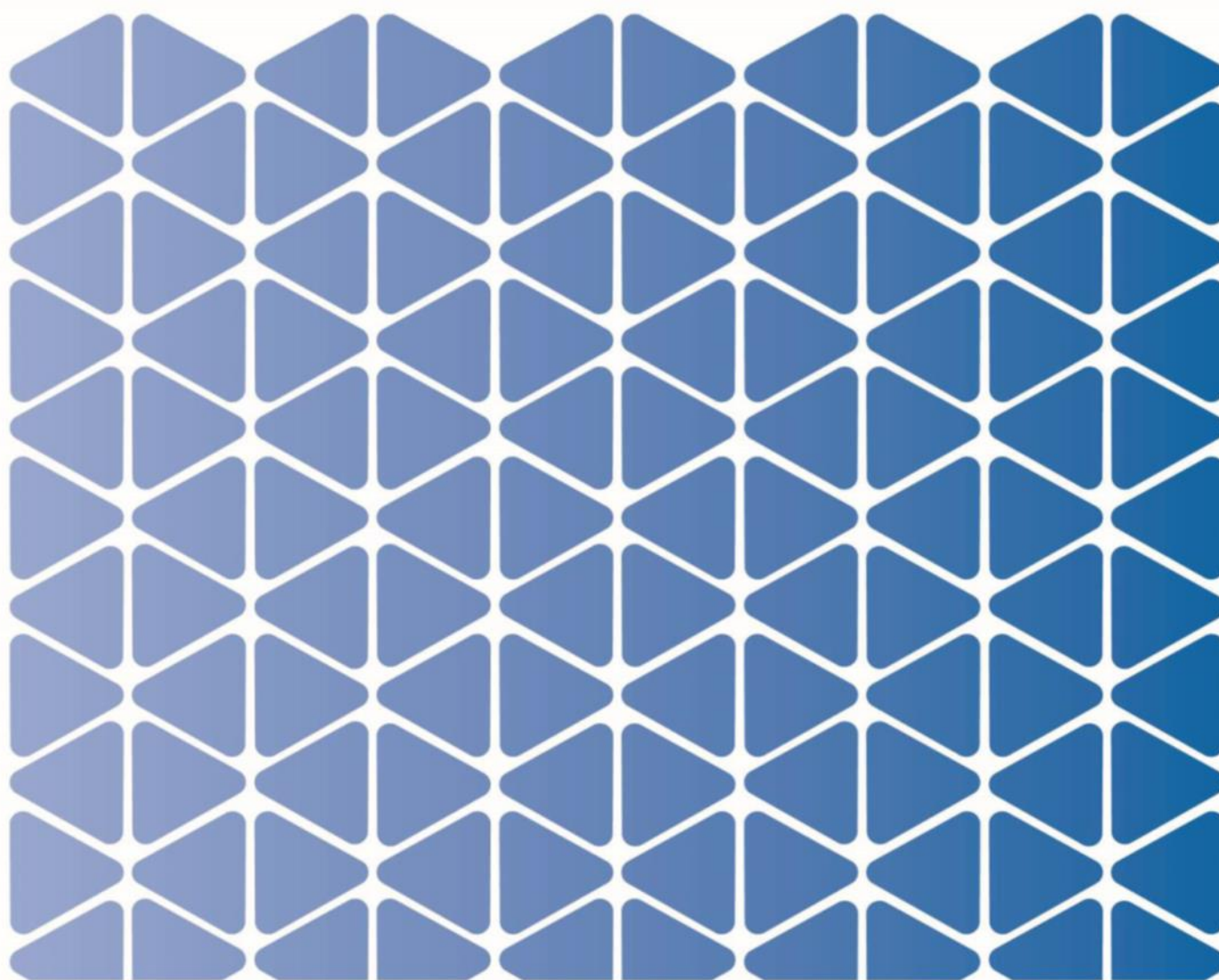




PATIENT INFORMATION

ACTIVITY



This leaflet has been developed for patients in the Specialist Weight Management Service.

We are advised and encouraged to do some type of physical activity every day. There is something for everyone to do although the amount and type of activity will depend on your health and or fitness level.

Why increase your activity levels? What are the benefits?

Exercising regularly has significant impact and benefits for both physical and mental health.

Regular physical activity can

- Reduce risk of developing chronic conditions like heart disease, diabetes and stroke
- Improve mood
- Improve sleep
- Helps you to maintain a healthy weight

How much activity?

Recommended physical activity in adults are:-

150mins a week (30mins 5 days a week) of moderate intensity activity. Moderate intensity activity is where your heart rate is increased and you are able to have a conversation.

Or 75mins a week (15mins 5 days a week) of vigorous intensity activity. This is activity where your heart is beating fast and you have difficulty talking.

And

Strengthening exercises on at least 2 days a week to keep muscles, bones and joints strong.

Where do I start?

Start by taking small steps. Build activity into your daily routine

- Start by reducing your sedentary behaviour. If you spend most of your day sitting down, aim to get up every 30minutes or so and move around for a minute or two.
- Take stairs instead of the lift.

- Park further away in the car park and walk to the office/shop.
- When watching TV get up and move during the commercials.
- Do some gardening.
- Get off the bus a stop earlier and walk the rest of the way.
- Do something active with friends instead of meeting for coffee.
- Stand or walk around when on the phone instead of sitting down
- Break the 30mins a day recommendation into smaller chunks. Why not do a brisk 10 minute walk, three times a day (for 5 days) or 15minutes of activity 2 twice a day to help you achieve the weekly target.

What activity is included?

Any activity is included. Start with what you are able to do and increase the intensity when you feel stronger and confident to do so.

The following are examples but this is not an exhaustive list. Do something that you enjoy because you are much more likely to be stick with.

Light activity

- Moving around your home
 - Housework such as vacuuming, making the bed, cleaning and dusting

Moderate intensity

- Brisk walk
- Swimming
- Dancing
- Water aerobics
- Pilates/yoga

Useful links and resources

Below are some useful links to activities, exercise videos and workouts that will help get you started.

Video with light exercises

https://www.youtube.com/watch?v=8Frf1EjnZ_Y&feature=youtu.be

This video was developed for adults who aren't very active, so the exercises are light and gently. Please look at the advice and warning at the start of the video, if you start to feel uncomfortable then stop or move on to the next exercise.

Videos of gentle standing flexibility videos.

<http://www.nhs.uk/Livewell/strength-and-flexibility/Pages/strength-flexibility-podcasts.aspx#video>

BHF chair based exercises - <https://www.bhf.org.uk/heart-matters-magazine/activity/chair-based-exercises>

NHS choices sitting exercises - <https://www.nhs.uk/Livewell/fitness/Pages/sitting-exercises-for-older-people.aspx>

https://www.nhs.uk/Tools/Documents/NHS_ExercisesForOlderPeople.pdf

BHF 10 minutes living room workout - <https://www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active>

Couch to 5k <http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k-plan.aspx>

For those with reasonable mobility NHS couch to 5k plan supports you gently through from walking to slow jogging with the goal of being able to complete 5km. There are also apps via the web site.

Following on from this once you've done 5k you could try joining in with your local PARKRUN-all abilities welcome to run or walk the 5k route.

Parkrun UK <https://www.parkrun.org.uk/> - Friendly, nationally organised local 5k at 9am on Saturdays. You can walk or run 5k or start with one lap. See more information on line and they also have a close facebook page for people struggling with obesity.

Health walks

Organized walks all over Worcestershire from 20-30minutes for beginners to one hour for more able walkers. Visit the website for details.

<https://www.walkingforhealth.org.uk>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.