

# Session 4 – Getting active

## Government recommendations and benefits of physical activity

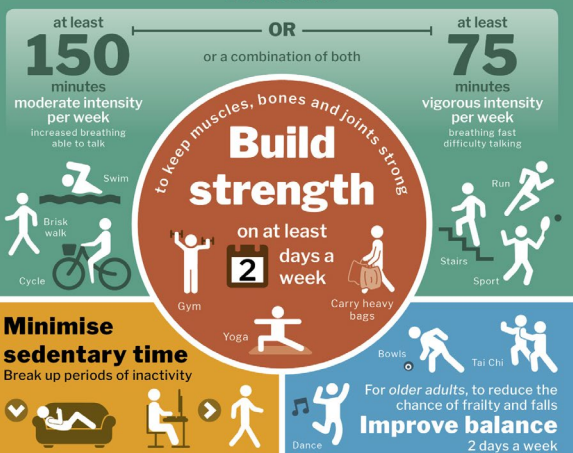


Below: physical activity sheets for adults, pregnant woman, and disabled adults.

### Physical activity for adults and older adults

♥ Benefits health	Reduces your chance of	Type II Diabetes	-40%
ZZ Improves sleep		Cardiovascular disease	-35%
📦 Maintains healthy weight		Falls, depression etc.	-30%
🧠 Manages stress		Joint and back pain	-25%
😊 Improves quality of life		Cancers (colon and breast)	-20%
Some is good, more is better	Make a start today: it's never too late	Every minute counts	

#### Be active



UK Chief Medical Officers' Physical Activity Guidelines 2019

### Physical activity for pregnant women



UK Chief Medical Officers' Physical Activity Guidelines, 2019

### Physical Activity for Disabled Adults

Make it a daily habit



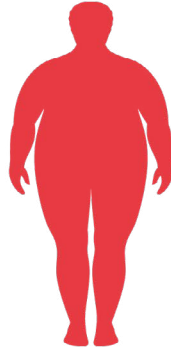
UK Chief Medical Officers' Physical Activity Guidelines, 2019

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## Energy Balance

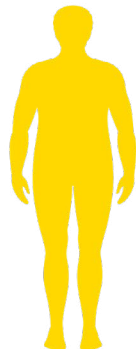
Eating more energy (food) than you use (activity)

**= Increase  
In weight**



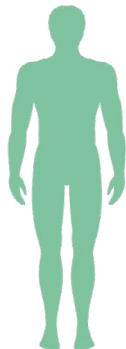
Eating the same energy (food) as you use (activity)

**= No change  
In weight**



Eating less energy (food) than you use (activity)

**= Decrease in  
weight**



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## Calculating calories - NEAT and BRM

Non Exercise Activity Thermogenesis (NEAT) is modified with changes in energy balance; it is the energy used when we aren't sleeping, eating or exercising.

Basal Metabolic Rate (BMR) is the amount of calories your body needs to function properly.



$$\text{Men BMR} = (10 \times \text{weight in kg ( .....Kg )} + (6.25 \times \text{height in cm ( ..... cm )} - (5 \times \text{age in years ( .....age )} + 5 = \text{..... BMR}$$



$$\text{Women BMR} = (10 \times \text{weight in kg(.....Kg)} + (6.25 \times \text{height in cm ( ..... cm )} - (5 \times \text{age in years ( .....age )} - 161 = \text{..... BMR}$$



$$\text{BMR} \times \text{PAL ( x1.2 sedentary, x 1.3 Light exercise, x1.55 moderate, x1.7 very active, x1.9 very hard daily )} = \text{..... Kcal needs}$$

## Is something stopping you from meeting the current guidelines?

What would make being active more enjoyable ?

Do you need help to be more active and exercise safely?

Do you need help changing your home or work environment to be more active?

What can you do to keep being active?

Can your family and friends help you to be more active?

What can you do to be more active every day?

Do you need to know more about being more active?



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## Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes   ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				