

Kickstart your health

because your health matters.

Being as well as you can physically and mentally can make it easier for your body to fight off physical and mental illness. This leaflet brings you some of the NHS tools and support that will help you find out what's available, and what could work best for you.

Section 1 – Looking after mental health and wellbeing

e.g. NHS stress, anxiety and depression – 5 steps to mental wellbeing.



Section 2 – Trying to lose weight

e.g. NHS Live well-Eat well. Surprising 100 calorie snacks.
Cheese and tomato toastie – 93kcal

Section 3 – Trying to be more active

e.g. Active 10 walking app



Section 1. Mental health and wellbeing

The NHS website has a lot of information and advice to support mental health and wellbeing, including audio guides, mindfulness resources, breathing exercises and self-help techniques.

There is also a link to where to get urgent help for mental health. <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

5 steps to mental wellbeing.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and more able to get the most out of life.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

10 stress busters

Suggestions to help you manage stress

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Exercise and Relaxation.

Being depressed can leave you feeling low in energy which can make being more active difficult, but regular exercise can help boost mood, especially if it is something you enjoy. GPs can prescribe exercise on prescription for a range of conditions, including depression. Your doctor can help you decide what type of exercise will suit you, and what is available locally. This may be free or at reduced cost.

You could try:

Exercise videos for cardio, strength and stretching.

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

There are some good exercise and relaxation tips, including help with sleeping better on the Every Mind Matters link. <https://www.nhs.uk/oneyou/every-mind-matters/>

including a section on **Coronavirus and wellbeing**, with resources such as:

managing anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Supporting the mental wellbeing of children and young people.

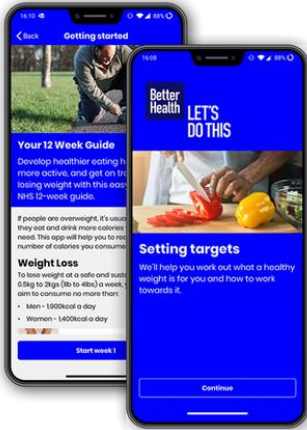
<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Videos and advice on how to manage sleeplessness.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better/>

Section 2. Trying to lose weight.

<https://www.nhs.uk/better-health/>



Download the free NHS 12 week weight loss plan to help you start healthier eating habits, be more active and start losing weight. You will be able to:

- Set weight loss goals
- Use the BMI calculator to customise your plan
- Plan your meals
- Make healthier food choices
- Get active and burn more calories
- Record your activity and progress.

There is also a link to the **Healthier You Diabetes Prevention Programme**.

If you are at high risk of type 2 diabetes you may be eligible for the free NHS Healthier You service. There is link to a quick and easy test on the website to check your risk score.

You may prefer using one of the weight loss plans NHS have teamed up with on the website to create special offers. Some are offering money off enrolment or membership. For example groups locally include:

<https://www.weightwatchers.com/uk/better-health>

and

<https://www.slimmingworld.co.uk/betterhealth>

Other useful apps on the website for eating more healthily and monitoring weight:



BMI Calculator

Check your body mass index (BMI).



Easy Meal app

Meal ideas, recipes, cooking tips.



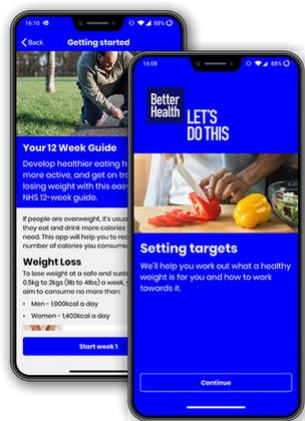
Food Scanner app

Find out what's really in your food and drink.

Or you could try:

Healthy Food Swaps on the Live Well site which shows you how to make small changes to your diet to achieve weight loss. <https://www.nhs.uk/live-well/eat-well/healthy-food-swaps/> Ideas for healthy family recipes and snacks.

Section 3. Trying to be more active.



<https://www.nhs.uk/better-health/>

Exercise can reduce your risk of major illnesses e.g. heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by 30%. There are several free exercise choices on the website, for example:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Online exercise videos including Aerobic exercise, Strength and Resistance, Pilates and Yoga. Workouts last between 10 and 45 minutes. Workouts also available for new Mums such as Post-natal Yoga, or health problems such as Pilates for back pain. There is also a wake-up workout, and belly dancing for beginners.

<https://ourparks.org.uk/couch-to-fitness>

9 week programme of activities to do at home. 3 video sessions a week with a different schedule for each of the 9 weeks. 3 coaches host the online classes, all working a different energy levels so you can build up at your own pace.



Active 10 app

Track and build up your daily walks – start with 10 minutes every day.

A daily walk, brisk enough to get your heart pumping can:

- Boost your energy
- Clear your head and lift your mood
- Improve your fitness and make it easier to do everyday activities

If you choose, you can also chat with other walkers on the Active 10 conversation on HealthUnlocked. It is a social network for health where you can connect to people with similar health conditions or aims, or ask for advice or support on getting more active.



Couch to 5K app

Running app for absolute beginners.

This 9 week programme is designed for beginners to gradually build up their running ability so they can eventually run 5k without stopping. There are 3 sessions per week with rest days in between. Any of the weeks can be repeated if you don't feel physically ready to move on to the next week. Rest days are important to reduce the chance of injury, and allow the joints to recover.

Strength and Flex workouts, <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/> are a 5 week plan of equipment free exercises which could also be used on Couch to 5K rest days. The programme is a full body workout, features how-to video clips and can be done anywhere, anytime.

If you have any questions or would like to speak to Children's Centre staff about any of these resources, please contact us at YMCA Bournemouth Children's Centres:

Pokedown/Southbourne Children's Centre
01202 434310

southbournecc@ymcabournemouth.org.uk

Townsend Children's Centre
01202 720472

townsendcc@ymcabournemouth.org.uk

Queens Park Children's Centre
01202 519727

queensparkcc@ymcabournemouth.org.uk

We also have family-friendly recipes, nutritional information and cooking videos on our Virtual Children's Centre website at: <http://virtualcc.ymcabournemouth.org.uk/LetsCook.php> including practical advice about how to encourage your child to get involved in meal preparation with you.