

Get Going



Lifestyle Diary

Name

NHS
Lothian

ABOUT YOU

Name:

Age:

Coaches name/s:

My Birthday:

My favourite food is:

My favourite hobby is:

My favourite story/book/magazine is:

My favourite group is:

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WELCOME TO GET GOING



This diary is to help you write down what you are eating and drinking and how much physical activity you are doing. This will help encourage you with your new healthy lifestyle!

We would like you to complete your diary every day. It is important that you keep your diary up to date and bring it with you to each session.

CONTRACT OF ATTENDANCE

Get Going



I,

commit to attending the *Get Going*
Programme each week for the next 6
weeks and agree to set myself goals
for healthy lifestyle changes each week.

My Signature

Coach's Signature

USEFUL WEBSITES & CONTACTS

Food

www.takelifeon.co.uk
www.foodafactoflife.org.uk
www.teenweightwise.com
www.bda.uk.com/foodfacts/home
www.food.gov.uk/scotland/scotnut/signposting

Physical Activity

www.walkbiketoschool.org
www.yheart.net
www.nhs.uk/Change4Life - have a look at the 60 minute tips
www.activescotland.org.uk

Others

www.Kidscape.org.uk
www.relaxkids.com
www.edspace.org.uk
Childline: 08001111

Websites I have found Contacts

NOTES

NOTES



Lifestyle Diary



LIFESTYLE DIARY

Welcome! As there are so many food choices available for you to pick from, it can be hard to know where to start when trying to make healthier food choices. To help you start making healthier choices we have provided you with a Traffic Light Diary. This diary will help you record everything you eat and drink.

Helpful tips for completing your traffic light diary

1. Try to record your Traffic Light Diary every day of the week.
2. Try to keep your diary up to date and make sure you record what you have eaten daily. Don't wait till the end of the week to write up your diary as you will have forgotten what you had eaten at the start of the week!
3. Each night with help from your parents, carer or a friend try to work out what Traffic Light colours the foods you have eaten are that day! Remember to use your Traffic Light Healthy Eating Plan to help you work out if foods are green, amber or red.

HEALTHY EATING PLAN



RED FOODS

Are high in fat and sugar but low in vitamins and minerals, try not to eat too many.

AMBER FOODS

Are important for a healthy body, choose the low fat option.

GREEN FOODS

Are packed full of vitamins and minerals and are low in fat and unnatural sugar.

The Get Going programme is based on the SCOTT project
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RED FOODS



- Red foods are unhealthy because they are very high in fat and sugar and don't have many Vitamins or Minerals.
- Try very hard to eat less of these foods.
- Aim to have only one RED food each day; you could swap some RED foods and have GREEN foods instead.
- You don't need to have a RED food every day and you can save them up for special occasions.



Red Foods Are:

- Fried food
- Crisps (1 packet)
- Pies, pastries, bridies
- Pizza (up to 3 slices)
- Carry out meals (1 portion)
- Chips (1 portion)
- Burgers (1 portion carry out)
- Sugar
- Sweeties (1 small packet)
- Chocolate (1 small bar)
- Chocolate biscuits
- Fancy biscuits
- Cakes
- Fizzy and diluting drinks containing sugar (1 glass/can)
- Puddings
- Sugar or honey coated breakfast cereals.

AMBER FOODS



Amber foods are important to keep your body healthy and to help you grow properly.

Amber Foods Are:

Meats, Fish and Alternatives

- Have one of these foods TWICE a day and try to keep them to meal times
- Grill, boil, cook in the oven or microwave meats and eggs rather than frying
- A portion size should be around 85g
- Lamb, pork, beef
- Chicken and Turkey
- Fish – haddock, tinned fish, fish fingers
- Eggs (up to 2) and cheese (no more than 45g)
- Vegetarian main meals.



Starchy foods (Keep to meal times)

- Bread/Chapatti (no more than 2 slices)
- Potatoes boiled, baked, mashed (no more than 3 egg size pots)
- Rice – boiled (no more than 6 tablespoons)
- Pasta (no more than 8 tablespoons)
- Plain breakfast cereals (small bowl = 30g)
- Have a starchy food at each meal.
- Try wholemeal bread and high fibre cereal to fill you up more.

Milk and Dairy

It is important to eat these foods daily and best to take the low fat alternatives. Up to one pint of milk per day is healthy for you.

- Milk – semi skimmed or skimmed (up to 300ml per day)
- Use low fat spreads instead of butter/margarine
- Yogurts - low fat/low sugar yogurts and fromage frais.

GREEN FOODS



- Green foods are low in fat and unnatural sugar. They are full of Vitamins and Minerals and are very healthy.
- You should try to eat more **GREEN** foods each day. Try to swap these with some **RED** foods.
- They are particularly good to take as snacks when you are feeling hungry and after meals instead of puddings.



Green Foods Are:

- Fresh fruit/Dried fruit
- Tinned fruit in fruit juice
- Vegetables/Salad
- Sugar free jelly
- Home made/Tinned vegetable soup
- Sugar free lollies and ice poles
- Diet or sugar free drinks.



HANDY HINTS FOR YOU AND YOUR FAMILY

Your family and friends can help you make changes to your eating habits by:

- Following the same healthy eating plan.
- Buying more Green foods and fewer Red foods at the supermarket.
- By having a treat of a:
 - trip to the cinema or the park
 - new book/toy/comic
 - friend to stay overnight

If you are doing well rather than having a food treat try:

- Having regular family meal times
- Buying only single serving or bite size snacks
- Offering a single serving of main courses and giving you more vegetables or salad if you are still hungry
- Only ordering child size or small portions when eating out
- Being positive about the changes you make.



You can help by:

- Only eating when you are hungry, try not to fill up on snacks all day
- Eat slowly so that your brain can get the message that your stomach is full
- Eat breakfast everyday
- Only eating off a plate and not a bag or carton
- Not eating when you are doing other activities, such as watching TV or doing schoolwork.

If you have a bad day, don't worry; it is what you do most days that is most important

ENERGY BALANCE

IN

OUT



Food and Drink

Activity

DON'T JUST SIT THERE

Spending too much time on **screen time** (e.g. watching TV and videos/DVDs, playing computer and video games) can be unhealthy.

Why?

- Your body does not use much energy when you are on screen time
- Watching TV can encourage you to eat
- Try to cut down on the amount of time you spend doing screen time. You could swap some of these for more active pastimes
- PARENTS – be a good role model and watch less TV yourself!

Cut down on

- Watching TV & videos/DVDs
 - Phoning/texting
 - Playing computer and video games
 - Playstation 3
 - Nintendo
 - Gameboy, X-box
- Schoolwork is not included.**

Instead try

- Going for a walk
- Activities like Wii fit, X-Box Kinect zumba, dance, basketball or football
- See **Be Active** sheet for more ideas
- Read a book
- Help mum or dad around the house.



Did You Know: You should spend **no more than 2 hours** per day or 14 hours per week watching TV & videos/DVDs, playing computer and video games or browsing/social networking on computer or phone.

BE ACTIVE!

- Physical activity is an important part of a healthy lifestyle
- You should do 60 minutes or more of moderate intensity physical activity (e.g. same effort as a brisk walk), on most days of the week
- The 60 minutes of activity can be accumulated throughout the day.
- **ALWAYS tell your mum and dad where you are going!**

Adding activity into the daily routine is an easy way to become more active and stay active

- Take the stairs instead of the escalator/lift
- Walk to and from school instead of taking the car
- Walk to the shops or friend's house instead of taking the car
- Go for a walk with a friend after school instead of talking on the phone
- Help with household chores – e.g. in the garden or wash the car.

Play inside or outside by yourself or with friends

- Skipping, hula hoop, ball games
- Put music on and dance!
- Play games – e.g. dodge ball, hopscotch, chase, hide and seek





Be active as a family

- Go for a walk
- Visit parks
- Walk your dog/ neighbour's dog
- Go for a swim or cycle
- Leave the car at home when going on short journeys.

Take part in individual or team activities that you enjoy

- Football, swimming, cycling, dancing, rollerblading, Wii Fit
- Brownies/Cubs and Guides/Scouts
- Attending PE lessons/ outdoor education.



MAKING YOUR MIND UP



Changing	Good Things	Less Good Things

Use these sheets as a family to write what you think would be good about having a healthier lifestyle and what would not be good about having a healthier family lifestyle. Please bring them with you for the first group session.

MY LIFESTYLE DIARY

Name

Start date

Day _____

Time	Food	Physical Activity	Screen Time
Morning			
Afternoon			
Evening			

Day _____

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Morning			
Afternoon			
Evening			

Day _____

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TARGETS FOR A HEALTHY LIFESTYLE

Date: _____

Target 1 _____

Target 2 _____

Target 3 _____

Target 4 _____

For reaching my target my treat is:



Signatures

Child _____

Parent _____

Day _____

Time	Food	Physical Activity	Screen Time
Morning			
Afternoon			
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CHIPS/FRIED FOODS (Red)		
CHOCOLATE/SWEETS/FANCY BISCUITS (Red)		
CRISPS (Red)		
TAKE AWAY/EATING OUT (Red)		
FRUIT + VEGETABLES (Green)		
ACTIVE TIME (Write in the activity you took part in)		
SCREEN TIME (Write in minutes the time spent on screen time)		



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FRUIT + VEGETABLES (Green)		
ACTIVE TIME (Write in the activity you took part in)		
SCREEN TIME (Write in minutes the time spent on screen time)		



Wed	Thu	Fri	Sat	Sun

A ROUGH GUIDE

For both adults and children, think of a 'portion'
as the amount that fits into the palm of the hand

Big hands: big portions.

Small hands: small portions.



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