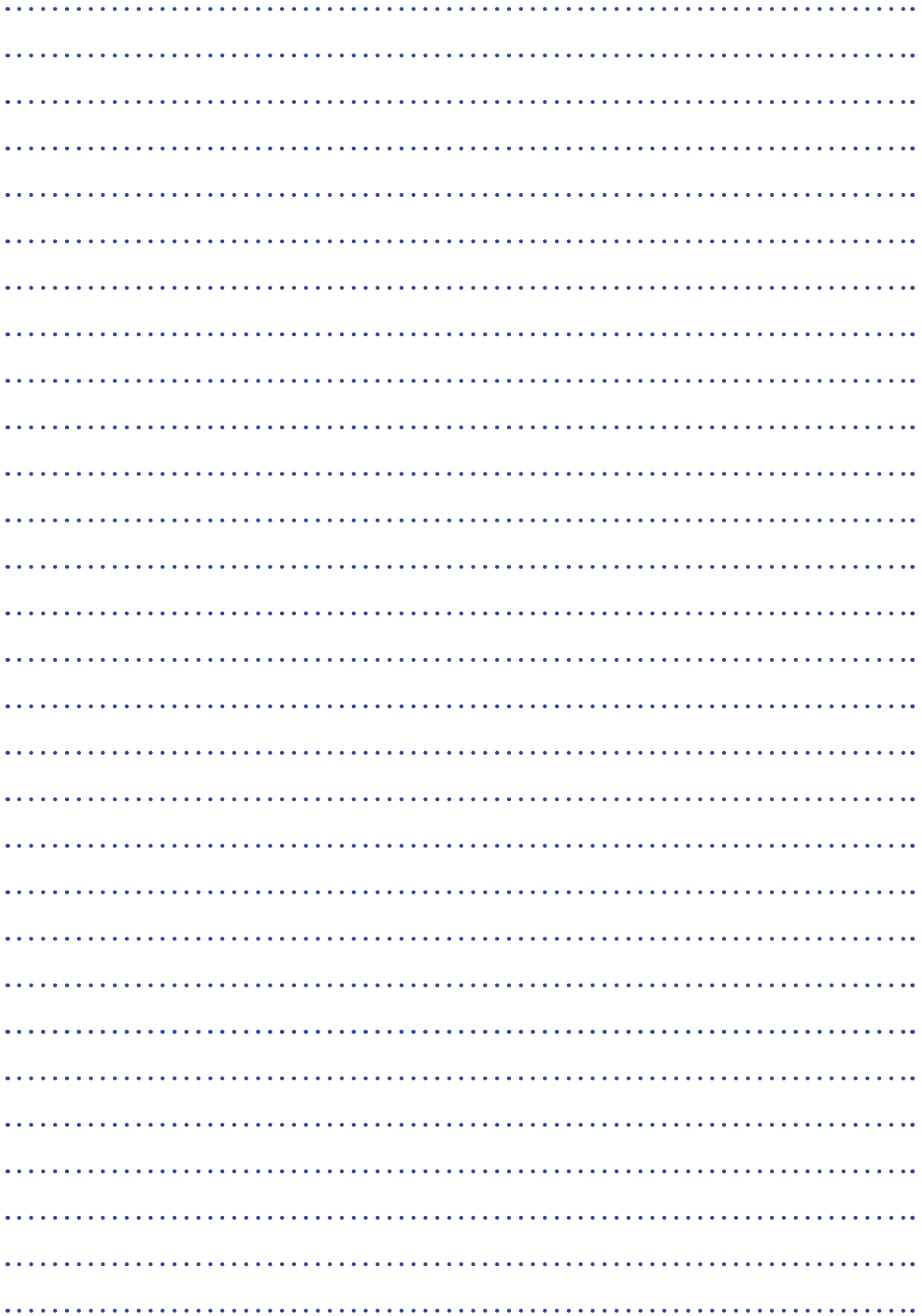
parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.

Notes



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**Scan the above to go visit our site and to access
lots of other resources!**

