

Introduction to PheW

PHEW!



Welcome to your very own PHYSICALLY HOLISTIC EXERCISE WORKOUT

This is a family oriented HET approach to improving health and well being by ‘UP’ ing the level of exercise you take. Fear not, if you are a “couch potato” – what we do is gentle and gradual and designed to steer you in the right direction and who better than to coach the couch potato but the new generation – who are making better HET choices in their own lives... they need points to add to their personal reward chart and using the art of gentle persuasion with you, is one way they can get these points.

Look on the bright side... the dog gets walked more often and on a good day you may get help in the garden!!!

So, what’s it all about?

Firstly, HET (Holistic Educational Therapy) Programme is about making better choices involving our emotional health, dietary decisions, core issues, negative patterns, family interactions and our behaviours. Now we are building on adding to our health and well being, by introducing a simple programme designed to increase your physical activity routine on a daily basis.

Steps towards a healthier, more active you!

And the example that you set your children by empowering them to assist you in this process, instils in them, a powerful healthy programme for life.

By looking over our first chart , HANDOUT 1.... (The HET approach to promoting PHYSICALLY HOLISTIC EXERCISE WORKOUT), on the following page you will be able to see the building blocks to being healthy and well. These include things like saying “NO” to taking drugs, tobacco, solvents etc. The healthy functioning of our body depends upon two main courses of action, we can take for ourselves (no –one else can do this for us!) – Namely, Exercise and Diet + Nutrition.

When we exercise regularly (which is what PHEW is about) then there will be improvements in the vital functions of our body like circulation, muscles, respiration and bone structure – this is about our general health!

When we take control over our diet and nutrition, we monitor what and when we eat and this in itself improves our body’s function as well as contributing to improvements in our personal appearance.

So a PHEW moments of your attention now please:

Exercise does not have to be arduous or competitive!! It can be fun, social, enjoyable AND – it helps your CHILD!!!

By looking at what you do already in the way of physical activity (or don’t do!) you can look at what you could do and every day move a step closer to

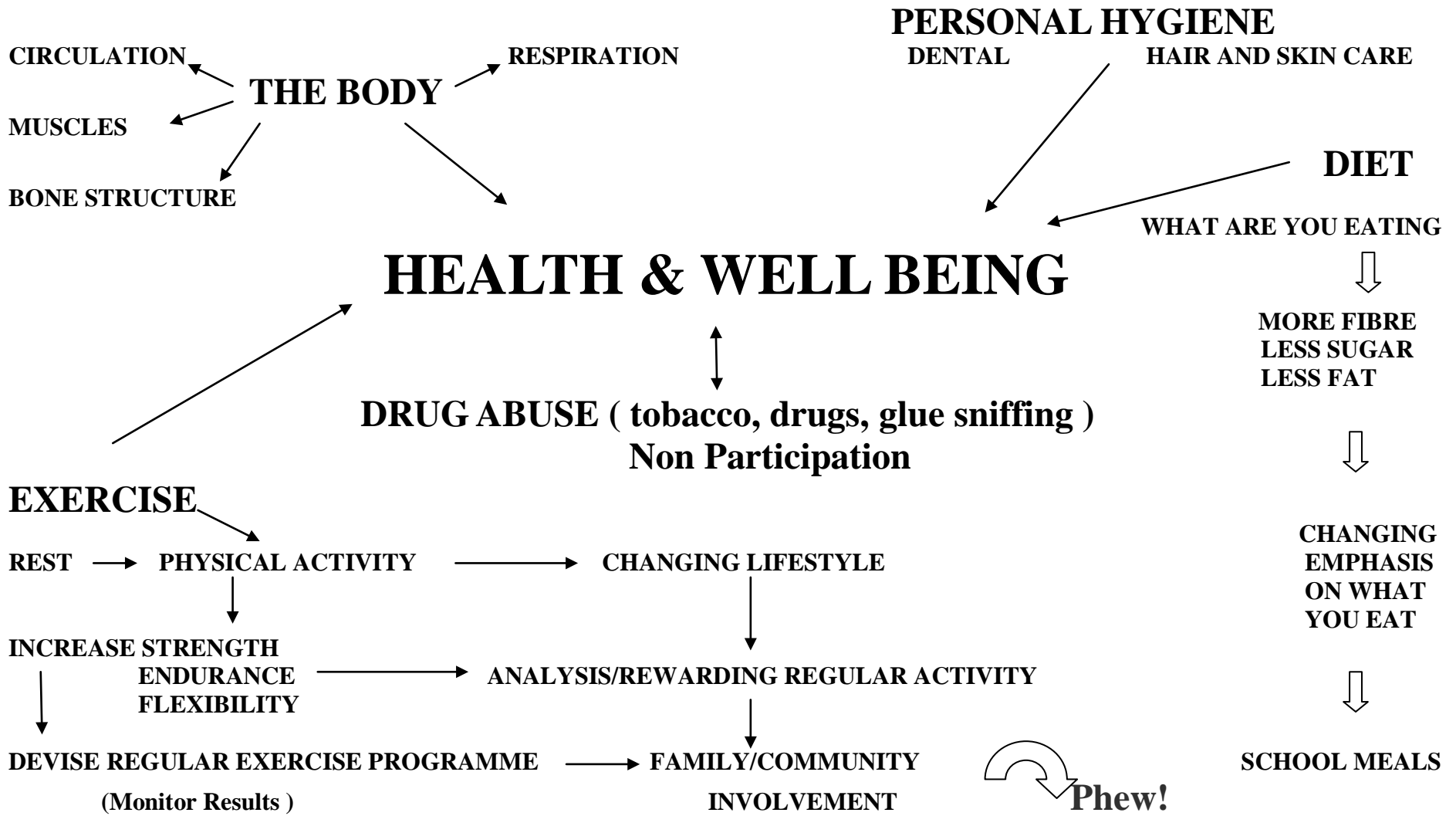


becoming healthier and more active. Everyone has different reasons for doing this and it is helpful to look at what these are in order to help you move in this direction

(see our sheets on "Attitudes and 'changing a habit is possible')



HET APPROACH TOWARDS PROMOTING PHYSICALLY HOLISTIC EXERCISE WORKOUT



From the chart what lifestyle changes could you make?

Now have a go at filling in the following sheets:

HOW DO YOU FEEL ABOUT DOING PHYSICAL ACTIVITY

ACTIVITY ONE

We need to take care about our physical selves more now than at any time in human history. We no longer do the amount of exercise we should since life is made easier by machines, cars, vacuum cleaners, remote control devices, escalators.

We need to take a little time to assess our present lifestyle. Doing this makes it easier for us to adopt more healthier lifestyle habits and to choose the appropriate physical activity or activities that suits us best.

Have a go at answering these questions

What would you like to change ?

Do you **WANT TO EXERCISE?**

Do you want to RELAX MORE?

It may be that doing highly competitive games of sport are inappropriate for you, whereas Exercise to Music classes/ jogging around the park - with a friend, may be fun and more suitable.

Do you **WANT TO LOSE WEIGHT ?**

Then steady prolonged exercise - like walking, will be more beneficial than more vigorous, shorter games/activities.

If you have answered YES to any of these questions, then you have a good reason to start to increase your physical exercise.

We are now going to have a look at what your reasons are for increasing our exercise rate.

IDENTIFYING YOUR REASONS

ACTIVITY ONE

Put a tick next to any of the following reasons why you might want to change your lifestyle

'I want to adopt a healthier lifestyle because...'

I want to be physically fitter.....

I want to be slimmer.....

I want to avoid problems later in life such as heart disease.....

I want to look good in front of others.....

I simply want to 'feel good'.....

I want to be able to relax more.....

Any other reasons?

.....

.....

What forms of physical activity are you doing NOW ?

I am currently doing no or very little exercise at all.....

My only physical activity is doing housework, gardening.....

I am involved in competitive sporting activity.....

My employment involves fairly heavy physical work.....

MAKING CHANGES

CHANGING A HABIT IS POSSIBLE !

ACTIVITY TWO

HOWEVER, YOU have had plenty of time to practice other habits than exercising and it is unrealistic to believe it will be easy for you to change.

YOU need to consider THREE main factors influencing YOUR healthy lifestyle:

YOUR PHYSICAL SURROUNDINGS

You need to rethink your physical surroundings in order to help you

For example:

Supermarkets tend to have large car parks. This means you do not have to walk far when you go shopping. So how about walking to the supermarket?? Or if that sounds too drastic to start off with - how about parking over the far side of the car park, not at the spot nearest the door

You may think the inconvenience of walking from work to a gym/swimming pool too much? So how about getting off the bus a stop before your destination?

Think about YOUR physical surroundings as far as exercise and other health habits are concerned. WRITE DOWN AS MANY REASONS FOR DOING EXERCISE AS YOU CAN THINK OF AND THEN WRITE DOWN ALL THE REASONS YOU CAN THINK OF FOR NOT BOTHERING

(see ACTIVITY 2)

THINK OF ACTIONS YOU CAN TAKE TO CHANGE SOME OF THE REASONS FOR NOT BOTHERING e.g. "Jogging is boring" – how about listening to an MP3

whilst jogging - TRY AND WRITE DOWN ALL THE POSITIVE THINGS YOU CAN THINK OF FOR EXERCISING AND TURN THEM INTO A PLAN.

PEOPLE AROUND YOU CAN INFLUENCE YOUR FEELINGS ABOUT EXERCISE

People are important in influencing the health activities we choose

In fact, it is known that people often quit an exercise programme if they feel they have little support from their family or friends.

If you find that your motivation suffers, perhaps you need to join or get a group together and schedule your activity to suit. This can help you to become more committed to your chosen activity.

THINK ABOUT THE PEOPLE AROUND YOU – DO THEY ENCOURAGE YOU TO EXERCISE OR MAKE IT DIFFICULT FOR YOU IN SOME WAY?

YOUR PERSONAL THOUGHTS

What you say to yourself DOES make a difference.

We are often too negative when we talk to ourselves.

We know about positive thinking but actually do not do it very often.

You need to avoid saying unrealistic things to yourself.

Unrealistic goal setting will only make you feel guilty and depressed when you fail to meet your target

BE POSITIVE, BUT REALISTIC

ACTIVITY 2

THOUGHTS ABOUT YOUR PHYSICAL SURROUNDINGS

	POSITIVE	NEGATIVE	ACTION
Eg EXERCISE	There is a park close by	boring jogging routes	Go to the park and jog with friend

THOUGHTS ABOUT HOW OTHERS CAN HELP YOU

	POSITIVE	NEGATIVE	ACTION
<i>e.g. EXERCISE</i>	<i>My partner also exercises</i>	family commitments during spare time make it difficult	encourage partner and others in the family to exercise together

PERSONAL THOUGHTS

	POSITIVE	NEGATIVE	ACTION
E.g. EXERCISE	. I feel better after exercise	I haven't time to exercise	Say exercise makes your time more productive and enjoyable

PREVIOUS EXPERIENCE

What you have or have not done in the past will influence how you exercise today.

The bad experiences have put us off - physical activities at school included.

Your motivation for physical activity may be low, BUT doing physical activity for well being, health, does not have to include 'punishing' exercises, competition, or comparison of your abilities against someone else.

Exercising should not be a punishment and phrases such as 'NO PAIN - NO GAIN' do not apply to those who want to make gradual lifestyle changes to make you feel better.

HOWEVER, what is true is that:

THE BENEFITS OF HEALTHY EXERCISE ARE ONLY AVAILABLE TO THOSE WHO EXERCISE NOW

HEALTH RELATED EXERCISE DOES NOT REQUIRE ABILITY - ONLY EFFORT

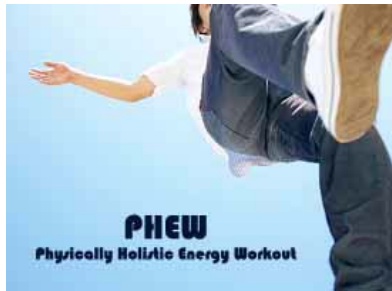
YOU NEED TO BE IN CONTROL OF YOUR EXERCISING HABITS

THOSE PEOPLE WHO FEEL THEY CAN MAKE A DIFFERENCE IN THEIR LIVES ARE THOSE WHO HAVE CONFIDENCE IN THEMSELVES AND IN THE FUTURE. - BE POSITIVE !!

LOW SELF CONFIDENCE CAN OFTEN RESULT FROM FEELING THAT CERTAIN PLACES OR ACTIVITIES ARE 'INAPPROPRIATE' FOR YOU.

YOU MAY HAVE TO OVERCOME FIXED OPINIONS ABOUT MEN OR WOMEN, AGE ASSOCIATED WITH EXERCISING, etc., ALL OF WHICH CAUSE LOW CONFIDENCE AND SELF ESTEEM.

ATTITUDES



Changing our habits needs more than just changing our attitudes. You have to understand how to change your attitudes. Attitudes consist of what you **KNOW** about something and the **VALUE** you place on your beliefs.

You should develop an attitude towards regular exercise consisting of knowing about the benefits of exercise and then valuing the consequences of exercises - Valuing being fit and healthy.

MANY PEOPLE KNOW THE BENEFITS OF EXERCISE BUT DO NOT VALUE THE CONSEQUENCES.

ATTITUDES TOWARDS EXERCISE = BELIEFS IN THE BENEFITS OF EXERCISE

+ VALUING THE BENEFITS OF EXERCISE

Now we need to look at how motivated you are to making changes in your lifestyle.

Notes:



MOTIVATION

There are two aspects of motivation that you need to think about – STRENGTH and DIRECTION

You can be highly motivated, fairly motivated, not at all motivated - this is what we mean by STRENGTH

Also you need to think about what you are motivated towards? Gardening? The pub? Exercise? This is what gives us DIRECTION

ACTIVITY 3 : ANSWER THE FOLLOWING (Give a number rating for each section)

SECTION A - Motives (reasons) for exercise

I WANT TO EXERCISE FOR THE REASON OF	5	4	3	2	1
Body Shape					
To meet other people / fitness					
Competition					
Challenge / excitement					
Relaxation / tension relief					
Beauty / grace in movement					
Physical Fitness					
General health / well being					
Hobby / Time filler					

5 = very motivated 4= fairly motivated 3=neutral 2= not very motivated 1= not motivated at all

SECTION B

Exercise Motivation

HOW MOTIVATED TO EXERCISE ARE YOU?	5	4	3	2	1

5 = very motivated 4= fairly motivated 3=neutral 2= not very motivated 1= not motivated at all

SECTION C

General self motivation

ARE YOU THE SORT OF PERSON WHO CAN STICK TO PLANS EASILY, CALL YOURSELF MOTIVATED	5	4	3	2	1

5 = Definitely yes 4 = yes 3 = neither yes nor no 2 = no 1 = Definitely no

Having now worked through simple exercises to find out some of your thoughts and attitudes towards exercising for a healthier lifestyle , we now need to look at getting you started.

Please read through the following sheets so that we can find the right way forward to suit you.



GETTING STARTED

YOU ARE NOW IN A BETTER PLACE TO START CHANGING THINGS FOR THE BETTER

***YOU** need to be capable of starting an exercise programme and have no medical complications. You may need to visit your doctor and explain what you are thinking of doing and then he or she will be able to check through your medical records and give you an OK for doing this (see Lifestyle Questionnaire).

LIFESTYLE QUESTIONNAIRE

PERSONAL DETAILS

What is your age? _____ What is your sex ? Male ___ Female ___

What is your height in centimetres ? ___ What is your weight in Kg ? _____

What employment do you have ? _____

MEDICAL HISTORY - *If you tick any of the following - then you are advised to discuss Your exercise programmes with your Health Practitioner*

Please tick the relevant box if you have ever suffered from any of the following conditions or illnesses?

High Cholesterol _____

Diabetes _____

High Blood Pressure _____

Stomach Ulcer _____

Angina _____

Lower Back Pain _____

Heart Attack _____

Joint Pain _____

Bronchitis _____

Anxiety Attacks _____

Emphysema _____

Depression _____

Asthma _____

Migraine _____

Have you undergone any operations in the last 12 months ? _____

Have either of your parents suffered from Heart Problems ? _____

Have either of your parents suffered from cancer? _____

CURRENT HEALTH STATUS - *If you tick High - Consult your Health Practitioner*

If you tick Don't Know - we recommend you have checks by a Health Practitioner

Please tick the relevant answer

	Low	Normal	High	Don't know
Is your blood pressure	_____	_____	_____	_____
Is your cholesterol	_____	_____	_____	_____

ALCOHOL *Health Guidance scales - If in doubt - check with your Health Practitioner*

Please tick the relevant answer

How many units of alcohol do you drink in an average week ?

None 1-5 ___ 6 -10 ___ 11-15 ___ 16-20 ___ 21 -25 ___ 25 -40 ___ 41+ ___

SMOKING *Health Guidance scales - If in doubt - check with your Health Practitioner*

Please tick the relevant answer

Never smoked ___ Have stopped smoking ___ Currently smoke ___

If you smoke, how many cigarettes do you have in a day ?

1-5 ___ 6 - 10 ___ 11- 20 ___ 21 - 30 ___ 31- 40 ___ 41+ ___

PHYSICAL ACTIVITY

Please tick the relevant answer

How many times do you exercise per week (minimum of 15 min continuous)

e.g. Walking, cycling, swimming?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 or more ___

Are you a member of a gym? _____

Are you a member of a sports club? _____

What type of exercise do you take part in ? _____

DIETARY HABITS *Refer to Lifestyle Analysis - HET Diet & Nutrition module*

Please tick the relevant answer

How often do you eat the following?

	Occasionally	Every day	2/3 per week
Fried food	_____	_____	_____
Processed food	_____	_____	_____
Sweets, Chocolate, crisps	_____	_____	_____
3 or more portions of fruit	_____	_____	_____
3 or more portions of veg	_____	_____	_____
Fish	_____	_____	_____
Dairy products/milk/cheese/eggs	_____	_____	_____
Bread/cereal/rice/potato/pasta	_____	_____	_____
Add salt to your food	_____	_____	_____

WELL BEING

Refer to

for support in emotional issues.

Please tick the relevant answer

- Do you feel reasonably happy at the moment?** _____
- Do you have any family problems?** _____
- Do you see friends regularly?** _____
- Do you sleep well?** _____
- Do you have any financial worries?** _____
- Do you feel stressed ?** _____
- Are you doing any home improvements?** _____
- Do you feel you can cope with the demands made on you?** _____
- Do you get time to yourself to relax ?** _____

Once you have been cleared by your doctor:

THESE ARE THE STEPS YOU SHOULD TAKE:

STEP 1 PLANNING WITH YOUR EXERCISE PARTNER

It is easier if you chose an exercise partner, you can schedule your sessions and have an agreed timetable together.

STEP 2 THINKING ABOUT INFLUENCES IN YOUR LIFE AND YOUR REASONS TO EXERCISE

Make sure that you have completed Activity 1 so that you know what PHYSICAL surroundings, people around you and your personal THOUGHT factors are, that are affecting your ability to exercise. Make sure that you have completed the motives questionnaire, so that you are clear as to why you want to exercise. This will help in selecting the right type of exercises for you.

STEP 3 CHOOSING THE RIGHT EXERCISES

What are the right activities for you? The real answer to this question is that you should be using a variety of exercises – those that help with stamina, muscle strength and tone, muscles suppleness, relaxation, weight control etc. A varied programme would be best. Below are some examples of matching exercises to reasons for exercising (They are only examples!!)

MOTIVES	EXERCISES THAT MIGHT BE SUITABLE
Body Shape	Weight training
To meet other people / fitness	Exercise to music
Competition	Squash
Challenge / excitement	Climbing, sailing
Relaxation / Tension release	Aerobic exercises, Relaxation classes
Beauty / grace movement	Dance type exercises
Physical fitness / General Health / well being	Jogging, swimming, general weights

You now need to set yourself goals that relate to your HABITS AND YOUR MOTIVATION



STEP 4 SETTING GOALS

Goals need to be set based on HOW OFTEN you exercise, or WHEN you exercise rather than HOW WELL you perform in exercise. For Example:

- Your Initial target may be to walk or jog for 15 minutes 3 x a week
- The speed of the walking / jogging is not important at this stage
- WHAT IS IMPORTANT IS THAT YOU DO WALKING
- It is your APPROACH TO DOING THIS THAT NEEDS MONITORING

These initial goals can also lead to medium and long term goals, such as having the targets of 30 minutes jogging four times a week within 3 months and 40 minutes twice a week within 6 months.

**WHEN YOU HAVE DECIDED THIS YOU WILL HAVE DEVELOPED SOMETHING CALLED YOUR
'PROGRESSION'**

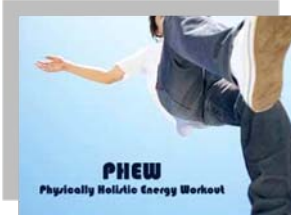
REMEMBER YOUR GOALS NEED TO BE.....

SMART = simple = measureable = achievable = realistic = timed

Fill in the diary sheet below and write down what you think would be a reasonable programme for you to attempt within a week.

DAY	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Diary week from/...../..... To/...../.....



WHAT I AM GOING TO ACHIEVE? PERSONAL GOAL SETTING

START DATE _____ TO _____ END DATE _____

BE SMART !	S = Specific A= Achievable R= Realistic M=Measurable (By You & your exercise partner or HET) T= Time Scale	REVIEW
WHAT I AM GOING TO ACHIEVE?	<i>e.g. Go jogging 3 x week in the park</i>	<i>Went twice</i>
HOW I AM GOING TO MEASURE MY PROGRESS?	<i>e.g. See how long it takes me to go once around the park</i>	<i>20 mins + 18 mins</i>
AGREED AND ACHIEVEABLE SUB GOALS	Sub Goal 1 <i>To go out in any weather</i> (REVIEW DATEe.g. after 1 month) Sub Goal 2 <i>e.g. Get changed into special kit for jogging</i> (REVIEW DATE e.g. after 2 weeks)	
WHY MY GOALS ARE REALISTIC	<i>e.g. Because I can allocate 3 mornings a week to this</i>	
TIME SCALES: DATES OF MY REVIEW MEETINGS with my exercise partner / HET	REVIEW DATE 1. REVIEW DATE 2. REVIEW DATE 3.	

STEP 5 PROBLEM SOLVING

There will be times when your motivation for exercise seems to be hitting a brick wall! You will need to accept that this can happen.

The following strategy might help you:

- Identify the problem (*e.g. Can't go jogging because my legs are too sore*)
- Find alternative strategies (*e.g. Keep off hard surfaces – use the grass or buy some proper jogging shoes*)
- Put into action the strategy that seems most likely to work
- Sometimes a short rest from exercise is required, or a small change of exercise could help.

REMEMBER

Any permanent change in your health and fitness is a permanent change in your

LIFESTYLE PATTERNS

These are determined by:

- Your physical surroundings
- Your people around you
- Your personal thoughts

Other influences include:

- Previous experience
- Attitudes
- Motivations

Develop positive attitudes about what exercise can do

You will see that your exercise programme is a whole CHANGE in the way you see and go about things.

This can be explained in the following way:

5 STAGES OF CHANGE



STAGE 1

<p>THE VERY IDEA OF EXERCISE</p> <p>Not even considering change. May feel resigned or out of control.</p>		<p>“CAN’T BE BOTHERED!”</p>
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STAGE 2

<p>CONSIDERING EXERCISE</p> <p>Beginning to weigh up the pros and cons of change.</p>		<p>“o.k. I’LL GIVE IT A GO!”</p>
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STAGE 3

<p>GETTING READY TO EXERCISE</p> <p>Trying out small changes to see if they work or can cope.</p>		<p>“GIVING IT A GO!”</p>
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STAGE 4

<p>ACTION</p> <p>Starting to try to change exercise habits.</p>		<p>“I’M OUT THERE EXERCISING NOW!”</p>
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STAGE 5

<p>KEEPING GOING OR NOT</p> <p>New EXERCISE HABITS become the norm or the old HABITS reappear.</p>		<p>“THIS IS FUN” Or “IT’S NOT FOR ME!”</p>
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EXERCISE CONTRACT

(Guidelines for adults are a minimum of 30 minutes of moderate physical activity five times a week)

I, _____ WILL BE ACTIVE _____ DAYS A

WEEK FOR AT LEAST _____ MINUTES UNTIL

DAY _____ MONTH _____ YEAR _____.

The Activity or Activities I will do is (are) :

Signed**HET (OR EXERCISE PARTNER)**.....**Date**.....



Ideas to make LIFESTYLE ADJUSTMENTS

- Don't take the lift - **USE THE STAIRS**
 - Don't take the car - **WALK**
 - Get off the bus early- **WALK A PHEW STOPS**
 - Don't get someone to do the gardening - **DO IT YOURSELF**
-
- Do Housework to music - **WORK FASTER**
 - Arrange to meet a friend - **WALK TO THE SHOPS**
 - Exercise first then - **GO TO THE PUB (if you must)**
 - Don't take the car - **WALK THE KIDS TO SCHOOL**
-
- Don't pay for your car wash – **CLEAN IT YOURSELF**
 - Never sit – **WHEN YOU CAN STAND**
 - Develop regular exercise activity – **IMPROVE YOUR SELF ESTEEM**
 - **Park your car in the space furthest from the supermarket door or walk an extra bus stop (carrying the bags are good weight training!)**
-
- **Jobs to be done in the garden?**
 - **Take the dog for a walk – or somebody else's dog?**
 - **Do some leg exercises up and down the stairs**
- Changes in your lifestyle doesn't have to cost you anything!**

Target: 30 minutes of moderate activity on your own or with friends or family!

Lifestyle adjustments can increase a person's exercise commitment without any financial outlay!

