



**Your 4 week**

**food and activity planner**

**Look and feel amazing with  
these small steps**

**[www.JustBeCroydon.org](http://www.JustBeCroydon.org)**

# Say hello to a new you.

**This plan is designed to help you eat healthy and introduce physical activity into your everyday life. Adopting just 5 behaviours can help you lose weight safely and keep it off. It can also improve your overall health and wellbeing.**

The benefits for adopting these five behaviours include:

- Your risk of developing coronary heart disease, stroke, type 2 diabetes is reduced
- They can help you maintain a healthy weight
- They can help you maintain the ability to perform everyday tasks with ease
- Improved self-esteem
- A reduction in the symptoms of depression and anxiety

Writing down and tracking your activity and the food you consume will support you on your journey to a happier and healthier you.

Print this guide and track your progress both in terms of your activity levels and weight. Doing this everyday will increase your chances of success!



## 5 behaviours to adopt

- 1 Do 30 minutes of activity a day 5 times a week**
- 2 Drink at least 5 large glasses of water a day**
- 3 Eat 5 portions of fruit and vegetables a day as part of your diet**
- 4 Say no to alcohol. If you choose to drink, give your liver a break for at least two days**
- 5 Say no to added sugar. Find out more about sugar smart**  
[www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)



# 150 minutes a week. That's all.



**Adults aged 19-64 should aim to be active everyday. It is recommended that you do at least 150 minutes of physical activity a week. This activity should be moderate activity - the type of activity that makes you feel out of breath. These can be done in chunks of at least 10 minutes or more. Here are some examples to get you started:**

Moderate intensity physical activities will cause you to get warmer and breathe harder and your heart to beat faster, but you should still be able to carry on a conversation. Examples include:

**Brisk walking**

**Cycling**

Vigorous intensity physical activities (just that little bit harder!) will cause you to get warmer and breathe much harder and your heart to beat rapidly, making it more difficult to carry on a conversation. Examples include:

**Running**

**Sports such as swimming or football**

Physical activities that strengthen muscles involve using body weight or working against a resistance. When you have mastered moderate or vigorous activities, you could try activities that strengthen your body. This should involve using all the major muscle groups. Examples include:

**Exercising with weights**

**Carrying or moving heavy loads such as groceries**



## Try to reduce the following:

- Time spent watching TV, using the computer or playing video games
- Sitting down for too long. Get up and move about more

## Why not...

- Swap a long bus or car journey for walking part of the way

# Your activity planner

**The aim is 30 minutes a day, five or more times per week.**

Print this activity planner to help you see how active you are each day.

Write down the date of the week then how many minutes a day you have been active.

For example:

30

15

-

60

30

-

15

Week

Date

Mon

Tue

Wed

Thur

Fri

Sat

Sun

1

..... / ..... / .....

2

..... / ..... / .....

3

..... / ..... / .....

4

..... / ..... / .....

If you have an activity tracker such as a Smartwatch, Fitbit or similar record your steps too.

**Did you know?**

The UK National Obesity forum recommends at least **7,000 steps a day**

# Things to try

There are over 1,440 minutes in the day. Use 30 of them for some exercise...

Do yoga

Go for a run

Walk the dog

Ride a bike

Dance

Go Swimming

Go to the gym

Clean the house

Play football at the park

Do a workout video

Do you have examples to share?

Go to our Facebook page to share your activity ideas!

[www.facebook.com/justbecroydon](http://www.facebook.com/justbecroydon)

















# Your food tracker

The aim is to eat 5 portions of fruit and vegetables a day as part of your diet and at least 5 large glasses of water.

Fill out what you have eaten for each meal.

Don't forget your snacks!

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Water							
5-a-day							

Tick off how many of your 5-a-day you have had and how many glasses of water you have drunk

# Eating your 5-a-day can cost as little as 42p a day

Sainsbury's



## Tomato puree

50p for 200g tube,  
30g portion = 8p

## Parsnips

60p for 500g bag  
80g portion = 10p

## Red onions

75p for a 1kg bag  
80g portion = 6p

## Sultanas

£1.50 for 500g,  
30g portion = 9p

## Broccoli

£1.10 per kg  
80g portion = 9p



42p

Daily total

Waitrose

## Carrots

60p for 1kg bag,  
80g portion = 5p

## Tomatoes

6 for 70p  
1 tomato = 12p

## Red onions

75p for a 1kg bag  
80g portion = 6p

## Oranges

7 for £2,  
1 portion = 29p

## Green beans

£1.20 per 1kg  
80g portion = 10p



76p

Daily total

Morrisons

## Peppers

3 for £1.20  
Half a pepper = 20p

## Tomato soup

24p for a 400g can  
Half a can portion = 12p

## Apples

£1 for a bag of 5  
1 apple = 20p

## Orange juice

87p for 1 litre  
150ml glass = 13p

## Cucumber

40p for 1  
Quarter portion = 10p



75p

Daily total

Tesco

## Grapefruit juice

69p for 1 litre  
150ml glass = 11p

## Baked beans

24p for a can  
Half a can serving = 12p

## Frozen fruit

£3 for 1kg  
80g serving = 24p

## Leeks

£1.75 per kg  
80g serving = 14p

## Bananas

90p for 6  
1 banana = 15p



76p

Daily total



# My success

## Day 1

Date: .....

Weight: .....

Waist measurement: .....

Feeling: .....

## Day 30

Date: .....

Weight: .....

Waist measurement: .....

Feeling: .....

**How did you do?**



Share your success on our JustBe Facebook page

[www.facebook.com/justbecroydon](http://www.facebook.com/justbecroydon)



# Weight loss tracker

Keep track of your progress by ticking off the weight you've lost.

1lb

2lb

3lb

4lb

5lb

6lb

7lb

8lb

9lb

10lb

11lb

12lb

