

# Your **Wellness** Guide

Better health for a better future



## How to use this guide

No matter what the occasion is, whether it is a New Year resolution, a birthday, or preparing for a holiday, we have all at some point made a promise to make changes to our lifestyle.

Usually this means sticking to these promises for a couple of weeks and then when it becomes difficult, we miss a day, then two days, then before we know it we have slipped back into our usual habits.

Your Wellness Guide aims to help you begin to see the benefits of leading a healthier lifestyle and how you can achieve this by changing one thing at a time.

## What's in your guide

- Health Check: Your success check sheet
- Eating Healthily: The benefits
- Losing Weight: How it will help you
- Physical Activity: Easy steps to increase your activity levels
- Alcohol: Sensible drinking
- Smoking: Enjoying the benefits of stopping smoking
- Stress: How to deal with it
- Wellness Directory

A person is performing a handstand on a sandy beach. They are wearing a pink top and red shorts. Their right leg is extended high into the air, and their left arm is extended horizontally to the side. The background shows the ocean and a clear blue sky. A long shadow is cast on the sand in front of them.

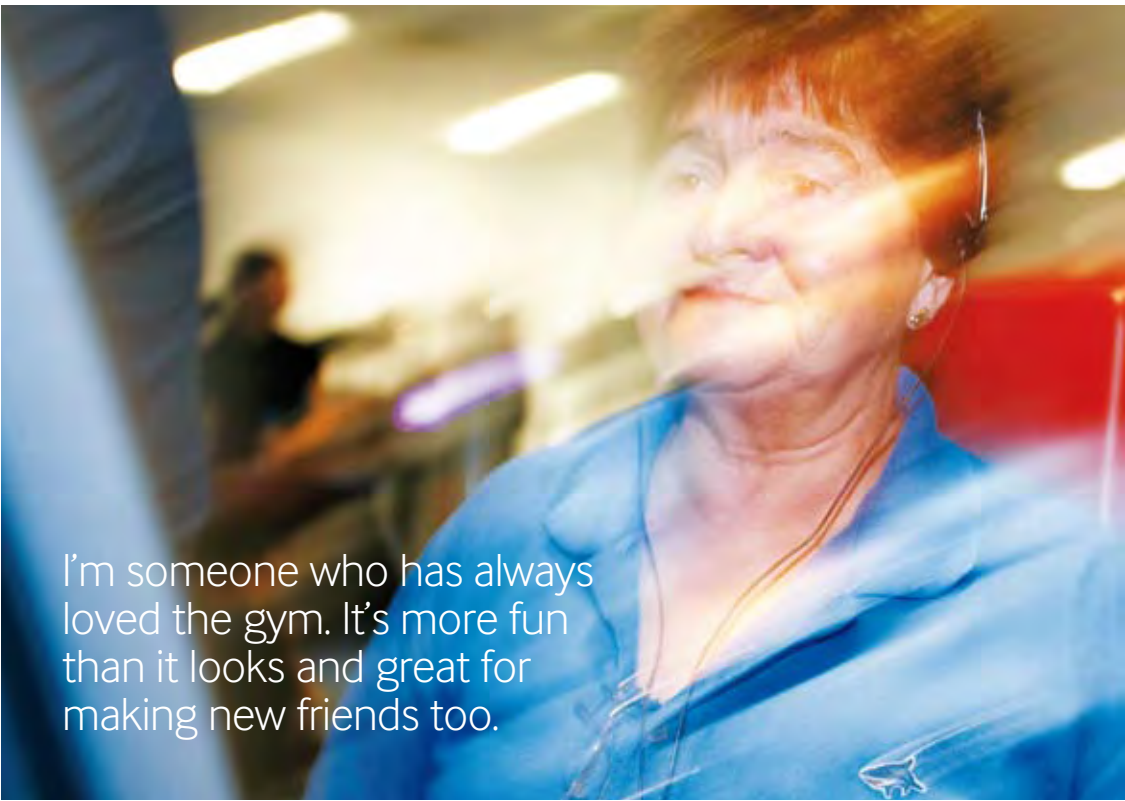
Well-come  
to the new you

A bright sun in a clear blue sky with kite strings visible. The sun is in the upper right corner, creating a lens flare effect. Several thin, white kite strings stretch diagonally across the sky from the bottom right towards the top left. The sky transitions from a deep blue at the top to a lighter, almost white blue at the bottom.

For me it's about getting  
out in your environment,  
enjoying the fresh air and  
changing your lifestyle.

Martin Bloomfield, kite enthusiast.



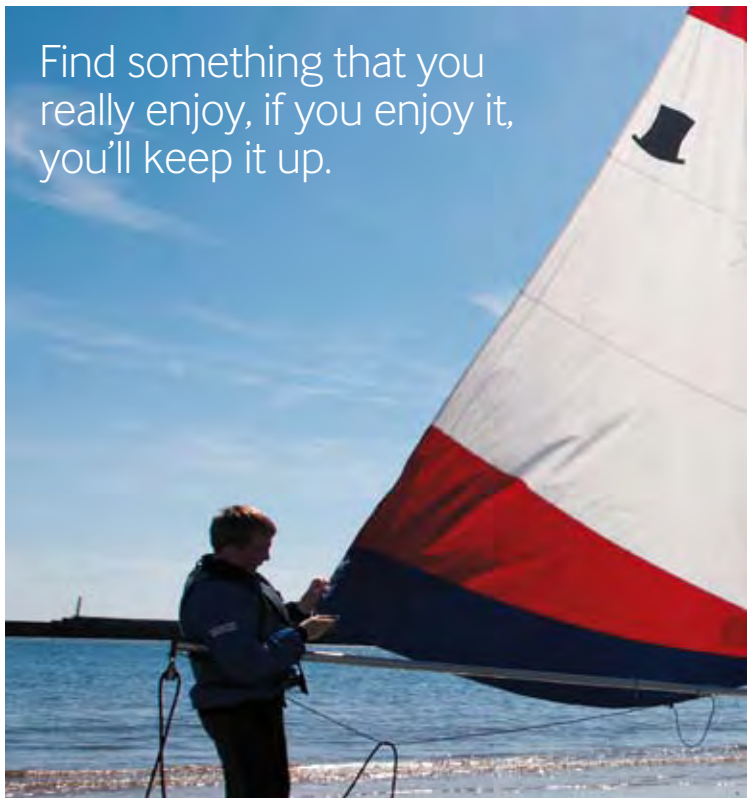


I'm someone who has always loved the gym. It's more fun than it looks and great for making new friends too.

Irene Turpin, gym enthusiast.



Find something that you  
really enjoy, if you enjoy it,  
you'll keep it up.



Simon Meadows, windsurfer.

I enjoy being active and keeping fit, I love getting out on my bike and there are loads of great places to cycle in Sunderland.



Yvonne Palmer, cyclist.



It's good for your fitness,  
and if you fall off it doesn't  
hurt as much as a bike.



Oliver and Harry Wickham, surfers.





# Health **Check**

Your success check sheet

## Your lifestyle today, tomorrow and in the future...

Use this self-check sheet to record your current lifestyle habits. Remember to be honest!

It will become a useful check sheet that only you need to see. As you begin to make the small changes to your lifestyle, you will have a reminder of what the 'old you' was like.

Re-visit this self-check sheet every couple of weeks and record your progress.

You may want to make copies of these pages, so you can record your progress over a longer period.

The self-check sheet is titled "Your Wellness Guide" and is designed to track various lifestyle factors over a six-day period. It is organized into several sections, each with a color-coded header and a grid for recording responses.

Today's date	Date 1	Date 2	Date 3	Date 4	Date 5	Date 6
<b>Are you persistent to your current happiness, which applies to you?</b>						
Very happy						
Reasonably happy						
Not really thought about it						
Unhappy						
Very unhappy	X	X	X	X	X	X
<b>How do you feel about the way your body looks?</b>						
Very happy						
Reasonably happy						
Not really thought about it						
Unhappy						
Very unhappy						
<b>Are you currently cut-</b>						
A lot						
A little		X	X	X	X	X
<b>How many meals per day do you eat?</b>						
3 large meals per day		X				
5 small meals per day						
I snack a lot						
I starve myself			X	X	X	
I eat healthy food		X				
I eat unhealthy food						X
I eat a balanced diet						
<b>How much spare time per day do you have to cook and shop for food?</b>						
Under 15 minutes		X	X	X	X	X
15 - 30 minutes						
30 minutes to 1 hour		X	X	X	X	X
More than 1 hour						X

Today's date						
Weight						
Height						
Vital statistics – Record your measurements in the boxes below						
Waist						
Hips						
Chest						
Clothes size – Record your measurements in the boxes below						
Top						
Trousers / skirt						
What you want to achieve by leading a healthier lifestyle? Tick all that apply						
Improved fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improved strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improved flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight / fat loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tone up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduce stress levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel healthier	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Look good / better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To learn about my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today's date						
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**In relation to your overall happiness, which applies to you?**  
Tick all that apply

Very happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reasonably happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not really thought about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How do you feel about the way your body looks?**  
Tick all that apply

Very happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reasonably happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not really thought about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**You currently eat –**  
Tick all that apply

A lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 large meals per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 small meals per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I snack a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I starve myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat healthy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat unhealthy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat a balanced diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How much spare time per day do you have to cook and shop for food?**  
Tick all that apply

Under 15 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 – 30 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes to 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today's date						
How many portions of fruit and vegetables do you eat per day? Tick all that apply						
0–1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your knowledge on healthy eating is? Tick all that apply						
Poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excellent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You drink alcohol – Tick all that apply						
Excessively, daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderately, daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excessively, weekly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderately, weekly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't drink alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many cigarettes do you smoke in any one day? Tick all that apply						
I don't smoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1–5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6–10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11–15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16–20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today's date						
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**How much time do you spend exercising per day?**  
Tick all that apply

I don't exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Under 15 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 – 30 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes to 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Describe your daily life without exercise (e.g. just work/home) to be –**  
Tick all that apply

Very active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderately active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not very active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**You currently take part in planned exercise –**  
Tick all that apply

Every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Every other day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twice per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once every two weeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**My knowledge on exercise/fitness is –**  
Tick all that apply

Poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excellent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today's date						
Exercise / physical activity that you currently do – Tick all that apply						
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home exercise videos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Racquet sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ball games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Martial arts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
On a scale of 1 – 10 (1 being low, 10 being high) –						
My current stress levels are:						
How much time do you spend relaxing per day?						
I don't	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Under 15 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 – 30 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes to 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 1 hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## How are you doing?

You can also record how your body is changing. This gives you a chance to be pleased at how well you are doing. If things don't go totally to plan to begin with, don't worry. Your notes may give you pointers on how you can change things for the better.

## Health Check



Eating Healthily

# Eating **Healthily**

The benefits

Better health for a better future

  
Sunderland

## What is a healthy diet?

A healthy diet has to be one that you enjoy. There is no point in trying to eat foods that you don't like, as you will soon give up.

A healthy diet is one that gives you more energy. You will find you have more energy during the day to be able to do your daily routine and the activities you want to do.

A healthy diet will also help your body protect itself against infections and diseases, which is a fantastic reason on its own to have a healthier diet.

A healthier diet should be one that is lower in fats, particularly saturated fats such as full fat dairy products and foods like chips, crisps, pasties and pastries.

Eating a healthy diet means you should be eating fruit and vegetables every day of the week.

A healthy diet should also be high in fibre, for example, eating wholegrain rice, pasta and bread, oats, beans and pulses.



Eating healthily does not mean eating slimming foods all the time. However, it does mean taking a look at your current food intake, then deciding if there is anything you could change to have a more balanced diet.

If for example you always have chips with your evening meal, then why not have a change? Maybe have a jacket potato or homemade potato wedges.

A healthy diet means making sure you choose a balance of foods. If chocolate biscuits are your favourite, just try to only have a few and make sure that you add fruit in your diet as well.

A balance in your diet will mean you are reducing the risk of a range of health problems that in turn allows you to enjoy a longer and healthier life. Take a look at our swap table below for some ideas:

Swap	For
Crisps and chocolate	Raw vegetables, yoghurts or a piece of fruit
Fizzy drinks	Water and fruit juices
Takeaways	Home cooked wholesome meals
Tinned fruit in syrup and tinned vegetables in brine	Fresh fruit and vegetables or frozen vegetables
White bread	Wholemeal and granary bread
English breakfast/fry up	Try grilling the bacon, and poaching or scramble the eggs



## 5-a-day?

Eating at least 5 portions of fruit and vegetables a day will help you to achieve a balanced diet. This will hopefully help improve the way you feel both inside and out.

## So what makes up the 5-a-day?

- Fresh, frozen, chilled or dried fruit and vegetables
- 1 portion of fruit or vegetables is, for example:
  - 1 medium apple
  - 1 medium banana
  - 3 tablespoons of cooked vegetables
  - 1 cereal bowl of mixed salad
  - 1 cup (100g) of strawberries, raspberries or grapes
  - 1 tablespoon of dried fruit (one tablespoon is the same as 3 teaspoons)
  - 3 tablespoons of fruit salad or canned fruit (preferably not in syrup)
- 1 small glass (150ml) of unsweetened fruit juice also counts in your 5-a-day. However it only counts once. If you have a second glass you can't claim it as an extra portion

## Don't forget breakfast

When you eat breakfast it will help your ability to concentrate, your mood and affect what you eat for the rest of the day.

If you miss breakfast then you miss the opportunity to boost your metabolism. Your metabolism is the rate at which your body burns food as fuel and turns it to energy. If you have no food in your system to burn, your metabolism will slow down. A constant supply of food will give your body the fuel it needs.

Research shows that people who eat breakfast are less likely to be overweight. This is because you are giving your body the fuel it needs to start the day. If you starve your body you will probably end up overeating later in the day as you will be hungrier than you would be if you had had breakfast.

## How to know what you are eating

If you buy ready made food, the label has lots of useful information on it.

### **List of ingredients**

This tells you what is in the food. Ingredients are listed by weight, the heaviest is first.

### **Storage instructions**

How to store your product e.g. in the fridge or freezer.

### **Nutritional information**

Most products tell you how many calories, protein, fat, carbohydrate, sugar, fibre and salt is in the product. Look out for traffic light labels on products.

### **Best before dates**

These are on products that keep for a while. They won't go off or bad, but will go stale or lose their flavour. It is best to use them up as soon as you can.

### **Use by dates**

These are totally different and are on food that will go off. Either eat or freeze the food before the date. If you don't use it before that date throw it away. Otherwise, you could end up with an upset stomach or something more serious. Even if you plan to eat within the use by date, always check the product is OK. If the food hasn't been stored properly, it may have gone off.

## Fat

- Choose lower fat varieties of dairy foods e.g. semi-skimmed or skimmed milk, reduced fat cheese and lower fat yoghurts. They contain more calcium but less fat
- Try boiling, steaming, grilling, or poaching rather than frying or roasting
- Try 'dry roasting' (frying with no oil). You could replace the oil with a small amount of water
- Cut down on meat pies, pastries, butter, biscuits, cakes, crisps and ready meals
- Choose lean cuts of meat and always trim off the fat
- Choose spreads that are rapeseed or olive oil based

## Salt

- Aim for no more than 6g per day (less for children). (On average, most people have 9.5g)
- Check food labels to find those with less salt (sometimes called sodium). 0.5g of salt per 100g is a lot of salt. 0.1g of salt per 100g is only a little salt
- Cut down on salty foods such as crisps, nuts, ready meals, bacon, cheese and pickles

## Sugar

- Try sweeteners made from aspartame rather than sugar. These are very low in calories and less likely to cause tooth decay
- Try and choose water, milk, tea or coffee – fizzy drinks, 'diet' or not, contain acids which can damage teeth.
- Look at food labels when you buy your food. If a food has more than 10g of sugar per 100g, then it contains a lot of sugar. Look for foods which contain less than 10g of sugar per 100g. If the food label doesn't say how much sugar is in it, then take a look at the ingredients list. The biggest ingredients, by law are listed first
- Anything that ends with 'ose' is classified as sugar, for example; fructose, dextrose, sucrose and glucose.

## Eating well at a glance

If you decide you want to eat a healthier diet, you will have to alter your overall approach to food including the way you shop, when you eat your meals and how you cook your food.

Below are some tips to help you:

- 1** Keep a diary of your eating habits for a week, this will show you your typical eating pattern. Once you know where the problem times and days are you will be able to plan ahead. *There is one you can copy and use at the end of this section.*
- 2** Avoid snacking on sugary and fatty foods between meal times. Swap the chocolate biscuit or packet of crisps for a piece of fruit or raw vegetables such as carrots, or scones and malt loaf.
- 3** Plan ahead; deciding what your daily or even weekly meals are going to be will help stop you popping out for the quick take away.
- 4** When shopping always carry a list with you to help stop you buying junk food.
- 5** Read food labels and check the ingredients. Remember that some products that claim to be lower in one thing such as fat, may be higher in another such as sugar.
- 6** Always try and go shopping after you have eaten. Your empty stomach will then not take over and convince you to buy too many treats.
- 7** Buying in bulk saves time and is a cheaper option, as long as you have the correct storage e.g. fridge, freezer etc.
- 8** Try not to rely on processed foods, such as ready meals too often. It is often just as quick to stir-fry food as it is to heat food in the microwave.
- 9** Don't ban your favourite food, otherwise you will find yourself craving it and are likely to eat more of it.
- 10** Try to choose food in a variety of colours, this is a good indication of a balanced diet and will be more appealing to the eye.

# How cooking your food differently can help with your healthier diet

## Stir-frying

- Stir-frying is healthier for you because you use only a little oil and cook the food in a wok over a medium/high heat. As the pan is so hot you must stir constantly to allow the ingredients to cook quickly to stay crisp and not burn.

## Poaching

- Poaching is slightly different from boiling. Boiling can toughen meat but poaching allows it to retain its tenderness, moisture and flavour.
- You poach meat and fish in a covered pan full of liquid at just below boiling point. Bring the liquid to the boil. Place the meat or fish in the boiling liquid. Reduce the heat to a gentle simmer.
- If you want to, add chopped vegetables such as carrots, onions and celery to the water for extra flavour and goodness.
- When you've finished poaching, you can use the liquid and vegetables as a broth. Alternatively drain off some of the water and use it as a base for a sauce.

## Steaming

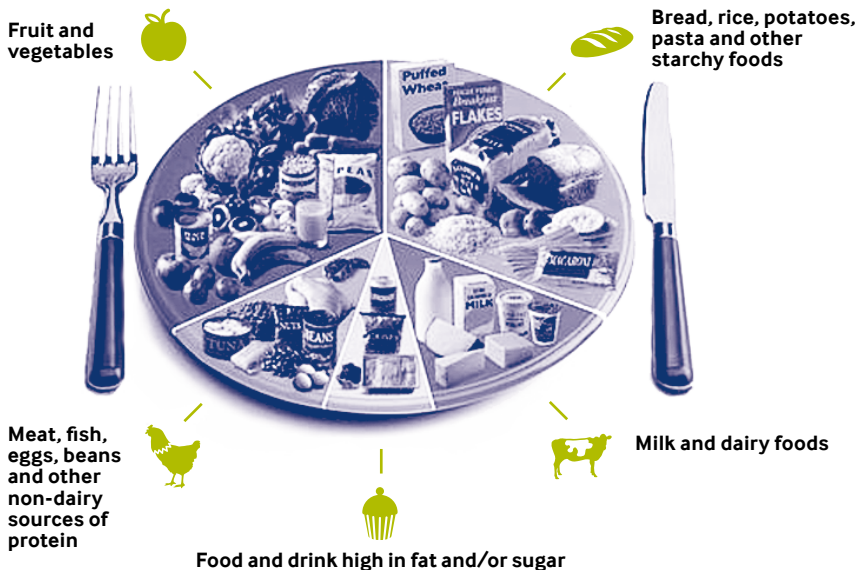
- The good thing about steaming is that you can cook your vegetables in a way that keeps their goodness and colour. They also taste better.
- If you steam more than one type of vegetable at a time, place the different sorts in a steamer basket in layers.
- Try not to over steam your vegetables, that way they keep more of their goodness.

## Boiling

- There are two ways to boil:
  1. Place food into boiling water, bring it back to the boil and then reduce the heat for gentle boiling to take place.
  2. Alternatively cover the food with cold liquid, bring to the boil, reduce the heat and simmer.
- Boiling is great for giving you a healthy, well-flavoured stock. However, you do lose some of the goodness when you drain the water away. But this liquid can be used as a basis for soup or gravy.

## Eat well plate

The eat well plate gives us a basic model to follow, to make sure our diet is made up of the right foods to provide us with the nutrition we need to live healthily.



### **Food and drink high in fat and/or sugar**

Treats such as chocolate, fast food, biscuits, sweets and cakes should be eaten rarely, once a day at most.



### **Meat, fish, eggs, beans and other non-dairy sources of protein**

No more than 2 servings a day of meat, fish, poultry and alternatives.



### **Milk and dairy foods**

Around 3 servings of reduced-fat dairy produce such as milk, cheese and yoghurt.



### **Fruit and vegetables**

At least 5 portions of fruit, vegetables and salad. These can be fresh, dried, tinned, frozen or juice.



### **Bread, rice, potatoes, pasta and other starchy foods**

6 or more times daily, wholemeal bread, potatoes and wholegrain cereals make up the bulk of a healthy diet.

## Make sure water is a part of your diet...

Another vital part of a healthy balanced diet is water. As water makes up 50–70% of an adult's body weight we need to make sure we regularly top it up.

Ideally you should be drinking 6–8 glasses of water each day (about 2 litres).

In warmer weather and when you exercise, you will need to drink more. Try to avoid sugary drinks as this will cause problems with your teeth as well as your waist line and digestive system.

Mild dehydration will lead to problems such as headaches, dizziness, lethargy and difficulty concentrating and can even add to depression.

Remember don't wait until you feel thirsty to have some water, by then it's too late as you are already dehydrated.

## Benefits of drinking water

- It is cheap
- Good for your skin
- Fills you up
- Water flushes out the toxins in our bodies, which if they accumulate can cause dehydration which in turn causes tension, aches, pains, and headaches
- Water helps keep our joints well oiled, helping prevent joint disease such as arthritis in later life
- Drinking enough water can combat skin conditions such as eczema, psoriasis, dry skin, wrinkles and spots
- Local tap water is particularly good for you. Enjoy it chilled, you don't need to buy bottled water



## Tips on how to drink more water

- Drink a mug of hot water with freshly sliced lemon before breakfast for a refreshing drink that improves your digestion
- The closer to body temperature water is, the easier your body takes it where it needs to go. Very cold water can over-stimulate the kidneys
- If you do drink tea, coffee, alcohol or fizzy pop, match glass for glass with water
- Drink a glass of water as soon as you get up to re-hydrate
- If you drink a glass of water half an hour before every meal it can help to reduce your appetite

## Healthy sandwiches and fast foods

The following are some simple tips to help you continue with maintaining a healthy balanced diet when you are out and about:

### **Sandwich shops**

- Pick wholemeal bread if you can
- Add lots of salad
- Avoid creamy high fat spreads and fillings with mayonnaise
- Try one of the following as an alternative;
  - Plain tuna
  - Roast chicken
  - Ham
  - Boiled egg
  - Prawn
  - Lower fat cheeses  
e.g. cottage cheese or Edam

### **Treats**

- The odd treat won't harm you. Remember not to ban all your treats otherwise you will end up craving them more

### **Fast Food**

- Many fast food companies have now added healthier choices to their menu. They offer salads, fruits and yoghurts as well as the usual burger and chips
- However be careful that the salad does not include a lot of fat or salt in the dressings that come with it. If unsure, the healthier option is to have no dressing at all

### **Main Meals**

- If you eat out regularly, it's not always going to be a treat. Pick healthy food from the menu, unless it really is a special occasion

## Food diary

Keeping a food diary is similar to keeping a personal diary only you write down and record everything you eat and drink. This is a very useful tool for people wanting to change their eating habits and for those wanting to loose weight.

By recording everything you consume over a set period of time (e.g. a week) you can notice where you can change your eating habits for the better. Simply follow a plan like the one set out on the following page. Make sure it includes the food/drink you had, the calories it contains (or a rough guess) and the total amount of calories for that day.





# Losing **Weight**

How will it help you?

Losing Weight

Better health for a better future

  
Sunderland

## Those scales must be wrong...

If you always find yourself saying I'll start and lose some weight tomorrow, but 'tomorrow' never comes, then this section is for you. We won't tell you any particular diet to follow in order to lose some weight, but what this section will do is outline the benefits of deciding to lose weight.

There are numerous health risks associated with being overweight and equally there are numerous benefits of maintaining a steady weight.

We all know how sluggish we feel when we are carrying more weight than we really should. In maintaining a healthier weight we feel fitter, more energetic and generally livelier.



In addition to those obvious benefits, maintaining a healthier weight means you have less risk of:

- Raised blood pressure
- Diabetes
- Coronary heart disease
- Stroke
- Arthritis
- Varicose veins
- Gall bladder disease
- Back pain
- Some cancers

Carrying too much weight is not the only reason for the development of these conditions, there are many other factors, but research that has been carried out over the years has shown that the individuals whose weight increases, are more at risk of these conditions.

## Understanding why you have put on a few pounds or stones can help you work out the best way to lose it – and keep it off

Which of these is your reason for putting on weight?

- I snack rather than eat meals at meal times or snack as well as eating at meal times
- I choose high fat/high calorie snacks
- I choose high fat/high calorie main meals
- I eat things like chocolate to cheer me up
- I like a good plateful of food
- My alcohol intake has increased
- My activity levels have decreased

## Losing a bit means gaining a lot...

By this we mean if you are carrying excess weight for your height and build then you don't have to lose a massive amount of weight to begin to experience real reductions in risk, even small losses have an impact, including:

- A better sleep pattern
- Improved lung function
- Reduced joint or back pain
- Reduced breathlessness

If an overweight person needs to and loses more than 10kg (1½ stone) they will then experience the following benefits:

- 30% less likely to die as a result of a diabetes related condition
- 40% less likely to die as a result of an obesity related cancer



## What do you want from losing weight?

Have a look at the list below and see if these are some of the reasons why you want to lose weight:

- Have more energy to do more
- Be happy about the way I look
- Keep up with my children
- Have more confidence
- Live longer in better health
- Enjoy exercise as I lose weight
- Play with my grandchildren
- Feel great on holiday
- Look fantastic at a social event
- Or why not think of your own reason...

## Balanced living...

Remember we take in energy every day in the form of food and we use some of this energy just by everyday living, however the more actively we live our life, the more energy we use.

Imagine a seesaw, if the food you intake is equal to the energy you use then you will remain at the same weight.

**Food intake**

**Energy used**



**= weight remains the same**

If however your food intake is less than the energy you use, you will lose weight.

**Food intake**

**Energy used**



**= weight loss**

On the other hand if you use less energy than the food that you intake you will gain weight.

**Food intake**

**Energy used**



**= weight gain**

## Waist measurement

Waist measurement is a good way to check your fat distribution, as this is linked to health risk. Carrying too much weight around your middle increases your risk of developing heart disease, high blood pressure and diabetes.

People who carry excess weight around their middle are often referred to as 'apple-shaped', whereas those who carry the weight on their hips are 'pear-shaped'. Women are usually 'pear-shaped', while men are more likely to be 'apple-shaped'.

Measuring your waist is an easy way of finding out whether you are an 'apple' or 'pear'. To measure your waist, find the bottom of your ribs and the top of your hips.

Measure around your middle at a point mid-way between these (for many people this will be the tummy button). Use the table to see if you are at risk of ill health. Remember these measurements refer to adults.

<b>Waist measurement for:</b>	<b>at increased risk</b>	<b>at high risk</b>
European men	94cm (37 inches)	102cm (40 inches)
Asian men	90cm (36 inches)	
European and Asian women	80cm (32 inches)	88cm (35 inches)

If you are at increased risk, now would be a good time to make healthy lifestyle changes that would reduce or prevent any further increase. If you are at high risk then losing weight and reducing your waist size would improve your health. Changing your eating habits and becoming more physically active would have many benefits.

## Stop dieting and lose weight

Diets don't work for many people. You may have found that you lose weight during the diet and then put it on as soon as you stop.

Instead of trying fad diets (e.g. Grapefruit, Cabbage Soup), try eating a healthy balanced diet.

Aim to eat three healthy meals each day (including breakfast) and have healthy snacks throughout the day with 6-8 glasses of water.

Do not miss out your meals. Missing meals will make you feel hungrier and think about food more often. You could then be more likely to over eat later.

Eat slowly and chew your food well. It takes approximately ten minutes for your body to realise that it is full.

Remember that alcohol is high in calories too, so limit your alcohol intake. (See the 'Alcohol' section to find out how much is in your favourite drink.)

## Start soon and lose that first couple of pounds

The first couple of pounds (1kg) are the easiest to get rid of. This is because you lose water at first as well as fat.

Pace yourself though. If you lose more than two pounds a week, you may lose muscle rather than fat.

To lose weight healthily, you should aim to lose on average, 1–2 pounds a week (up to 1kg). To do this you need to eat approximately 500 calories per day less than you are currently eating. 1 pound of fat is equal to approximately 3,500 calories.

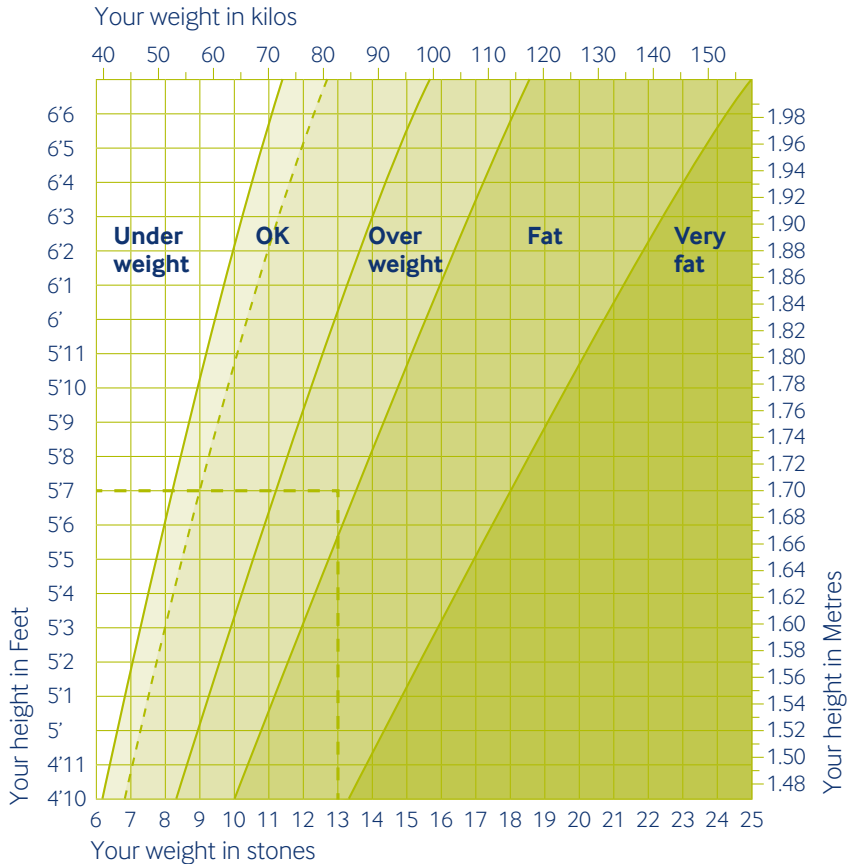
Don't be put off by small increases or levelling off in weight. Just keep on going and you'll get there.

### **500 calories is the equivalent to (approximately):**

- 2 Mars bars
- 5 slices of average white bread
- 2 packets of crisps

## Height and weight chart...

The chart indicates if you are underweight, OK, overweight, fat or very fat. Locate your weight (in stones or kilos) and your height (in feet or metres) and see where the lines cross.



# Body Mass Index

## What's your Body Mass Index?

Your Body Mass Index (BMI) is a way of finding out if your weight is putting your health at risk and is used by health professionals around the world. It is based on your height and weight and can be worked out by **taking your weight in kilograms and dividing it by your height (in metres) squared.**

For any height there is a range of healthy weights. BMI is classified in the following way:

**A BMI of less than 18.5kg/m<sup>2</sup>** indicates you are underweight. You may need to gain weight.

**If your BMI is 19 to 24.9kg/m<sup>2</sup>,** you're are a healthy weight, and should aim to stay that way.

**A BMI of 25 to 29kg/m<sup>2</sup>** is defined as overweight. It's a good idea to lose some weight for your health's sake, or at least aim to prevent further weight gain.

**A BMI of over 30kg/m<sup>2</sup>** is defined as fat and means your health is at risk. Losing weight will improve your health.

**If you're BMI is over 35kg/m<sup>2</sup>,** you should visit your GP for a health check, as you may need specialist help to manage your weight and health. This is especially important before taking up any new exercise.

Note: BMI is not always a good reflection of body fatness. A very muscular person might have a high BMI when in fact their body fat is at a healthy level, as muscle weighs more than fat.

## **Working out Body Mass Index**

**Find your height in metres (you can use the grid on the previous page for this) and square it:**

e.g.  $1.52 \times 1.52 = 2.31$

**Find your weight in kilos:**

e.g. 63.50kg

**Divide the weight by the squared height:**

e.g.  $63.50\text{kg} \div 2.31 = 27.48$



# Physical **Activity**

Easy steps to increase your activity levels

Better health for a better future

  
Sunderland

Physical Activity

You can make a big difference to your life by simply doing 30 minutes of moderate physical activity every day...



## Evidence shows...

That if you are not very active you may have trouble doing the simple tasks of daily life including carrying the shopping, walking up a hill, perhaps getting out of a chair.

The good news is that starting to be more active (no matter what your age) could help you cope with everyday tasks and, even better, reduce the risk of lifestyle diseases.

The links between health and activity are very clear. If you become more active the risk of health problems could be reduced.

It is recommended by the Department of Health that:

- To improve our health we should take at least 30 minutes of moderate exercise per day. This includes things such as gardening, walking and housework
- To lose weight or become fitter it is recommended that we take 60 minutes of moderate to vigorous exercise 3–5 times per week. This includes things such as jogging, swimming, fitness classes and swimming

## Safety check

Light to moderate activity is safe for most people. If you have medical problems such as heart disease, diabetes, arthritis or high blood pressure, always check with your GP before you start.

Start slowly and aim to gradually build up to half an hour of moderate activity a day, remember that every little bit counts on the road to a healthier lifestyle.



## What are these health benefits that everyone talks about?

Over the years research has been carried out into the relationship between good health and physical activity. The following are only a handful of the benefits that being physically active can bring, and remember these are for everyone.

### **Being physically active:**

- Helps maintain a good healthy weight – the more active you are the more calories you burn
- Improves your cardiovascular fitness (heart, lungs and blood)
- Makes you become more flexible
- Boosts muscular strength and stamina
- Reduces the risk of developing diabetes
- Reduces the risk of certain cancers
- Helps prevent the bone disease Osteoporosis
- Makes you feel and look good
- Improves your mental health



## 30 minutes of activity a day

Getting fitter doesn't mean you have to join a gym and buy expensive trainers. You can try some simple everyday activities for 30 minutes instead.

You can make a big difference to your health by simply doing 30 minutes of moderate physical activity a day. If you can do more than 30 minutes that's great, but 30 minutes a day will make a difference.

Moderate activities, those that make you feel slightly warmer, breath a little faster than normal and feel your heart beating a little faster, include things like gardening, walking the dog or even just walking the children to school. These are signs that you are doing yourself good and that you're not doing too much too soon.

Remember, to help you achieve a healthier lifestyle you should try and do these activities every day of the week.

**If you want to lose weight, then being active for 60 minutes a day will help you here too.**



## The 3 S's of physical activity...

### The first S: Stamina

Most people can improve their health by gradually building up to 30 minutes of moderate aerobic activity (such as walking) on most days of the week.

#### **Examples include:**

- Swimming
- Power walking
- Jogging
- Circuit training
- Aerobic classes
- Skipping
- Cycling
- Gardening
- House work
- Dancing

#### **Benefits include:**

- Reduces the risk of heart disease
- Burns body fat
- Helps with weight loss
- Lowers stress levels
- Helps reduce blood pressure
- Prevents diabetes
- Decreases the risk of heart attacks and strokes
- Improves HDL 'good' cholesterol
- Improves blood flow

## The second S: Stretching

The aim of stretching is to gently lengthen the muscles to improve tissue elasticity and flexibility. When stretching is done correctly, it can help to prevent injuries, muscle soreness and make the joints more supple.

### **Examples include:**

- Tai Chi
- Pilates
- Yoga
- Stretch and relaxation classes

### **Benefits include:**

- Lowers stress levels
- Increases energy levels
- Improves flexibility
- Improves blood flow
- Improves posture

## The third S: Strength

Resistance training is not just for body builders, athletes or exercise enthusiasts, it is important for all individuals. Men, women, the young, the elderly, the injured and the sick can all benefit from resistance training.

### **Examples include:**

- Weight training
- Heavy gardening
- Body conditioning classes
- Heavy housework
- Circuit training
- Lifting, pushing and pulling activities
- Using resistance bands
- Yoga/Pilates

### **Benefits include:**

- Reduces the risk of Osteoporosis (thinning of the bones)
- Increases joint stability
- Reduces body fat
- Improves posture
- Increases resting metabolic rate
- Increases muscle strength

## Physical Activity

## The FITTER principle

The FITTER principle is a basic philosophy of what is necessary to gain a training effect from an exercise program. FITTER stands for:

**Frequency** is how often you work out, e.g. three times per week.

**Intensity** is what level you work at, e.g. moderate intensity

**Type** is the type of exercise you do, e.g. running or walking

**Time** is the amount of time you spend doing it, e.g. 30 minutes

**Enjoyment** is making you sure you pick an activity that is fun

**Relaxation** means to remember to rest or 'cool down' after physical activity

## Tips to get you started

### Exercise on a budget

Walking costs nothing and you do not need any special equipment, just a pair of shoes. Check what activities are going on in your local area. Exercise classes, activity groups and swimming are often cheaper than you may think.

### Fitting it in to your busy life

You'll be surprised how easy it is to build some activity into your everyday life. Walk to the shops instead of catching the bus or driving. Park further from the shops and walk that extra bit. Walk up the stairs instead of jumping in the lift.

### Make exercise fun

It doesn't have to be boring. Challenge yourself to learn a new activity. Ask a friend to go along with you to a dance class or to a martial arts class, you will be surprised at the fun you will have. Buy or borrow a bike and go for a ride around the park.

## Try to add these activities into your first few weeks

- Add a wake-up walk to your day, get your blood flowing with 5 minutes of walking outside in the fresh air
- Lunch time – rev up your metabolism with a pre-lunch walk, try to do 10 minutes at a brisk pace
- After dinner take a short walk for 10 or 15 minutes
- Go swimming or try water workouts
- Try an exercise class – there are all levels available including beginners at your local sports centre
- Join a local walking group
- Try dance classes, a great way to get fit and have a great time



## Five good reasons to start walking

- For health** Walking strengthens your heart, your bones and your muscles and it helps to control your weight
- For wealth** Walking is free
- For happiness** Walking improves your mood and helps combat depression
- For comfort** Go for a walk in your local park or wood and discover how nature can reduce stress and calm your mind
- For fun** Walk with friends or join a walking group and discover just how much fun walking can be

## Getting started

- If you can only walk for a couple of minutes and then you need to rest that's OK. Where you start from isn't important – it's where you're going that counts
- Try to walk on most days of the week – you could start with a 10-minute walk and gradually increase the time you spend walking. Don't overdo it on your first walk. If you are very unfit you may want to start by walking every other day
- To get health benefits from walking, you only need to walk for 30 minutes, 5 days a week
- If it suits you to break this down and do, say, 3 sessions of 10 minutes walking in a day, that's just as good
- Build it up bit by bit and know what you are aiming for



## Why 'brisk' walking is the best

Any walking is better than none. Brisk walking is the best but, if you are unfit or have taken very little exercise recently, then gentle strolling is a good start. It is much better to start slowly and build up to walking faster rather than overdoing things at the beginning.

Brisk walking is the goal because the heart reaches its natural 'training zone' when it has to work a little harder than normal.

### **You are walking briskly when:**

- Your heart beats faster than normal but is not racing
- Your breathing is deeper than usual but conversation is still possible

## Why not walk...

- Up the stairs (avoid using the lift or escalator for less than three flights)
- After your evening meal (avoid sitting watching the television for long periods of time)
- The long way to the shops
- From the furthest end of the car park

## Take care, be safe...

- Choose comfortable, supportive shoes
- If you're going for a longer walk, warm up with stretching exercises and include a cool-down period to reduce stress on your heart and muscles
- Maintain a brisk pace. You should work hard to keep up your pace but still be able to talk while walking
- Practice correct posture – head upright, arms bent at the elbow and swinging as you stride
- Drink plenty of water before, during and after walking to cool working muscles
- Tell others if you are walking alone
- Walk in well-lit areas, where it is fairly busy
- Be careful of traffic
- Wear reflective clothing in the dark

## Community Wellness Programme

### **What is the Community Wellness Programme?**

The aim of the Community Wellness Programme within the city is to improve individual's health and well-being through the provision of physical activity opportunities, lifestyle advice and education within community venues.

### **Community Wellness Programme can improve your health**

You can make a big difference to your life by simply doing 30 minutes of moderate physical activity every day. The good news is that starting to be more active (no matter what your age) can help you manage everyday tasks and even better reduce the risk of lifestyle diseases.

Easy Line equipment allows the Community Wellness Programme to reach out to all those people who want to improve their health and physical condition.

Community Wellness sessions are perfect for anyone wishing to adopt a healthier, more active lifestyle. The equipment is very attractive and incredibly easy to use. No adjustment is required to start training.

## Community Wellness venues

Please contact a site to find out when activity classes are available.

Community Wellness Sessions are perfect for anyone wishing to adopt a healthier more active lifestyle

## Life – membership to Sunderland’s Sport, Leisure and Wellness Services

Keeping physically active is important, but to make it fun you should choose something you will enjoy doing regularly. In Sunderland there is plenty of choice at the city’s sport and leisure facilities. From a game of football to an exercise class, skiing to Wellness, swimming to tennis, the list goes on....

The new Life card is for adults and young people living, working and studying in Sunderland which offers discounts and promotions, simple, fair and competitive prices.

There are also a range of membership packages for you to enjoy activities at your local leisure and Wellness Centres.

### **How do I apply?**

To receive your Life card simply complete an application form that can be found at any of the Leisure Centres.

### **How will I benefit?**

As a Life card holder you will receive discounts on a range of activities, courses and classes and can take up special promotions throughout Sunderland’s Leisure Centres, sports facilities and Wellness Centres.

For further information call your local sport and leisure centre (numbers in the directory section) or the contact centre on 0191 520 5555 or visit [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)



## **Wellness Centres**

Sunderland Wellness Centres offer excellent facilities, state-of-the-art equipment and have well-trained staff on hand to support you. Sunderland City Council is continuing to invest in its Wellness Centres citywide and is committed to supporting you in achieving 'better health for a better future'.

## **Wellness exercise classes**

Exercising in a group is a fun and effective way to get fit as you are supported and enthused by others in the class to develop your fitness levels, meaning you can really feel the benefits. Also, as classes are held regularly it helps you to fit physical activity into your schedule once or twice a week.

There are over 200 weekly classes will be available at sport and leisure facilities.

## **Swimming**

Swimming is an excellent form of all-round exercise that's suitable for all levels of fitness and ability. Regular swimming will help you build strength and stamina and improve your fitness levels. With the new facilities at Sunderland Aquatic Centre and the pool facilities at Washington Leisure Centre to choose from, now is a great time to take to the water.

## **Swim, Wellness and class**

If you combine all three types of physical activity into your fitness programme by choosing the 'swim, Wellness and class' package you will get an all round work out that will really help you to improve your health and enjoy a more active life.



## Kids fitness

### **New opportunities for young people in Wellness Centres**

Young people over the age of 11 can now access Wellness Centres without their parents also being members. They will have access to the facilities from 4pm onwards Monday to Friday and all day Saturday and Sunday with special availability during school holidays.

Appropriate training programmes will be tailored to individuals by a fully qualified Wellness instructor.

The Wellness service is continuously expanding and now provides activities for children and young people.

Sunderland Sport & Leisure Centres now offer a range of children's and young people's fitness classes across the city. They are programmed to allow children and young people to access them after schools and at weekends.

The sessions are led by fully qualified fitness instructors who are insured and CRB checked, and are designed to improve stamina, strength, suppleness, co-ordination and balance, but the main ingredient is fun.

The sessions cover all age groups from:

- 4–7 years – Fit for play
- 8–12 years – Fit for play
- 13–16 years – Fit for teens

Activities are appropriate for each age group.

Children's fitness sessions will also be running during the summer holidays.



# Alcohol

Sensible drinking

This section of the guide is here to help you enjoy a drink in moderation.

## Are you at risk from drinking alcohol?

Risk	Men	Women	Common physical and emotional effects
Low risk and sensible	3 – 4 standard drinks each day	2 – 3 standard drinks each day	<ul style="list-style-type: none"> <li>• Increased relaxation</li> <li>• Reduced risk of heart disease</li> <li>• Sociability</li> </ul>
Moderate risk and hazardous	More than 4 standard drinks each day	More than 3 standard drinks each day	<ul style="list-style-type: none"> <li>• Less energy</li> <li>• Insomnia</li> <li>• Poor co-ordination</li> <li>• Less able to think clearly and sharply</li> <li>• Danger when driving and operating machinery</li> <li>• High blood pressure</li> <li>• Depression/stress</li> <li>• Impotence</li> <li>• Risk of injury</li> </ul>
High risk and harmful	More than 6 standard drinks each day	More than 5 standard drinks each day	<p>All of the effects of hazardous drinking plus:</p> <ul style="list-style-type: none"> <li>• Brain damage</li> <li>• Memory loss</li> <li>• Physical dependence</li> <li>• Liver disease</li> </ul>

### 1 unit of alcohol or standard drink =

- ½ pint of ordinary strength beer, lager or cider
- 1 small glass of wine
- 1 small measure of spirits
- 1 alcopop



## What benefits will you get from cutting down on your drinking?

### **Physical**

- Better sleep
- More energy
- Lose weight
- No hangovers
- Improved memory
- Better physical shape
- Reduced risk of injury to yourself and others
- Reduced risk of high blood pressure
- Reduced risk of liver damage
- Reduced risk of brain damage
- Reduced risk of cancer

### **Psychological, social, financial**

- Improved mood
- Less hassle from family
- Reduced risk of drink driving
- Save money



## How do you cut down on your drinking to reach these target levels? Try and do the following:

- Have your first alcoholic drink with a main meal
- Quench thirst with non alcoholic drinks before having an alcoholic one
- Have a non alcoholic drink before every alcoholic drink
- Switch to low alcohol beer
- Take smaller sips
- Plan activities or tasks at those times you usually drink
- When bored or stressed have a physical work-out instead of drinking
- Explore new interests – cinema, social club, exercise
- Avoid going to the pub after work
- Avoid or limit where possible, time spent with your 'heavy' drinking friends or family

Remember, drinks poured at home are usually more generous than a standard pub measure.

If you are a woman try to drink no more than 14 units a week. If you're a man don't drink more than 21. Spread your drinking throughout the week. The Department of Health advises that men should not drink more than 3–4 units of alcohol per day, and women should drink no more than 2–3 units of alcohol per day.

Drink for drink alcohol may have a greater effect on a woman than a man because women are generally smaller and lighter.

## Approximate calories in alcohol

<b>Alcohol</b>	<b>Calories in a standard drink</b>	<b>Alcohol</b>
Baileys Irish Cream	129	14.1g
Beer – Bitter	182 (pint)	3.1g
Beer – Guinness, Stout	170 (pint)	3.3g
Lager	221 (can)	1.5g
Champagne	89	9.9g
Gin	56 (shot)	31.7g
Sherry – sweet	68	15.6g
Wine – white, medium	89	8.9g
Vodka	55 (shot)	31.7g



## How does alcohol affect your body?

- Within a few minutes of drinking alcohol it is absorbed into your bloodstream and carried to your brain as well as other parts of your body
- Your blood pressure will typically increase. The more you drink the more your blood pressure will go up
- Drinking regularly (more than the daily recommended units) will increase your risk of:
  - Liver damage
  - Cirrhosis of the liver (scar tissue replaces normal liver tissue, blocking the flow of blood. This reduces the ability of the liver to remove poisons and bacteria, produce bile and blood proteins)
  - Cancer of the mouth and throat

## Are there any health benefits?

A **small** amount of alcohol gives protection against coronary heart disease.

These benefits come from drinking only 1 unit a day e.g. a small glass of wine a day. No additional benefit comes from drinking more than 2 units a day e.g. over a pint of a normal strength beer.

## Alcohol – the facts

- You need to avoid alcohol for 48 hours after being drunk to give your body time to recover
- Drinking too much regularly will increase the risk of long-term damage to your health
- People who drink very heavily may also develop psychological and emotional problems including depression
- The legal drink driving limit can not be accurately calculated into a number of units. Therefore if you are going to drive don't even have one drink
- It takes approximately 1 hour for your liver to remove 1 unit of alcohol
- Black coffee, fresh air and cold showers will not sober you up, only time can remove alcohol from your bloodstream



'Getting help was the bravest thing I've ever done.'

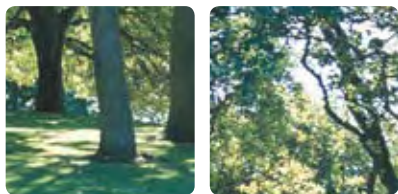
You don't have to deal with any worries you have about alcohol on your own, there are people out there who can help you. Please see the Wellness Directory for contact details.



# Smoking

Enjoying the benefits of stopping smoking

'I felt better as soon as I stopped smoking.'



## Health risks of smoking

- Risk of coronary heart disease
- Risk of cancer
- Risks to your unborn baby when pregnant
- Risk of stroke
- Risk of cataracts and blindness

Stopping smoking at any age increases your life expectancy provided you stop before you develop cancer or any other serious disease. But even if damage has already been done, you can still benefit from stopping.

**There are long term benefits to your health as well as some amazing benefits that begin as soon as you stop:**

<b>Time stopped</b>	<b>Benefit to your body</b>
20 minutes after stopping	Your blood pressure and pulse rate will begin to come down
8 hours	Blood oxygen levels return to normal, and your chances of having a heart attack start to fall
24 hours	Carbon monoxide leaves the body, the lungs start to clear out mucus and debris
48 hours	Your body is now nicotine-free. Your senses of taste and smell start to improve
72 hours	Breathing is easier, and your energy levels increase
1 – 5 days after stopping	Although you will notice your cough is getting a little worse it is just a sign that your lungs are clearing out all the tar
First few weeks after stopping	Nicotine cravings will pass
2 – 12 weeks after stopping	Your circulation will improve and walking and exercise get easier
3 – 9 months after stopping	Coughs and breathing will improve. Lung efficiency is improved by 5–10 percent
After 5 years	Your chances of heart attack are half that of a smoker
After 10 years	Your risk of lung cancer is about half that of a smoker. Your risk of a heart attack is almost the same as someone who has never smoked



## How you will benefit financially

When you stop smoking you will notice the financial benefits as well as the health benefits:

- If you smoke 5 a day you could save £400 per year
- If you smoke 10 a day you could save £800 per year
- If you smoke 20 a day you could save £1,600 per year

## 'I worked out how to stop – and did!'

- Pick a date when you're going to give up. Choose a time when it isn't too hard. New Year's Eve probably isn't ideal as lots of people may be smoking and drinking around you. Alcohol itself also makes you want to smoke more.
- Get ready before hand. Get rid of any old packets you might have around.
- Get in your Nicotine Replacement Therapy. This will cut down your withdrawal symptoms from not smoking. Ask your GP for details of your local support group or ring 0800 587 4865 and ask to see a specialist stop smoking advisor.

## Are you ready to stop?

Answer the following:

Why do you smoke?

Why do you want to stop?

## When do you light up?

Tick the triggers that apply to you, and add any others in the space provided.

- When I wake up
- Talking on the telephone
- When I have a drink
- Watching television
- At social events, parties or in the pub
- After a meal
- With friends or family
- Reading the newspaper
- When I'm tense or feeling stressed

Others...



## 'I worked out how to stop – but it took me a few goes'

- Many people try a few times before they give up cigarettes. Don't let this discourage you. You can learn from why you started smoking again. This will help you not to make the same mistakes again.
- Most successful ex-smokers find that cutting down bit by bit doesn't work. You just breathe in the smoke from each cigarette more deeply.
- Carrying a cigarette with you 'just in case', doesn't work either.
- Some people start smoking again because they put on weight. If this is you don't worry, most people do lose it again after a while.

## 'I thought I might go back on them'

Sometimes people can go for a few years and then start smoking again. Be aware of this now.

If you do start again, don't give yourself a hard time. You've done it once, you can do it again – keep trying!



# Stress

How to deal with it

Stress

Better health for a better future

  
Sunderland

It is not always easy to deal with everyday life. All too often we aim too high and have too many things on our 'to do list'.

Stress is inevitable. It is not a bad thing, as we all need stress in our lives to a certain extent, but the key is how we cope with it. Learning to relax will mean you feel happier, healthier and more able to cope.



## When and why is stress harmful?

Life changes, such as moving house, getting married or coping with bereavement, can all cause stress. So can problems such as unemployment, poor housing, noisy neighbours, relationship problems and difficulties at work.

However, stress also has a positive side. A certain level of stress may be necessary and enjoyable in order to spark us into action.

Stress means different things to different people. How stressed you are isn't just down to what happens to you. How you react to what happens to you is also important. You can't always stop bad things happening. You can learn to think about them differently and develop new ways of coping with problems.

In the animal world, the response to danger is to run away or to turn and fight.

People also often react to emotional stress as if it were a physical threat. Your muscles tense, ready for action and your heart beats faster to carry blood to where it's most needed – the muscles and the brain. You breathe faster, sweat more and your mouth becomes dry. These physical reactions are due to hormones that the body produces, including one called adrenaline.

This automatic reaction to a threatening situation is known as the 'fight or flight' reaction. It equips us to fight or escape from an enemy. You may merely be having an argument with a friend or family member, but your body may react as though you were gripped in a life-or-death struggle with a lion. This may lead you to make bad decisions. If you often feel like this, it may begin to take a toll on your body.

Many people also turn to cigarettes or alcohol as a way of coping with stress.



## How can you tell if you're under too much stress?

As stress begins to take its toll, people begin to get a number of symptoms. See if you recognise any of the symptoms in the following lists. If you do, don't panic! Just try some of the ideas we talk about later.

### How your body may react

- Breathlessness
- Pains in your chest or head
- Fainting spells or dizziness
- Tendency to sweat
- Nervous twitches, cramps or muscle spasms
- Pins and needles
- High blood pressure
- Constant tiredness
- Restlessness or sleeping problems
- Feeling sick or having diarrhoea (or constipation)
- Craving for food or lack of appetite
- Indigestion or heartburn
- Sexual difficulties

### How you may feel

- Aggressive
- Irritable
- Uninterested in life or others
- Depressed
- Neglected
- That there's no-one to talk to
- Fearing diseases
- Fearing failure
- A loss of sense of humour
- Dreading the future

### How you may behave

- Have difficulty making decisions
- Avoid difficult situations
- Cry frequently
- Have difficulty concentrating
- Bite your nails
- Deny there's a problem
- Unable to show true feelings

## **What's the best way to handle pressure?**

Remember that a little stress is good for the body and alerts the mind. However, the methods of coping with stress described in this section should help you to deal with stress much better.

## **Manage your time**

Although we often plan for months ahead, it's also important to plan our days. Making time for leisure, exercise and holidays is just as essential as spending time on work or home worries.

Everybody has a time when they feel at their best. Identify your best time (you may be a morning or a night person) and use it to carry out important tasks that need the most energy and concentration.

Make a list of things you have to do on any given day. These are your priorities; everything else can be left until later. Arrange these priorities in order of importance, and try to stick to that order.

Try to take tasks one at a time, until each is finished. If you try to do too many at once, you're more likely to end up muddled and achieve less.

Variety is a good idea. If you can, vary your tasks in a day; dull jobs with interesting tasks, tiring jobs with easier ones.

## **Act positively**

Once you've finished a task, take a few moments to pause and relax. Remember to use your break wisely: do you really need that cigarette or cup of coffee? Why not eat an apple or go out for a 10 minute walk.

At the end of each day, sit back and be pleased with what you've done. Don't spend time worrying about what still needs to be done.

Try to make time to switch off from your tasks at home or at work. Use your free time to relax and unwind.

A change of scene can help. Try to get away every so often, even if only for a couple of days.

Find a hobby or interest, one that is different to your everyday stresses and strains; you'll be glad you did.

# How you can overcome the problems of stress

## Sleep problems

Sleep problems, such as insomnia, are a common sign of stress. It seems that about one person in five suffers from them. Worries about personal problems, family, or work may make it increasingly difficult to fall asleep, and sleep may be disturbed by bad dreams. There are several simple measures worth trying if you want to establish a better sleeping pattern.

If you are troubled by noise, use earplugs. If light from the street disturbs you, use thick, lined curtains or blinds.

It makes sense to wake up at the same time each morning and go to bed at about the same time every night.

You might find it helpful to follow a night-time routine in order to wind down before bedtime. You could try:

- Going for a walk
- Listening to the radio or watching a TV programme
- Reading
- Taking a warm bath
- Having a hot drink such as chamomile tea or hot milk
- Avoid tea, coffee, and heavy meals, late at night

Relaxation and deep breathing exercises can also help you switch off and prepare for sleep.

People do tend to sleep less soundly as they get older. Physical discomfort or pain will certainly affect sleep. However, it's worth noting that drugs prescribed for any illness you have may also cause sleepless nights.

Emotional problems can make people much more vulnerable to stress. Depression may make it difficult for you to get to sleep, or you may find you wake very early feeling particularly depressed and anxious. Think about seeing your GP to discuss your sleep problem. Alternatively, if you wish to explore any underlying reasons, you could consider counselling.

The holistic approach to health looks at the whole person and not just their problems. This can also be very helpful for stress-related symptoms. Meditation and massage can all help relieve stress disorders and promote relaxation.

## How you can help yourself to relax

Relaxation is the natural answer to stress. Each and every one of us should make time in the day to relax, whether we feel under stress, or not. The following techniques can help:

### **Deep breathing**

The way you breathe can have a dramatic effect on your sense of wellbeing. Many people breathe poorly, without even realising it. This is especially true of people under stress. To improve the way you breathe, try this simple exercise for just five minutes a day. It can help relieve tension, anxiety, dizziness, pins and needles, cramps and chest pains.

Don't be concerned if these breathing exercises aren't for you. Not everyone feels comfortable focusing on their breathing.

- Slowly let out your breath
  - Gently breathe in, so that you feel your abdomen rise slowly under your hand
  - Breathe out again, feeling your abdomen fall, and make sure you breathe out a little longer than you breathed in
  - Pause for a few moments and then repeat the process again
  - If you find that only the hand on your abdomen moves, then you are breathing correctly. The abdomen is moving as your diaphragm rises and falls rhythmically. There should be little or no movement in your upper chest. Your hand should stay still
- Sit down, or lie down on your back. Make sure you are comfortable, and loosen any tight clothing
  - Become aware of your breathing, its rhythm, depth or shallowness, and its speed
  - Put one hand on your upper chest and one just below your ribs on your abdomen



## What else you can do to reduce stress levels?

Taking part in some form of physical activity is a great way of reducing stress levels and preventing some of its damaging effects on the body. Exercise uses up the adrenaline and other hormones that the body produces under stress, and relaxes the muscles. It will help to strengthen the heart and improve blood circulation too.

Research suggests that physical activity can lead to a change in body chemistry that can affect the way people feel, as well as their physical condition. And that's not all. Exercise can also help to raise self-esteem and reduce anxiety and depression.

You don't necessarily have to take up a competitive or vigorous new sport. Remember that you can benefit simply by becoming more active, as part of your daily routine.

### **Healthy eating**

When you feel under stress, it's often easy to forget about what you eat; it just doesn't seem important, or there isn't time. But what we eat, and when we eat, can make a big difference.

It's important to make time for regular food or snacks and not to miss out on meals, such as breakfast. Try not to rush. Take time to enjoy what you're eating.

### **Having fun**

Making time for regular leisure activities can help you release the tension that stress can cause, and to take your mind off the worries of the day.

Whether you unwind in the bath, the garden or with music, the important point is to enjoy the activity as an end in itself. Get lost in the pleasure of the moment.

## 10 things you can do to reduce stress

- Keep physically active
- Eat well
- Drink alcohol in moderation
- Keep in contact with friends and loved ones
- Value yourself and others
- Talk about your feelings and ask for help
- Get involved and make a contribution
- Learn new skills
- Do something creative
- Take a break



# Wellness **Directory**

Where to find more ideas, information and inspiration

Better health for a better future

  
Sunderland

Directory

The next few pages list local and national contacts to help you gain more information and advice.

## General Health Information

National Contact:

### **NHS Direct**

T: 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **Weightwise**

[www.bdaweightwise.com](http://www.bdaweightwise.com)

## Libraries

### **Bunny Hill Library**

Sunderland Customer Service  
Centre, Hylton Lane,  
Sunderland SR5 4BW

T: 0191 520 5203

### **City Library & Arts Centre**

Fawcett Street,  
Sunderland SR1 1RE

T: 0191 514 1235

### **Doxford Park Library & Electronic Village Hall**

Mil Hill Road, Doxford Park,  
Sunderland SR3 2ND

T: 0191 553 5738

### **Easington Lane Library**

High Street,  
Easington Lane DH5 0JW

T: 0191 553 6695

### **East Herrington Library**

Atlantis Road, Farringdon,  
Sunderland SR3 3PF

T: 0191 553 5885

### **Fence Houses Library**

Britannia Terrace,  
Fence Houses DH4 6HL

T: 0191 382 3040

### **Fulwell Library**

Dene Lane, Fulwell,  
Sunderland SR6 8EH

T: 0191 553 5260

## Libraries (continued)

**Hendon Library** T: 0191 553 2750  
Toward Road, Sunderland SR2 8JG

**Hetton Centre Library  
& Electronic Village Hall** T: 0191 520 5092  
Welfare Road, Hetton DH5 9NE

**Kayll Road Library** T: 0191 553 2760  
Kayll Road, Sunderland SR4 7TW

**Monkwearmouth Library** T: 0191 553 2755  
Church Street North,  
Sunderland SR6 ODR

**Ryhope Library & Customer  
Service Centre** T: 0191 561 4446  
Black Road,  
Sunderland SR2 ORX

**Sandhill Centre Library  
& Electronic Village Hall** T: 0191 520 5123  
Grindon Lane,  
Sunderland SR3 4EN

**Shiney Row Library &  
Customer Service Centre** T: 0191 520 5112  
Chester Road,  
Shiney Row DH4 4RB

**Southwick Library** T: 0191 553 5270  
Beaumont Street, Southwick,  
Sunderland SR5 2JR

**Washington Green Library** T: 0191 219 3435  
The Green, Washington Village  
NE38 7AB

**Washington Millennium  
Centre Library & Electronic  
Village Hall** T: 0191 219 3878  
The Oval, Concord,  
Washington NE37 2QD

## Eating Healthily

### Local Contact:

**Nutrition in Sunderland:**  
Ring and ask for the **Nutrition and 5-A-Day workers** in the Health Development Unit

T: 0191 529 7100

**NIWE** is the Northern Initiative on Women and Eating for people of any age regarding eating distress and related issues.

Telephone their helpline on 0191 221 0233 or visit their website at [www.newnet.org.uk/niwe](http://www.newnet.org.uk/niwe)

### National Contact:

**Department of Health**

T: 020 7210 4850

**5-A-Day**

[www.5ADAY.nhs.uk](http://www.5ADAY.nhs.uk)

**The Food Standards Agency**

T: 020 7276 8000  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.food.gov.uk](http://www.food.gov.uk)

**Food Fitness**

[www.foodfitness.org.uk](http://www.foodfitness.org.uk)

## Losing Weight

### Local Contact:

The NHS wants to help people lose weight. Call **Wear Shaping Up – Active** for details.

T: 0191 541 0120  
Mon–Fri, 1.30–3.30pm

### National Contact:

**Patient UK**

[www.patient.co.uk](http://www.patient.co.uk)

## Physical Activity and Walking

Local Contact:

**Sunderland Contact Centre** T: 0191 520 5222

**Sunderland Aquatic Centre** T: 0191 561 6161  
Stadium Park,  
Sunderland SR5 1SU

**Community North Sports Complex** T: 0191 553 6915  
Kingsway Road,  
Sunderland SR5 4BB

**Crowtree Leisure Centre** T: 0191 553 2600  
Crowtree Road,  
Sunderland SR2 3EL

**Houghton Sports & Wellness Centre** T: 0191 553 6466  
Station Road,  
Houghton Le Spring DH4 5A

**Northumbria Centre** T: 0191 219 3390  
Stephenson Industrial Estate,  
Washington NE37 3HR

**Puma Sunderland Tennis & Wellness Centre** T: 0191 553 5905  
Silksworth Lane, Silksworth,  
Sunderland SR3 2AN

**Seaburn Centre & Wellness Centre** T: 0191 529 4091  
Whitburn Road, Seaburn,  
Sunderland SR6 8AA

**Silksworth Sports Complex** T: 0191 553 5785  
Silksworth Lane,  
Sunderland SR3 2AN

## Physical Activity and Walking (continued)

Local Contact:

<b>Sunderland North Community Business Centre</b>	T: 0191 537 3231 T: 0191 519 6722
Downhill Centre, Kilarney Square, Downhill, Sunderland SR5 4AY	

<b>Washington Leisure &amp; Wellness Centre</b>	T: 0191 219 3400
Town Centre, Washington NE38 7SS	
Facilities: Gym, group training classes	

<b>Wellness at Bunny Hill</b>	T: 0191 561 8154
Hylton Lane, Sunderland SR5 4BW	

<b>Community North Sports Complex</b>	T: 0191 553 6915
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<b>Hetton Sports Centre</b>	T: 0191 553 6680
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<b>Raich Carter Sports Centre</b>	T: 0191 553 2333
Commercial Road, Hendon, Sunderland SR2 8PD	

## Physical Activity and Walking (continued)

Local Contact:

**St Mary & St Peters**

T: 0191 522 8979

Springwell Road,  
Sunderland SR3 4DY

**Wearmouth Community  
Development Trust**

T: 0191 548 8884

Swan Street Centre  
Swan Street, Monkwearmouth,  
Sunderland SR5 1EB

**Pennywell Community Centre**

T: 0191 534 8435

Portsmouth Road,  
Sunderland SR4 9AX

**Easington Lane  
Community Access Point**

T: 0191 526 1071

T: 0191 526 8896

Brickgarth,  
Easington Lane DH5 0LE

**Fulwell Day Centre**

T: 0191 553 2255

Fulwell Road,  
Sunderland SR6 9QW

**Ryhope Community Centre**

T: 0191 521 0775

Black Road, Ryhope,  
Sunderland SR2 0RX

**Herrington Burn**

T: 0191 385 2822

Houghton-le-Spring,  
Tyne & Wear DH4 4JW

**Hudson Road Primary School**

T: 0191 553 7675

Villiers Street South,  
Sunderland SR1 2AH

## Physical Activity and Walking (continued)

Local Contact:

**Hetton School**

North Road,  
Hetton-le-Hole DH5 9JZ

T: 0191 553 6756

**Biddick School**

Biddick Lane,  
Washington NE38 8AL

T: 0191 219 3680

**Millennium Centre**

The Oval, Concord,  
Washington NE37 2QD

T: 0191 219 3883

National Contact:

**Sport England**

[www.sportengland.co.uk](http://www.sportengland.co.uk)

**Everyday Sport**

For information on local events  
and activities

[www.everydaysport.com](http://www.everydaysport.com)

**British Heart Foundation**

14 Fitzhardinge Street,  
London W1H 4DH

[www.bhf.org.uk](http://www.bhf.org.uk)

Info on national walks/events  
and on having a healthy heart

**Active Places**

[www.activeplaces.co.uk](http://www.activeplaces.co.uk)

**Health Advisor – healthy  
walking and green exercise**

Natural England  
The Quadrant, Newburn Riverside,  
Newcastle NE15 8NZ

T: 0191 229 3339  
[www.naturalengland.co.uk](http://www.naturalengland.co.uk)  
[www.whi.org.uk](http://www.whi.org.uk)

## Alcohol

Local Contact:

**Community Addiction Team** T: 0191 565 7327  
178–185 High Street West

**Sunderland Social Services  
Drug and Alcohol Team** T: 0191 510 8933  
11 Norfolk Street,  
Sunderland SR1 1EA

**North East Community  
Addiction (NECA)** T: 0191 419 3680  
Speculation House,  
Speculation Place, Concord,  
Washington

National Contact:

**Drinkline** T: 0800 917 8282

**Alcoholics Anonymous** T: 0843 769 7555

## Smoking

Local Contact:

**Stop Smoking In Sunderland  
Service** FREEPHONE: 0800 587 4865  
Mon–Fri: 9.00am–5.00pm

**Sunderland TPCT** Smoking cessation officers,  
local doctors surgery or  
pharmacist.

National Contact:

**Stop Smoking** Ring 0800 169 0 169  
[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

**Quit** [www.quit.org.uk](http://www.quit.org.uk)

## Stress

### Local Contact:

#### **Relate**

Ring 0800 980 5907 to see a counsellor to help you with your relationship.

Ring 0845 130 4010 for a free 20 minute counselling session on the phone.

Ring 0845 130 4016 for longer counselling on the phone. This costs £25 for half an hour or £45 for an hour.

#### **Sunderland Counselling Service**

Princess of Wales Centre,  
Hylton Road,  
Sunderland SR4 8AE

T: 0191 514 4060 or  
0191 514 7007

### National Contact:

#### **Mind**

[www.mind.org.uk](http://www.mind.org.uk)

#### **Samaritans**

T: 0845 790 9090

## General Information

### Get a flu jab

Flu is a particular winter problem, especially if you are over 65, or are already ill or receiving treatment. Flu immunisation is strongly recommended for people in these groups and it is free. Talk to your GP or local surgery.

### Keep your house warm

Good insulation, draught proofing and heating helps you keep your house warm and your fuel bills down. Try to keep your main room at 21°C (70°F) during the day – use a thermometer to check, or set your thermostat if you have one. Warm your bedroom before going to bed with a hot water bottle or electric blanket – but not both together. Keep your bedroom window closed at night. You should also have your gas appliances and central heating checked every year. Your landlord must do this if you rent your home. If not, use a CORGI registered plumber.

Residents over the age of 70 now qualify for cavity wall and loft insulation, and if in receipt of qualifying benefits also receive free of charge measures. Residents who do not qualify for free insulation can have the work completed for £150 per measure subject to survey.

**Sunderland City Council** might be able to help you improve your home if you're on a low income. This could include equipment to make life easier for a disabled person, or to get small repair jobs done.

Call Sunderland City Council on (0191) 520 5555 for details, or email [enquiries@sunderland.gov.uk](mailto:enquiries@sunderland.gov.uk)

## Help with bills

### **Winter Fuel and Cold Weather Payment**

If you are aged 60 or over you may be entitled to help with your fuel bill.

For advice, call the Winter Fuel Payments Helpline on 08459 15 15 15 (textphone 0845 601 5613)

Mon – Fri: 8.30am – 4.30pm.  
Have your National Insurance Number ready.

### **More help with money**

There are benefits which are not just for heating, such as Pension Credit (if you are 60 or over).

You may be able to claim. To find out, call the Pension Credit Application Line on Freephone 0800 991 234. (Textphone 0800 169 0133).

### **Budget Schemes**

Fuel companies have payment schemes which enable people to spread payments more evenly over the year. Ask your supplier for details.

Energywatch can help with advice on energy saving measures and if you have a complaint. For further information call 08459 06 07 08 (local call rates apply). You can also visit [www.energywatch.org.uk](http://www.energywatch.org.uk)

### **Winter Warmth Advice Line**

Freephone 0800 085 7000  
Textphone 0800 085 7857  
8am to 8pm Monday to Friday.

Lines are open October to March and your call is free. There will be an interpreter there if you need one.

[www.dh.gov.uk/socialcare](http://www.dh.gov.uk/socialcare)

## Keep warm, keep well

If you feel cold, it's easier to become ill with a cold or flu or perhaps chest problems.

Winter Warmth Advice Line:  
Freephone 0800 085 7000  
Textphone 0800 085 7857

8am to 8pm Monday to Friday  
Lines are open October to March

[www.dh.gov.uk/socialcare](http://www.dh.gov.uk/socialcare)

You can stop this from happening to you. Tips for keeping well over winter are:

### **Keep active and moving**

Don't stop doing the things you like, like going for walks on cold days.

### **Wear warm clothes**

At home and when you go out – the right kind of clothes will keep you warm and help stop you getting ill. Many layers of wool, cotton or light fleecy clothes are best. Outside, wear a cap or hat and warm, dry footwear with flat soles.

### **Hot Food**

Hot food helps you keep going. Eat one or more hot meals a day and have plenty of hot drinks.

# Your **Feedback**

We hope you have found Your Wellness Guide useful and informative.

If you would like to contact us please write to:

Wellness Manager  
Sunderland City Council  
South Hylton House  
Hylton Bank  
Sunderland  
SR4 0JL

or telephone 0191 520 5555

If you would like a copy of this guide in an alternative language, large text, Braille or audio format, please telephone (0191) 520 5555.

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