

European Football for



Development Network

EFDN



COACHING MANUAL

CHANGING LIVES THROUGH FOOTBALL



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SESSION

1

START

- Communicate meeting point to participants
- Introduce the participants to each other
- Give a time and place to introduce the programme

PRESS ROOM

- Attendance list to sign
- Welcome the participants and warmly thank them for coming

LIST OF MATERIALS

- FLIP CHART
- MARKERS
- FOLDERS WITH DOCUMENTS (PER PARTICIPANT)
- ATTENDANCE LIST
- PROVISION OF WATER
- STICKERS TO BE USED AS NAME TAGS
- PEDOMETERS
- SCALES
- 6 FOOTBALLS

TIME	MOMENT	DESCRIPTION
5'	INFO SESSIONS	<ul style="list-style-type: none"> • WELCOME AND THANK EVERYONE FOR BEING PRESENT • WARWICK EDINBURGH SCALE (1ST EVALUATION QUESTIONNAIRE)
5'	PROJECT PRESENTATION	<ul style="list-style-type: none"> • PRESENTATION OF THE PROJECT • EXPLAIN THE AIMS AND GOALS • PRESENTATION ON FFIT METHODOLOGY
10'	PROJECT PRESENTATION	<ul style="list-style-type: none"> • LEAD A FOCUS GROUP TO DISCUSS ABOUT 2 APPOINTMENTS • WRITE ON THE FLIP CHART • SELECT THE APPOINTMENT MOST COMMON ON THE CHART • TALK TO THEM ABOUT RULES (START ON TIME, FINISH ON TIME, INVOLVEMENT OF EVERYBODY AND RESPECT SHOWN TO EACH OTHER) • REQUEST PRESENCE AT EVERY SESSION • ASK IF EVERYBODY AGREES ON THE RULES

TIME	MOMENT	DESCRIPTION
10'	ICEBREAKER	<ul style="list-style-type: none"> • DO A ROUND OF SHARING EXPERIENCES IN ORDER TO CREATE A WARM ATMOSPHERE • CREATION OF A FACEBOOK OR WHATSAPP GROUP • STAND IN A CIRCLE AND THROW THE BALL TO EACH OTHER ASKING PERSONAL QUESTION TO "BREAK THE ICE". E.G. FAVOURITE PLAYER, FAVOURITE FOOD, TRAVEL DREAM, ETC.
5'	INFLUENCE CHOICE POWER SUPPLY	<p>The following two exercises ensure that we get to know all the obstacles/barriers that the participants encounter to eat healthier and exercise more.</p> <ul style="list-style-type: none"> • DISCOVER THE CURRENT OBSTACLES AND BARRIERS FOR YOUR PARTICIPANTS TO EAT HEALTHIER (E.G. WHAT INFLUENCES THE CHOICE OF YOUR FOOD? OR TO BE ACTIVE?) • MAKE THEM THINK ABOUT THE MAIN BARRIERS THEY FACE IN ORDER TO TACKLE THE ISSUES WITH EASE IN THE FUTURE
10'	CONTROL ORIENTATION	<ul style="list-style-type: none"> • EXPLAIN THEIR OWN RESPONSIBILITIES IN THE PROJECT IN TERMS OF FOOD AND PHYSICAL ACTIVITY • PREPARATION OF A FLIP CHART ABOUT THE EATING BEHAVIOURS A TABLE WITH ONE COLUMN FOR: <ul style="list-style-type: none"> • I HAVE COMPLETE CONTROL OVER • I HAVE SOME CONTROL OVER • I HAVE NO CONTROL OVER • ASK PARTICIPANTS TO DECIDE IF THEY WANT TO TAKE PART OR NOT. THEY CAN NOT BLAME OTHERS IF THEY ARE NOT PROACTIVE DURING THE SESSION. • SHOWCASE THE GOOD FOOD BEHAVIOURS. MEMBERS NEED TO WRITE THEIR INITIALS UNDER THIS SECTION • DISCUSS THE RESULTS WITH THEM

TIME	MOMENT	DESCRIPTION
5'	JOURNAL NUTRITION HOMEWORK	<ul style="list-style-type: none"> • USE THE MANUAL TO FIND OUT INFORMATION ABOUT THEIR EATING HABITS = THIS WILL BE THE BASELINE • REFER TO THE FOOD DIARY • THEY NEED TO PRESENT 2 TYPICAL DAYS (WORK AND NON-WORK DAY) • MUST PROVIDE THE MOST ACCURATE DATA • FOLLOW-UP THROUGHOUT THE PROGRAMME
20'	PEDOMETERS	<ul style="list-style-type: none"> • EXPLAIN THE NECESSITY TO EAT MORE HEALTHILY AND BECOME MORE ACTIVE= WALKING CAN BE AN EFFECTIVE AND FEASIBLE WAY TO BECOME MORE ACTIVE • FIND A BALANCE BETWEEN INTAKE (NUTRITION) AND OUTPUT (MOVING) = REALLY IMPORTANT FACTORS IN GETTING FIT AND LOSING WEIGHT • PRESENTATION OF PEDOMETERS AND INFORMATION ON HOW TO USE THESE, IMPORTANT TO SET THESE BACK TO ZERO ONCE THE DAY RESTARTS • TRACK THE STEPS DURING THE PROJECT, AND ASK YOUR PARTICIPANTS TO WEAR IT WHEN THEY ARE ACTIVE AND INACTIVE TO GET A REALISTIC OVERVIEW OF THE STEPS • ENCOURAGE THE PARTICIPANTS TO BE HONEST AND WEAR THE PEDOMETERS AS MUCH AS POSSIBLE
35'	STADIUM TOUR	<ul style="list-style-type: none"> • GIVE THE PARTICIPANTS A STADIUM TOUR WHILE THEY ARE WEARING THE PEDOMETERS = CHECK IF IT WORKS FOR EVERYBODY • PREPARE SOME STORIES ABOUT THE CLUB DURING YOUR STADIUM TOUR



SESSION 2

Gather in the conference room after going to the changing rooms first.
Start once more by letting the participants write names on stickers
and let them sign the attendance sheet. Share a new handout for session 2.

- LIST OF MATERIALS
- DISC OF FIVE
 - FOOD TRIANGLE
 - TABLE WITH PORTIONS
 - STICKERS TO BE USED AS NAME TAGS

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK • TRACK THE NUMBER OF STEPS ACHIEVED BY THE PARTICIPANT = IF TARGET NOT ACHIEVED, ASK THEM TO PLAN A SCHEDULE TO COMPLETE AT HOME
5'	FOOD DIARY	<ul style="list-style-type: none"> • START THE LESSON • ASK THEIR FEEDBACK ABOUT THE FOOD DIARY, WAS IT EASY OR DIFFICULT TO FILL OUT? • TAKE A LOOK AT THE HOMEWORK AND OBSERVE EATING PATTERNS • ASK QUESTIONS ABOUT WHAT THEY LIKE TO EAT AND WHAT THEY THINK THEY EAT • ANY SURPRISES?

TIME	MOMENT	DESCRIPTION
15'	HEALTHY EATING	<ul style="list-style-type: none"> • EXPLAIN THE DISC OF FIVE : <ul style="list-style-type: none"> • DRINKS • FRUIT AND VEGETABLES • OILS, FATS AND SPREADS • FISH, MEAT, EGG, NUTS AND DAIRY • BREAD, CEREALS, POTATOES • EXPLAIN THE PROPORTIONS FOR EACH GROUP THAT WILL ENSURE THAT WE ARE FOLLOWING A HEALTHY DIET • COMPARE THE PORTION SIZES WITH THE FOOD TRIANGLE OF EACH PARTICIPANT
10'	COMPARE TO DIARY	<p>Comparing food diaries with the disc of five can help participants understand what changes they will need to make to eat more healthily (e.g. smaller portions).</p> <ul style="list-style-type: none"> • ASK THE PARTICIPANTS TO LOOK AT THEIR FOOD DIARY AND TO WRITE DOWN THE PORTIONS OF EACH GROUP IN THE TABLE 'COMPARE BOTH DAYS WITH EACH OTHER' • ONCE THEY HAVE DONE THIS, TALK ABOUT THE RESULTS IN GROUPS. WERE THERE ANY SURPRISES? ASK IN PARTICULAR IF THEY HAVE NOTICED THEY HAVE EATEN TOO MUCH OR TOO LITTLE OF SOMETHING? • EMPHASIZE THAT FOR MANY PARTICIPANTS THE EASIEST WAY TO EAT HEALTHIER IS TO SIMPLY REDUCE THEIR CONSUMPTION OF FATS AND SUGARS, REDUCE PORTION SIZES, AND EAT MORE FRUIT, VEGETABLES, WHOLEGRAIN RICE, PASTA AND BREAD. • DO THEY AGREE WITH THIS?
20'	PEDOMETERS	<ul style="list-style-type: none"> • WRITING DOWN SPECIFIC, REALISTIC GOALS CAN HELP PARTICIPANTS ACHIEVE THEIR GOALS • IN PAIRS, ASK YOUR PARTICIPANTS TO THINK ABOUT NUTRITION AND TO THINK OF 2 GOALS • DISCOURAGE THE PARTICIPANTS FROM CHOOSING UNENFORCEABLE GOALS. • THE GOALS MUST BE SMART (SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT AND TIME-BOUND). ARE THE GOALS UNAMBIGUOUS? ARE THEY MEASURABLE? ARE THEY FEASIBLE? IN WHAT TIME SHOULD IT BE ACHIEVED?

TIME	MOMENT	DESCRIPTION
10'	PEDOMETERS	<ul style="list-style-type: none"> • EXPLAIN THAT EATING MORE HEALTHILY IS JUST AS IMPORTANT AS BEING ACTIVE • REVIEW THE MEASUREMENTS OF DAILY STEPS AND THEIR FEEDBACK • EXPLAIN THE FACTORS THAT DETERMINE HOW MUCH WE WALK = LESS THAN 5000 STEPS MEANS LARGELY SEDENTARY AND MORE THAN 10.000 STEPS, QUITE ACTIVE • SET-UP THE NEXT OBJECTIVES AND INCREASE THEIR AMOUNT OF STEPS (+ 1.500 STEPS FOR 3 DAYS = 15 MIN WALKING A DAY) • SHOW THE FORMS TO THE PARTICIPANTS AND HELP THEM COMPLETE THE FORMS FOR THE FIRST WEEK • IF ENOUGH TIME : TALK ABOUT WALKING TIPS
55'	SESSION OF MOVEMENT	<ul style="list-style-type: none"> • WALKING TIME <ol style="list-style-type: none"> 1) FIRST STRETCH OF WALKING = WARM UP 2) EXERCISE POLES PUMPING (2 X 30'') 3) WALL SEATING (2 X 45'') 4) EXERCISE STEPS (2 X 1 MINUTE) • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • BACK TO PROMENADE AND DOWN THE EMERGENCY STAIRS • DIVIDE THE GROUP IN 2 PARTS <ol style="list-style-type: none"> 1) LUNGE PER TWO AND PUSH (1 MINUTE) 2) JUMP AND CLAP 3) PUSHING ARMS ASIDE PER TWO (1 MINUTE) 4) HOLDING HANDS AND POCKETS • COOLING DOWN ON THE TURF (STRETCHING)



SESSION
3

- LIST OF MATERIALS**
- STICKERS TO BE USED AS NAME TAGS
 - FLIP CHART
 - LIFESTYLE QUESTIONNAIRE
 - BLUE BALLS (15)
 - SPEAKERS FOR MUSIC

Gather in the conference room after going to the changing rooms first. Start once more by letting the participants write names on stickers and let them sign the attendance sheet. Share a new handout for session 3.

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK • INTRODUCE THE LIFESTYLE QUESTIONNAIRE
10'	SMART GOALS	<ul style="list-style-type: none"> • WRITE DOWN GOALS AND DISCUSS THEM • REVIEW HOMEWORK AND LISTEN TO THE PARTICIPANTS' GOALS, TO CHECK IF THEY ARE REALISTIC OR NOT • FOCUS GROUP ABOUT WHAT WENT WELL AND WHAT DIDN'T • PREPARATION OF A NEW DRAFT FOR THE NEXT WEEK • EXPLAIN THAT EVERY WEEK THE PARTICIPANTS WILL COME UP WITH SMART GOALS • MOTIVATE THE PARTICIPANTS WHO DIDN'T SUCCEED IN THE FIRST WEEK. REVIEW THEIR GOALS WITH THEM TO SEE IF THEY ARE REALISTIC • EXPLAIN THAT EVERYONE IS HERE TO LEARN, AND THAT THEY WILL COME ACROSS SOME CHALLENGES • IMPORTANT TO MAKE GRADUAL PROGRESS INSTEAD OF FAST PROGRESS

TIME	MOMENT	DESCRIPTION
5'	COMPENSATION BEHAVIOUR/ LOSSES YOU HAVE WON	<ul style="list-style-type: none"> • PRESENTATION ABOUT COMPENSATION BEHAVIOUR AND ASK PARTICIPANTS IF THEY COULD NAME ANY EXAMPLES OF THIS • DISCUSS HOW THE FANS COULD AVOID THESE TYPE OF HABITS
10'	TO PLAN HEALTHY EATING	<ul style="list-style-type: none"> • MAKE A DAILY FOOD PLAN • IMPROVE THE DAILY NUTRITION PLANS TO FOSTER CHANGES IN THEIR EATING PATTERNS • PRESENT THE AMOUNT OF CALORIES NEEDED (DEPENDING ON AGE, GENDER, WEIGHT AND LEVEL OF EXERCISE) • FOR THEIR HOMEWORK, THEY NEED TO CALCULATE THE CALORIE INTAKE OF THEIR FOOD PLAN • THIS PLAN SHOULDN'T BE A STRICT DIET BUT A GUIDE TO FOSTER LONG-TERM CHANGES
10'	INDIVIDUAL WEIGHT LOSS	<ul style="list-style-type: none"> • GOALS OF THE PARTICIPANTS REALLY NEED TO BE REALISTIC, FOR THEM TO BE ABLE TO ACHIEVE THEM • PRESENT HEALTH BENEFITS TO MOTIVATE YOUR CANDIDATES • INTRODUCE THE HEALTH BENEFITS WITH A FLIP CHART <p><u>QUESTIONS :</u></p> <ul style="list-style-type: none"> • WHY ARE THEY PARTICIPATING IN THE PROGRAMME ? • WHAT DO THEY WANT TO ACHIEVE THROUGHOUT THE DELIVERY ? • IS IT FEASIBLE ?
5'	GET SUPPORT	<ul style="list-style-type: none"> • GETTING SUPPORT FROM OTHERS CAN REALLY MOTIVATE AND INCREASE THEIR CONFIDENCE TO SUCCEED • REMIND THEMSELVES OF THE POSITIVE ASPECTS OF LAST WEEK TO KEEP THEIR MOTIVATION LEVELS HIGH • ASK THEM IF SOMEONE IMPORTANT IN THEIR LIFE IS SUPPORTING THEM. FIND OUT IF THEY DISCUSSED THEIR GOALS WITH THEIR FRIENDS OR FAMILY

TIME	MOMENT	DESCRIPTION
5'	PEDOMETERS	<ul style="list-style-type: none"> • OVERVIEW OF THE MEASUREMENT OF THEIR DAILY STEPS • MOTIVATE THEM TO OVERCOME THE CHALLENGES THAT THEY HAVE EXPERIENCED • EVALUATE THE OBJECTIVES AND THE PROGRESS THAT WAS MADE
55'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE RISES • MUSCLES ARE WARMING UP WHICH DECREASE THE RISK OF INJURY. • WALKING + LOOSENING UP OF THE BODY (=WARM-UP) • 4 EXERCISES : <ol style="list-style-type: none"> 1) 1 IN A WALL SEAT AND 1 STANDING. THROW THE BALL TO EACH OTHER 2) THROW BALL AGAINST WALL AND OTHER MUST CATCH (REACTION SPEED) 3) LUNGE AND PASS BALL UNDER LEGS 4) SQUAT AND TAKE TURNS THROWING BALLS TO EACH OTHER • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • EVERYONE AT HIS/HER OWN PACE • BACK TO PROMENADE AND DOWN THE EMERGENCY STAIRS • DIVIDE THE GROUP INTO 2 PARTS : <ul style="list-style-type: none"> • JUMPING JACKS • PEDALLING ON THE SPOT AND GETTING FASTER AND FASTER • JOGGING OR WALKING DEPENDING ON THE LEVEL OF EVERYONE'S PHYSICAL FITNESS • COOL DOWN FOR AFTER THE EXERCISES. • IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT : <ul style="list-style-type: none"> • BY DOING MOVEMENTS WE ARE NOT USED TO WE OVERLOAD THE MUSCLES • STRUCTURES OF THE MUSCLES BECOME DISTURBED.

SESSION 4

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants write names on stickers
and let them sign the attendance sheet. Share a new handout for session 4.

LIST OF MATERIALS

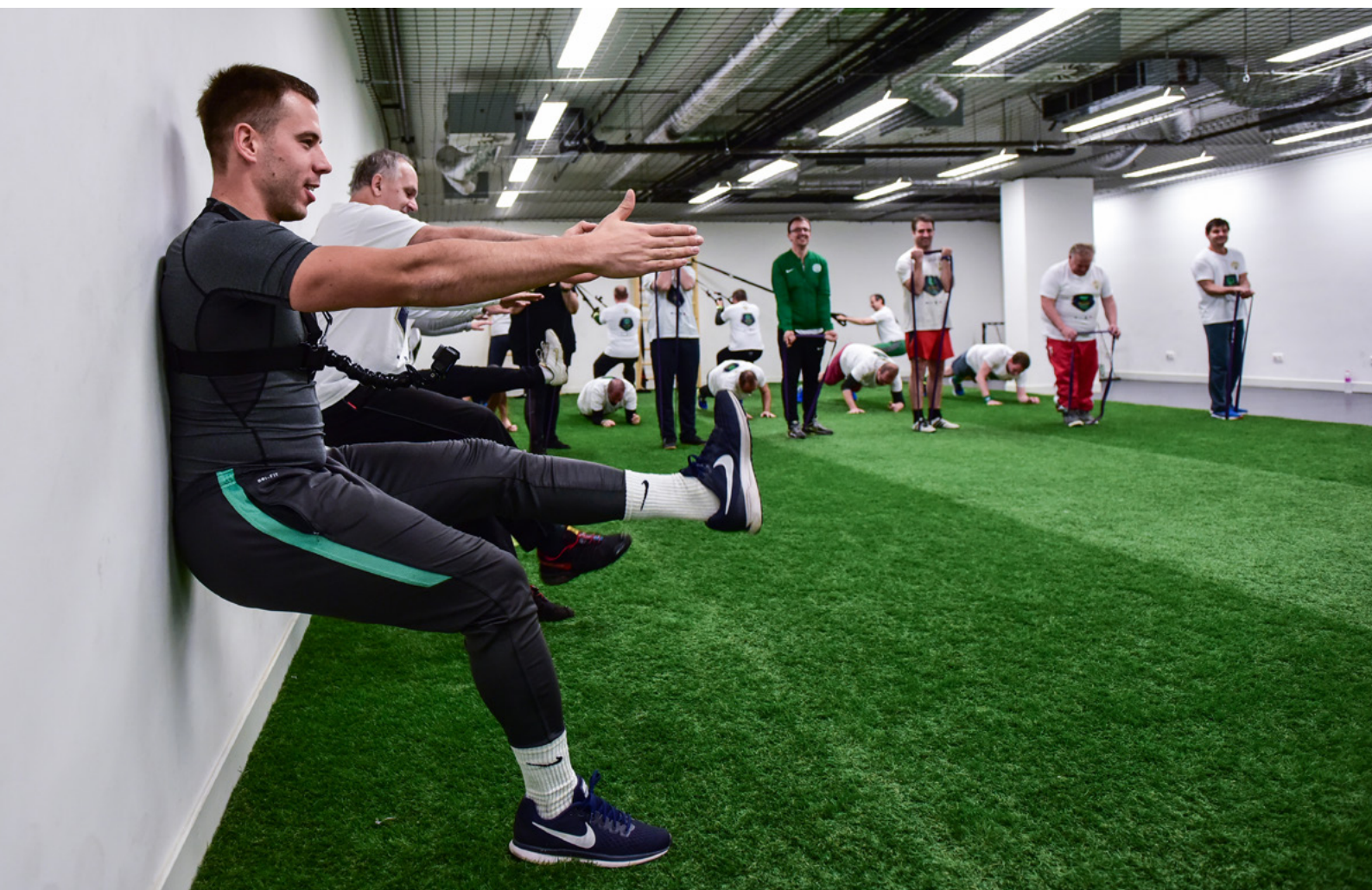
- STICKERS TO BE USED AS NAME TAGS
- FLIP CHART
- 8 JARS
- BLUE BALLS (4)
- MUSIC BOXING
- POINTERS

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK • DISCUSS THE POSSIBILITY OF DOING AN EXTRA ACTIVITY
10'	SMART GOALS	<ul style="list-style-type: none"> • IN GROUPS, EVERYONE SHOULD TALK ABOUT THEIR SMART GOALS (SUCCESSES/CHALLENGES) AND THEIR DAILY NUTRITION PLAN • EVALUATE THE SMART GOALS / NUTRITION PLAN OF LAST WEEK • ENCOURAGE EACH OTHER TO OVERCOME CHALLENGES CONCERNING BOTH (NUTRITIONAL AND PHYSICAL ACTIVITY) • PREPARATION OF THE NEXT SMART GOALS • FOCUS GROUP ABOUT THE FEASIBILITY OF SMART GOALS

TIME	MOMENT	DESCRIPTION
10'	FACTS ABOUT PHYSICAL ACTIVITY	<ul style="list-style-type: none"> • GETTING MORE ACTIVE DEMANDS A LOT OF EFFORT BUT THE BENEFITS WILL OUTWEIGH THE DISADVANTAGES • REGULAR EXERCISE IS IMPORTANT IN WEIGHT MANAGEMENT (LOSING WEIGHT AND PREVENTING WEIGHT GAIN) • FOCUS GROUP ON THE BENEFITS OF PHYSICAL ACTIVITY FOR THEM AND WRITE THEM ON THE FLIPCHART • BEING PHYSICALLY ACTIVE CAN BE RELATED TO : <ul style="list-style-type: none"> • LOWERING OF THE RISK OF HEART DISEASE • LOWERING OF THE RISK OF CANCER • CAN AVOID DEPRESSION • IMPROVED SELF-IMAGE AND GENERAL WELL-BEING • IMPLEMENT A PLAN FOR PRACTICING MODERATELY INTENSE PHYSICAL ACTIVITIES AT LEAST 30 MINUTES EVERY DAY (AT LEAST 5 DAYS PER WEEK): <ul style="list-style-type: none"> • THIS MEANS WALKING OR OTHER ACTIVITIES THAT THEY ARE ALREADY DOING (CYCLING, JOGGING, SWIMMING) • LIMIT THE TIME YOU'RE SITTING DOWN • LOOK FOR ALTERNATIVES INSTEAD OF WATCHING TV (E.G. : CLEANING HOME)
10'	OVERCOMING OBSTACLES TO PHYSICAL ACTIVITY	<ul style="list-style-type: none"> • OVERCOMING OBSTACLES BY ORGANISING A FOCUS GROUP THAT DISCUSSES THE 5 BARRIERS TO PHYSICAL ACTIVITY • WRITE THEM ON THE FLIPCHART • DISCUSSION ABOUT THEM AND ASK THE GROUP HOW TO OVERCOME THESE
10'	ACTION PLAN FOR PHYSICAL ACTIVITY	<ul style="list-style-type: none"> • PRESENTATION OF AN ACTION PLAN REGARDING ACTIVITIES OTHER THAN WALKING • ASK THEM IF THEY HAVE EXPERIENCED OTHER ACTIVITIES THAN WALKING • BRAINSTORMING ABOUT THE NEW PHYSICAL ACTIVITIES THAT THEY COULD COMPLETE DURING THE SESSION THROUGH THE FACILITIES AROUND THE STADIUM

TIME	MOMENT	DESCRIPTION
		<ul style="list-style-type: none"> • GIVE SOME EXAMPLES • ENCOURAGE THEM TO INVESTIGATE NEW SPORTS ACTIVITIES AND POTENTIALLY ASSESS A NEW SMART GOAL (E.G. "TRY A NEW ACTIVITY")
5'	RPE OR BORG SCALE OF PERCEIVED EXERTION	<ul style="list-style-type: none"> • OVERVIEW OF THE SCALES OF PERCEIVED EXERTION • GOAL IS TO DO 45-60 MINUTES OF MODERATELY INTENSIVE PHYSICAL ACTIVITIES EVERY DAY • NEVER FORCE THEMSELVES TO GO HIGHER THAN 12-13
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none"> • EXPLAIN THE IMPORTANCE OF EATING MORE HEALTHILY, AS WELL AS BEING MORE ACTIVE • EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS. • MOTIVATE THEM TO OVERCOME THE CHALLENGES • TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM • IF THEY PRACTISE OTHER ACTIVITIES, 10 MINUTES = 1.000 STEPS
55'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • WALKING + LOOSENING UP OF THE BODY (=WARM-UP) • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • EVERYONE AT HIS/HER OWN PACE • BACK TO PROMENADE AND DOWN THE EMERGENCY STAIRS • DIVIDE GROUP INTO TWO (15' X 2) <u>GROUP 1:</u> <ul style="list-style-type: none"> • WALKING AROUND (400M) AND ACCELERATING - SLOWING DOWN = 3 LAPS

TIME	MOMENT	DESCRIPTION
		<p>GROUP 2:</p> <ul style="list-style-type: none"> • EXERCISES IN PAIRS ON THE GREEN MAT <ul style="list-style-type: none"> • LOWER STAIRS ON & OFF • SQUAT AND WALL SEAT + BALL THROWING • PUMPS ON KNEES + HIGH FIVE • PELVIS UP + BALL PASS • LUNGE + PUSHING ARMS • SIDEWAYS BALL PASS
		<ul style="list-style-type: none"> • COOLING DOWN
		<ul style="list-style-type: none"> • IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT : <ul style="list-style-type: none"> • BY DOING MOVEMENTS THAT WE ARE NOT USED TO WE OVERLOAD THE MUSCLES • STRUCTURES OF THE MUSCLES BECOME DISTURBED





SESSION 5

LIST OF MATERIALS

- FLIP CHART
- ATTENDANCE LIST
- DRINKING GLASSES

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 5.

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK • DISCUSS THE POSSIBILITY OF DOING AN EXTRA ACTIVITY
10'	SMART GOALS	<ul style="list-style-type: none"> • SAME AS THE PREVIOUS WEEKS • ASK IF SOMEONE IN THE GROUP HAS STARTED A NEW ACTIVITY
10'	FACTS ABOUT ALCOHOL	<ul style="list-style-type: none"> • MAKE YOUR PARTICIPANTS THINK ABOUT THE IMPACT OF REDUCED ALCOHOL CONSUMPTION ON THEIR BODIES • USE A FLIPCHART AND WRITE AT THE TOP: INTERESTING FACTS ABOUT ALCOHOL • TALK WITH THEM ABOUT "IF ALCOHOL CONTAINS NO FAT, NO PROTEIN AND ONLY A SMALL AMOUNT OF CARBOHYDRATES, WHAT IS THE REASON YOU BUY IT?" • WRITE DOWN THE REASONS FOR CONSUMING ALCOHOL, HOW/WHEN DO THEY CONSUME IT?

TIME	MOMENT	DESCRIPTION
10'	MYTHS ABOUT ALCOHOL	<ul style="list-style-type: none"> • DISCUSS THE MYTHS CONCERNING ALCOHOL • TAKE OUT SOME GLASSES, AND ASK THEM HOW MUCH THEY WOULD SERVE THEMSELVES • 5 MINUTES TO PLAY AN ALCOHOL RELATED TRUE OR FALSE QUIZ IN GROUPS • MAKE IT FUN, DO A KIND OF COMPETITION BETWEEN TEAMS • AT THE END OF THE QUESTIONNAIRE, ASK VOLUNTEERS TO SERVE A GLASS WITH THE AMOUNT THAT THEY WOULD CONSUME • THEN SERVE THE RECOMMENDED PORTION AND ASK THEM IF THEY ARE SURPRISED • EXPLAIN CLEARLY THAT SERVING A UNIT OF ALCOHOL EQUALS : <ul style="list-style-type: none"> • HALF A GLASS OF BEER • HALF A GLASS OF WINE (STANDARD GLASS OF 175ML) • A SINGLE MEASURE OF SPIRITS • <u>BUT</u> THE STANDARDS CAN VARY DEPENDING ON THE PERCENTAGE OF A BEER FOR EXAMPLE
10'	PLAN YOUR DRINK	<ul style="list-style-type: none"> • EXPLAIN THAT ALCOHOL IS OFTEN PART OF A CULTURE AND IT DOESN'T HAVE TO BE TOTALLY BANISHED • MAKE AN EXERCISE THAT ENCOURAGES THEM TO BE RESPONSIBLE ABOUT THEIR CHOICES • WRITE A SENTENCE LIKE "TO LOSE WEIGHT, YOU NEED TO BURN MORE CALORIES THAN YOU TAKE IN." • EXPRESS THAT CHANGING ALCOHOL HABITS CAN HELP THEM TO LOSE WEIGHT • PROVIDE THEM WITH SUGGESTIONS E.G. DRINK SPIRITS MIXED WITH OTHER DRINKS WITH LOW CALORIES // DRINK SLOWER • START A DISCUSSION ON REDUCING DRINKING (INCLUDING AT FOOTBALL MATCHES) • POTENTIAL QUESTIONS CAN BE: <ul style="list-style-type: none"> • WHAT ARE THE OBSTACLES ? • HOW CAN THEY OVERCOME IT ? • REMIND THEM THAT MANY SOFT DRINKS ARE ALSO HIGH IN CALORIES • ENCOURAGE THEM TO IMPLEMENT SMART GOALS CONCERNING THEIR DRINKING TARGETS.

TIME	MOMENT	DESCRIPTION
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none"> • EXPLAIN THE IMPORTANCE OF EATING MORE HEALTHILY, AS WELL AS BEING MORE ACTIVE • EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS. • MOTIVATE THEM TO OVERCOME THE CHALLENGES • TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM • IF THEY PRACTISE OTHER ACTIVITIES, 10 MINUTES = 1.000 STEPS
55'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • WALKING + LOOSENING UP OF THE BODY (=WARM-UP) • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • EVERYONE AT HIS/HER OWN PACE • BACK TO PROMENADE AND DOWN THE EMERGENCY STAIRS • DIVIDE GROUP INTO TWO (15' X 2) <u>GROUP 1:</u> <ul style="list-style-type: none"> • WALKING AROUND (400M) AND ACCELERATING - SLOWING DOWN = 3 LAPS <u>GROUP 2:</u> <ul style="list-style-type: none"> • EXERCISES IN PAIRS ON THE GREEN MAT <ul style="list-style-type: none"> • LOWER STAIRS ON & OFF • SQUAT AND WALL SEAT + BALL THROWING • PUMPS ON KNEES + HIGH FIVE • PELVIS UP + BALL PASS • LUNGE + PUSHING ARMS • SIDEWAYS BALL PASS • COOLING DOWN • IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT : <ul style="list-style-type: none"> • DOING MOVEMENTS THAT WE ARE NOT USED TO ARE BEING OVERLOADED • STRUCTURES OF THE MUSCLES BECOME DISTURBED

QUIZ

QUESTIONS

1

FIVE PINTS OF BEER HAS THE SAME AMOUNT OF CALORIES AS A CHEESEBURGER AND FRIES.

FALSE - Five pints is the equivalent of almost 1 and a half cheeseburgers and fries. A pint of beer contains about 180 calories per pint, or 900 per five pints. Whereas the cheeseburger and chips amount to about 600 calories.

2

A “BEER BELLY” ONLY COMES TO EXIST IF YOU DRINK TOO MANY PINTS.

FALSE - A “beer belly” is caused by eating or drinking too much – therefore you don’t need to drink beer to get one, but it certainly won’t help it!

3

IF YOU’RE TRYING TO LOSE WEIGHT, A GOOD CHOICE IS A NON-ALCOHOLIC DRINK / BEER, OR A BEER WITH A LOW ALCOHOL PERCENTAGE.

TRUE - ‘Alcohol-free’ beers do tend to contain fewer calories than alcoholic beers. Drinks also labelled as ‘light’ beers usually have less alcohol and fewer calories. So, choosing an ‘alcohol-free’ beer over alcohol, alongside a balanced diet and exercise, could be useful if you’re trying to get rid of your ‘beer belly’ and maintain a healthy weight.

4

WHEN YOU CONSUME ALCOHOL, YOU LOSE MORE LIQUID THROUGH URINATING THAN YOU TAKE IN BY DRINKING

TRUE - Alcohol affects the hormones responsible for your fluid balance. As a result, it causes you to urinate frequently; with every 1g of alcohol consumed, urine excretion increases by 10ml. This makes you feel more thirsty, so you have another alcoholic drink, and so on. It’s one of the main reasons that after a lot of drinking you wake up suffering from a hangover. The only way to break the cycle is to have water or another non-alcoholic beverage in between alcoholic drinks.

5

MIXING BEER, WINE AND SPIRITS WILL LEAD TO INTOXICATION MORE QUICKLY THAN STICKING TO ONE TYPE OF ALCOHOLIC BEVERAGE.

FALSE - Mixing drinks makes it more difficult for you to keep track of what you’re consuming, so it’s likely you’ll drink more alcohol than you would by just sticking to one type of drink. Nevertheless, a standard drink of beer, wine, or spirits contains equivalent amounts of alcohol. Alcohol is alcohol and a drink is a drink. To understand the units in your drinks, see Drinkaware’s unit calculator: www.drinkaware.co.uk/understand-your-drinking/unit-calculator

6

THERE ARE NO HEALTH BENEFITS LINKED TO DRINKING ALCOHOL.

FALSE - There is some evidence that alcohol, taken in moderation, may have some health benefits; for example, a small protective effect on the heart. However, alcohol’s potential benefits on the heart are outweighed by other health risks, including acute harms and other illnesses such as liver disease and cancer.

7

ALCOHOL IS MEASURED IN UNITS, WITH THE WEEKLY RECOMMENDED MAXIMUM INTAKE FOR MEN AND WOMEN BEING 14 UNITS.

FALSE - The Dutch Health Council advises against drinking alcohol or at least not drinking more than one glass a day. In 2015, they changed their advice from ‘drink in moderation’ to ‘don’t drink alcohol’. The council deviates from guidelines abroad, as in England the guidelines indicate that they should have a maximum of 14 glasses per week. In America and Scandinavian countries, the responsible alcohol consumption directive is two glasses per day for men and one glass a day for women.

SESSION 6

LIST OF MATERIALS

- FLIP CHART
- CONES (6)
- AUDIO SPEAKER
- FEEDBACK SHEET

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 6.

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • CONGRATULATE ALL THE PARTICIPANTS FOR BEING IN THE PROGRAMME AND MAKING IT TO THE HALFWAY POINT • MID-TERM EVALUATION, REGISTERING THE WEIGHT, WAIST AND MAIN MEASUREMENTS TO CHECK FOR POTENTIAL IMPROVEMENTS • CHECK SMART GOALS AND EVALUATE THESE? • ENCOURAGE THEM TO CONTINUE WITH THE PROGRAMME AND SUPPORT THEM IF THEY ARE A BIT DISAPPOINTED WITH THE RESULTS
10'	PHASES OF CHANGE	<ul style="list-style-type: none"> • HIGHLIGHT THE COMPLEXITY OF CHANGING A LIFESTYLE • EXPLAIN THAT THE RELAPSE IS NORMAL BUT THAT THEY SHOULD NOT GIVE UP. • PREPARATION OF PHASES ON A FLIPCHART : <ul style="list-style-type: none"> • EMPHASIZE THE FACT THAT IT IS NOT EASY TO CHANGE FROM ONE DAY TO ANOTHER • STARTING TO MAKE CHANGES IS ONE THING, BUT TO KEEP THESE CHANGES GOING REQUIRES A LOT OF EFFORT • IF SOMEONE HAS RELAPSED, IT IS NOT A DISASTER BECAUSE IT CAN HAPPEN AND IT'S NORMAL • RE-EVALUATE YOUR SMART GOALS IF THEY ARE NOT REALISTIC
30'	SHARED EXPERIENCES + MEASURE	<ul style="list-style-type: none"> • HEARING SUCCESS STORIES IS AN EXTRA BOOST • FOCUS GROUP ABOUT DIVERSE TOPICS : <ul style="list-style-type: none"> • WHAT HAS/HAS NOT GONE SO WELL? • WHAT IS THEIR FEEDBACK? POTENTIAL ADJUSTMENTS TO DO? • HOW TO STAY MOTIVATED? • WHAT IF I RELAPSE?

TIME	MOMENT	DESCRIPTION
		<ul style="list-style-type: none"> • DURING THE MEASUREMENTS (ONE BY ONE), ASK THEM QUESTIONS ABOUT HOW THEY FEEL, AND WHAT THEY EXPECT FOR THE NEXT 6 WEEKS, ETC.
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none"> • EXPLAIN THE IMPORTANCE OF EATING MORE HEALTHILY, AS WELL AS BEING MORE ACTIVE • EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS. • MOTIVATE THEM TO OVERCOME THE CHALLENGES • TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM • IF THEY PRACTISE OTHER ACTIVITIES, 10 MINUTES = 1.000 STEPS. TIME TO INCREASE THE STEPS TO +3.000 STEPS FOR 3 DAYS AND +1.500 FOR 2 DAYS • IF THEY DISAGREE, JUST ADJUST THE GOALS OF EVERYONE
55'	EXERCISE SESSION	<ul style="list-style-type: none"> • USE YOUR OWN BODY WEIGHT • FIRST WARM UP AND THEN PERFORM ABOUT 8 EXERCISES FOR THE MAIN MUSCLE GROUPS = BETWEEN 30 AND 60 SECONDS PER EXERCISE. • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • EXERCISES (2X 30'') : <ul style="list-style-type: none"> • STEPS ON AND OFF • PUSH-UPS AGAINST THE WALL • KNEE LIFTS • LIFTING SIDE LEGS + CHANGING SIDES • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • EVERYONE AT THEIR OWN PACE. • EXERCISES (2X 30'') : <ul style="list-style-type: none"> • LIFTING LEG ON CHAIR • BICEPS • ABDOMINAL • SHOULDER • FLEXIBILITY HIP • UPRIGHT ROWING • COOLING DOWN • IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT : <ul style="list-style-type: none"> • BY DOING MOVEMENTS THAT WE ARE NOT USED TO WE OVERLOAD THE MUSCLES • STRUCTURES OF THE MUSCLES BECOME DISTURBED



SESSION
7

- LIST OF MATERIALS
- FLIP CHART
 - BALLS
 - AUDIO SPEAKERS
 - BAG
 - OBJECTS THAT REPRESENT WEIGHT

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 7.

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none">• EXPLANATION ABOUT THE SESSION OF THE DAY• RECAP OF THE PREVIOUS WEEK
5'	SANDBAGS	<ul style="list-style-type: none">• PRESENT THE BAG<ul style="list-style-type: none">• MAKE A COMPARISON BETWEEN THE WEIGHT OF THE OBJECTS AND THE WEIGHT LOSS OF THE PARTICIPANTS• CONGRATULATE THE GROUP IF IT IS CLEAR THAT THEY LOST A LOT OF WEIGHT• DON'T LET THEM FEEL DISAPPOINTED AND DON'T MAKE THEM COMPARE THEIR PERFORMANCES WITH EACH OTHER, EVERYBODY IS DIFFERENT AND HAS THEIR OWN GOALS• USE ONLY ONE BAG BECAUSE SOME OF THEM POTENTIALLY DIDN'T LOSE WEIGHT• EXPLANATIONS :<ul style="list-style-type: none">• EXPLAIN THE FACT THAT THEY CAN GAIN MUSCLES AND NOT LOSE WEIGHT DUE TO MUSCLE INTAKE. THE MAIN FACTOR IS TO KNOW IF THEY FEEL BETTER• TO SEE THEIR IMPROVEMENTS, THEY CAN ALSO SEE IF THEY ARE ABLE TO FIT INTO SMALLER SIZES OF CLOTHING• THE AIM IS TO DEVELOP A HEALTHIER LIFESTYLE IN THE LONG-TERM, NOT TO GO ON A DIET• LIMIT THE KCAL INTAKE

TIME	MOMENT	DESCRIPTION
		<ul style="list-style-type: none"> • THE PROGRAMME DOESN'T STOP AFTER 12 WEEKS, IT IS REALLY JUST THE START OF ANOTHER 12 WEEKS • IF ANY OF THE PARTICIPANTS ARE WORRIED, OR HAVE QUESTIONS OR COMMENTS, MAKE SURE THEY KNOW THAT THEY CAN APPROACH YOU
10'	SMART GOALS	<ul style="list-style-type: none"> • IN GROUPS, EVERYONE SHOULD TALK ABOUT THEIR SMART GOALS (SUCCESSSES/CHALLENGES) • DISCUSS THE SMART GOALS / EATING PLAN OF LAST WEEK • MAKE SURE EVERYONE ENCOURAGES AND HELPS EACH OTHER TO SUCCEED • PREPARATION OF THE NEXT SMART GOALS • FOCUS GROUP ABOUT THE FEASIBILITY OF THE SMART GOALS
10'	MOTIVATION AND CONFIDENCE	<ul style="list-style-type: none"> • MOTIVATION AND TRUST ARE THE KEYS TO SUCCESS • SELF-CONFIDENCE IS CRUCIAL TO LOSING WEIGHT, GETTING FITTER, AND EATING MORE HEALTHILY • ASK THE PARTICIPANTS TO ANSWER THE FOLLOWING QUESTION: "AM I READY?" • BRIEFLY DISCUSS IN GROUPS + MOVE THROUGH
10'	HOW ARE WE?	<ul style="list-style-type: none"> • DISCUSS THE PARTICIPANTS' FEELINGS • WRITE THESE DOWN ON A FLIPCHART AND DISCUSS THE FOLLOWING : <ul style="list-style-type: none"> • WHAT IS GOING WELL AS A GROUP? • WHAT IS NOT GOING SO WELL?
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none"> • EXPLAIN THE IMPORTANCE OF EATING HEALTHILY, AS WELL AS BEING MORE ACTIVE • EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS • MOTIVATE THEM TO OVERCOME THE CHALLENGES • TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM • ASK WHO MANAGED TO INCREASE THEIR STEPS • RAISE THE AMOUNT OF STEPS TO 3000 STEPS, 5 TIMES A WEEK.

TIME	MOMENT	DESCRIPTION
60'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • WARM-UP : <ul style="list-style-type: none"> • FAST AND SLOW MOVEMENTS IN BETWEEN BIKE RACKS • THROWING ON MOUNTAIN + BALL-SQUAT + BALL THROWING (UNDER AND ABOVE BIKE RACK) OR WALL SEATING + SQUAT • MIRRORING RELAY • THROWING BALL AGAINST WALL BY TWO • SLALOM BETWEEN THE POLES • RETURN TO THE BEGINNING VIA STAIRS (UP AND DOWN) • EVERYONE AT HIS/HER OWN PACE • EXERCISES <ul style="list-style-type: none"> • ABDOMINAL MUSCLES • LAZY BURPEES + BALL THROWING & LUNGE • PEDALLING ON THE SPOT AND INCREASING SPEEDS • STRETCHING ARMS AND SPINNING LAPS • COOLING DOWN • IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT : <ul style="list-style-type: none"> • BY DOING MOVEMENTS THAT WE ARE NOT USED TO WE OVERLOAD THE MUSCLES • STRUCTURES OF THE MUSCLES BECOME DISTURBED



SESSION 8

LIST OF MATERIALS

- FLIP CHART
- BALLS
- AUDIO SPEAKERS

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 8.

TIME	MOMENT	DESCRIPTION
2'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK
10'	WHAT DO WE HAVE?	<ul style="list-style-type: none"> • FOOD LABELS ARE SOMETIMES DIFFICULT TO UNDERSTAND • ENCOURAGE PARTICIPANTS TO MAKE HEALTHIER FOOD CHOICES • LET THEM BRING WHAT THEY CONSIDER TO BE HEALTHY FOOD WITH THEIR RESPECTIVE LABELS : <ul style="list-style-type: none"> • LOOK AT WHAT THEY BROUGHT • TALK ABOUT THE LABELS • WHY DO THEY THINK THAT IT IS HEALTHY ? • ENCOURAGE THE OTHERS TO COMMENT ON IT • AIM IS TO START A DISCUSSION ABOUT THE FOLLOWING THINGS : <ul style="list-style-type: none"> • DOES PACKAGING EMPHASIZE THE FOOD AS A HEALTHIER ALTERNATIVE - LESS FAT OR FEWER CALORIES ? • PORTION: AT A FIRST GLANCE, THE FOOD LOOKS RELATIVELY HEALTHY, BUT IT'S WORTH COMPARING THE PORTION THAT IS SUGGESTED TO WHAT YOU WOULD EAT YOURSELF.
10'	UNDERSTANDING FOOD LABELS	<ul style="list-style-type: none"> • TO BE ABLE TO UNDERSTAND LABELS, THE MOST IMPORTANT FACTORS ARE : <ul style="list-style-type: none"> • CALORIES • FAT • SUGAR AND SALT • SHOW THEM THE LABELS THAT YOU CAN FIND IN THE HANDBOOK AND ASK THEM WHAT THEY THINK ABOUT THESE. START A DISCUSSION

TIME	MOMENT	DESCRIPTION
10'	TIPS TO EAT BETTER, INCLUDING BREAKFAST	<ul style="list-style-type: none">• MAKE SURE THAT THEY ARE AWARE THAT THEY SHOULD NOT ALWAYS RELY ON THE LABELS
		<ul style="list-style-type: none">• LISTENING TO TIPS AND SUGGESTIONS FROM OTHERS CAN PROVIDE THEM WITH THE INSPIRATION TO EAT MORE HEALTHY
		<ul style="list-style-type: none">• FIND MAGAZINES ABOUT CHANGING EATING HABITS AND LET THE PARTICIPANTS INTERACT WITH THEM. IF YOU DON'T HAVE ANY MAGAZINES, YOU CAN PREPARE SOME TIPS
		<ul style="list-style-type: none">• EMPHASIZE THAT EATING AND HAVING BREAKFAST AT REGULAR INTERVALS IS IMPORTANT = AVOID EATING BETWEEN MEALS
		<ul style="list-style-type: none">• ASK THE PARTICIPANTS IF THEY HAVE FURTHER TIPS TO SHARE
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none">• EXPLAIN THE IMPORTANCE OF EATING MORE HEALTHILY AS WELL AS BEING MORE ACTIVE
		<ul style="list-style-type: none">• EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS
		<ul style="list-style-type: none">• MOTIVATE THEM TO OVERCOME THE CHALLENGES
		<ul style="list-style-type: none">• TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM
		<ul style="list-style-type: none">• ASK WHO MANAGED TO INCREASE THEIR STEPS
60'	EXERCISE SESSION	<ul style="list-style-type: none">• IMPORTANCE OF A WARM-UP :<ul style="list-style-type: none">• PREPARING BODY FOR EXERCISE• HEART RATE IS GOING TO RISE• WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY
		<div><ul style="list-style-type: none">• WARM-UP :<ul style="list-style-type: none">• WALKING• LUNGES• KNEE LIFTS<ul style="list-style-type: none">• WORKOUT :<ul style="list-style-type: none">• TRICEPS ON BENCH• PUSH UP POSITION + HIGH FIVES• WALKING UP AND DOWN STAIRS</div>
		<ul style="list-style-type: none">• EVERYONE AT HIS/HER OWN PACE
		<ul style="list-style-type: none">• GROUP DIVIDED INTO 3: WALKING, START TO RUN AND RUN
		<ul style="list-style-type: none">• EXERCISES<ul style="list-style-type: none">• STRETCHING ARMS• JUMPING JACKS• SQUATS AND ELBOW TAPPING
		<ul style="list-style-type: none">• COOLING DOWN
		<ul style="list-style-type: none">• IF THE PARTICIPANTS ARE SUFFERING FROM MYALGIA, GIVE SOME EXPLANATIONS ABOUT IT :<ul style="list-style-type: none">• BY DOING MOVEMENTS THAT WE ARE NOT USED TO WE OVERLOAD THE MUSCLES• STRUCTURES OF THE MUSCLES BECOME DISTURBED

HOMEWORK

Try to pay more attention to the food labels. It is important to pay attention to this when shopping.



SESSION 9

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 9.

LIST OF MATERIALS

- FLIP CHART
- BALLS
- AUDIO SPEAKERS

TIME	MOMENT	DESCRIPTION
2'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK • ASK IF EVERYBODY PAID ATTENTION TO FOOD LABELS
5'	FAVOURITE MEALS	<ul style="list-style-type: none"> • ENCOURAGE PARTICIPANTS TO MAKE HEALTHIER FOOD CHOICES • CHANGING THEIR EATING HABITS DOESN'T MEAN THAT THEY CANNOT HAVE THEIR FAVOURITE MEAL EVERY SO OFTEN. ASK THEM WHAT THEIR FAVOURITE MEAL IS • DISCUSS THEIR FOOD CHOICES, AND ASK THEM IF IT IS POSSIBLE TO MAKE THESE MEALS ANY HEALTHIER • SHOW THEM SOME HEALTHY TIPS ON A FLIPCHART
5'	FAVOURITE MEALS	<ul style="list-style-type: none"> • DINING IN RESTAURANTS IS STILL POSSIBLE, AND YOU CAN ALSO EAT HEALTHY THERE TOO • DISCUSS SOME GENERAL RULES REGARDING RESTAURANT FOOD <ul style="list-style-type: none"> • AVOID STARTERS WITH LOTS OF CALORIES, GREASY SAUCES, DESSERTS AND CHEESE PLATES • DRINKING WATER CAN HELP YOU FEEL FULLER AND CAN PREVENT YOU FROM DRINKING ALCOHOL • ASK THE PARTICIPANTS IF THEY CAN THINK OF ANY TIPS

TIME	MOMENT	DESCRIPTION
15'	TAKE AWAY - FAST FOOD	<ul style="list-style-type: none"> • WORK ON THE HEALTHY TAKEAWAYS • BRING OUT A FLIPCHART TO WRITE DOWN A LIST OF TAKEAWAYS • ASK THEM HOW OFTEN THEY ORDER THEM? WHAT KIND OF TAKEAWAYS? • EXPLAIN TO THEM THAT IT'S OK TO EAT A TAKEAWAY, BUT THAT THEY DO HAVE THE POSSIBILITY TO MAKE THEM HEALTHIER. GIVE THEM SOME TIPS • SHOW THE MEALS ON THE LIST AND ASK THE PARTICIPANTS HOW MANY CALORIES AND GRAMS OF FAT THESE MEALS WOULD CONTAIN. TELL THEM THE ANSWERS AFTERWARDS • CONTINUE THE DISCUSSION AND ASK FOR FURTHER INFORMATION AND DISCUSS HOW TO CHOOSE HEALTHIER TAKEAWAYS
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none"> • EXPLAIN THE IMPORTANCE OF EATING HEALTHIER, AS WELL AS BEING MORE ACTIVE • EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS • MOTIVATE THEM TO OVERCOME THE CHALLENGES • TRACK THE OBJECTIVES AND POTENTIALLY ADJUST THEM • ASK WHO MANAGED TO INCREASE THEIR STEPS
60'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • WARM-UP : <ul style="list-style-type: none"> • WALKING • LUNGES • KNEE LIFTS • EVERYONE AT HIS/HER OWN PACE • WALKING • EXERCISES <ul style="list-style-type: none"> • STRETCHING ARMS- ON SITE • PEDALLING AND GETTING FASTER • JUMPING JACKS • SQUAT AND ELBOW TAPPING • PUSH UP POSTURE AND HIGH FIVES • COOLING DOWN

SESSION 10

Gather in the press room after going to the changing rooms first.
Start once more by letting the participants sign the attendance sheet.
Share a new handout for session 10.

LIST OF MATERIALS

- FLIP CHART
- BALLS
- AUDIO SPEAKERS

TIME	MOMENT	DESCRIPTION
2'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK
10'	INVESTIGATING MYTHS	<ul style="list-style-type: none"> • INVESTIGATING THE MOST COMMON MYTHS ABOUT HEALTHY LIFESTYLES CAN HELP TO REINFORCE THE INFORMATION GIVEN DURING PREVIOUS SESSIONS • ASK IF THE PARTICIPANTS ORDERED TAKEAWAYS LAST WEEK AND IF THEY TOOK THE TIPS INTO ACCOUNT • USE TRUE OR FALSE QUIZ FROM PARTICIPANT MANUAL (MYTHS AND MOODS QUIZ) • DISCUSS EACH STATEMENT IN DETAIL
10'	REASON TO EAT, DRINK AND EXERCISE LESS	<ul style="list-style-type: none"> • PRODUCE A FLIPCHART OF 3 TOPICS : <ol style="list-style-type: none"> 1. EVEN IF I'M NOT HUNGRY I CAN EAT IF I FEEL ... 2. I SOMETIMES DRINK MORE ALCOHOL WHEN I FEEL ... 3. I TEND TO BE LESS ACTIVE WHEN I FEEL... • ASK IF THEY SOMETIMES EAT FOR OTHER REASONS THAN BEING HUNGRY. TELL THEM ABOUT YOUR OWN EXPERIENCES TO MAKE THEM MORE COMFORTABLE AND OPEN • IF SOME OF THEIR RESPONSES ARE EXAMPLES OF COMFORT EATING, PRESENT AN ACTION PLAN TO PREVENT THIS TENDENCY = IF YOU ARE ANGRY OR STRESSED, GO FOR A WALK
10'	THINGS THAT DID NOT GO WELL?	<ul style="list-style-type: none"> • MOST OF THEM WILL RELAPSE. • TO MAINTAIN THE LONG-TERM CHANGES, YOU NEED TO THINK ABOUT HOW TO AVOID GIVING UP • PRESENT A FLIPCHART WITH THE PHASES OF CHANGE • USE THE MODEL TO REMIND PARTICIPANTS THAT RELAPSE IS NORMAL WHEN THE LIFESTYLE CHANGES • INTRODUCE FACTORS THAT CAN LEAD TO RELAPSE AND WRITE THEM ON A FLIPCHART

TIME	MOMENT	DESCRIPTION		
		<ul style="list-style-type: none">• THEN, THEY NEED TO PROVIDE SPECIFIC TIPS TO GETTING BACK TO A HEALTHY LIFESTYLE		
		<ul style="list-style-type: none">• AFTER 5 MINUTES, GROUPS SHOULD CREATE AN ACTION PLAN:<ul style="list-style-type: none">1. A PLAN ON WHAT THEY WANT TO DO (E.G.: LOSE 0.5KG PER WEEK)2. USING SMART GOALS3. THEY SHOULD REVIEW THE GOALS ON A REGULAR BASIS AND DRAW UP NEW ONES4. NEED TO MONITOR PROGRESS AND TRACK THEIR PERFORMANCE ON A WEEKLY BASIS (PEDOMETERS)5. LET PEOPLE KNOW HOW WELL THEY'RE DOING!		
		<ul style="list-style-type: none">• THE INTENTION IS TO LEARN FROM ONE RELAPSE TO ANOTHER ONE AND TO ENHANCE MOTIVATION		
5'	SMART TARGET REVIEWED	<ul style="list-style-type: none">• EVALUATE THE IMPROVEMENTS OF PARTICIPANTS AND POTENTIALLY REVIEW THE SMART GOALS		
		<ul style="list-style-type: none">• ASK THEM ABOUT THE PROGRESS THAT THEY ARE MAKING TOWARDS THEIR GOALS.		
		<ul style="list-style-type: none">• THEY NEED TO INTRODUCE NEW GOALS FOR THE LAST 2 WEEKS		
5'	PEDOMETERS ASSESSMENT	<ul style="list-style-type: none">• EXPLAIN THE IMPORTANCE OF EATING MORE HEALTHILY AS WELL AS BEING MORE ACTIVE		
		<ul style="list-style-type: none">• EVALUATE THE MEASUREMENTS OF THE DAILY STEPS OF THE PARTICIPANTS		
		<ul style="list-style-type: none">• MOTIVATE THEM TO OVERCOME THE CHALLENGES		
		<ul style="list-style-type: none">• SUGGEST TO THEM TO INCREASE THEIR DAILY STEPS :<ul style="list-style-type: none">• 3 DAYS PER WEEK : + 4.500 STEPS• 2 DAYS PER WEEK : + 3.000 STEPS		
		<ul style="list-style-type: none">• DO THEY EXERCISE OUTSIDE OF THE LESSONS TOO? E.G. DO THEY GO TO THE GYM TOGETHER ?		
60'	EXERCISE SESSION	<ul style="list-style-type: none">• IMPORTANCE OF A WARM-UP :<ul style="list-style-type: none">• PREPARING BODY FOR EXERCISE• HEART RATE IS GOING TO RISE• WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY		
		<table><tr><td><ul style="list-style-type: none">• WARM-UP :<ul style="list-style-type: none">• WALKING• LUNGES• KNEE LIFTING• STEPS ON AND OFF</td><td><ul style="list-style-type: none">• EXERCISES :<ul style="list-style-type: none">• AEROBIC• STRENGTH-BUILDING• FLEXIBILITY</td></tr></table>	<ul style="list-style-type: none">• WARM-UP :<ul style="list-style-type: none">• WALKING• LUNGES• KNEE LIFTING• STEPS ON AND OFF	<ul style="list-style-type: none">• EXERCISES :<ul style="list-style-type: none">• AEROBIC• STRENGTH-BUILDING• FLEXIBILITY
<ul style="list-style-type: none">• WARM-UP :<ul style="list-style-type: none">• WALKING• LUNGES• KNEE LIFTING• STEPS ON AND OFF	<ul style="list-style-type: none">• EXERCISES :<ul style="list-style-type: none">• AEROBIC• STRENGTH-BUILDING• FLEXIBILITY			
		<ul style="list-style-type: none">• COOLING DOWN		

QUIZ

SESSION 10 - ANSWERS

- 1 While it seems that experts on nutrition regularly change their minds and they often disagree, there has been a consensus about the main messages relating to healthy eating.
- 2 When you hear conflicting messages about healthy eating, it often has to do with the media sharing scientific information before they have really checked the research.
- 3 It makes no difference whether you drink cold or hot water, the calories stay the same. In general, it is just important that we all continue to drink enough water.
- 4 Fat and muscles are two totally different things. Muscles can decrease in size if you stop moving and you may get fat at the same time, but these are two different processes.
- 5 The amount of fat must be at least 25% less than the standard product. Since these products contain a lot of fat and calories anyway, they may still be a less appropriate choice if you want to lose weight or avoid weight gain.
- 6 Breakfast is a very important meal time and should not be skipped. When we are sleeping, we usually do not eat before 8 am, so it is necessary to break this fast. Skipping breakfast usually causes you to eat unhealthy snacks in the morning.
- 7 Sit-ups can certainly help you strengthen your muscles, but exercise in itself won't give you a tight belly unless you also lose weight by eating healthily.
- 8 Many experts say that the way we feel probably has the greatest impact on our lifestyle choices.

SESSION

11

Gather in the press room after going to the changing rooms first. Start once more by letting the participants sign the attendance sheet. Share a new handout for session 11.

LIST OF MATERIALS

- FLIP CHART
- BALLS
- AUDIO SPEAKERS

TIME	MOMENT	DESCRIPTION
5'	INTRO	<ul style="list-style-type: none"> • EXPLANATION ABOUT THE SESSION OF THE DAY • RECAP OF THE PREVIOUS WEEK
10'	FOOD DIARIES	<ul style="list-style-type: none"> • BRING OUT THE PREVIOUS FOOD DIARIES OF THE PARTICIPANTS • COMPARE THEIR RECENT FOOD DIARIES TO THE ONES FROM THE BEGINNING • HIGHLIGHT THE PROGRESS THAT THEY MADE AND ENCOURAGE THE PARTICIPANTS WHO HAVE NOT MANAGED TO CHANGE MUCH TO GIVE IT ANOTHER GO

TIME	MOMENT	DESCRIPTION
		<ul style="list-style-type: none"> • DISCUSS THE COMPARISON BETWEEN HOW THE PARTICIPANTS FEEL NOW WITH HOW THEY FELT AT THE BEGINNING • FOCUS GROUP AND INTERACTION ABOUT THE THINGS THAT HAVE GONE WELL AND WHICH CHANGES THEY HAVE MANAGED TO ACHIEVE • HIGHLIGHT THE CURRENT DIFFICULTIES FOR THEM AND FIND SOME SUGGESTIONS TO COUNTER THESE ISSUES
5'	MY FOOD PLANS	<ul style="list-style-type: none"> • MAKING FOOD PLANS DOES NOT EQUATE TO GOING ON A DIET • THE PLANS THAT WERE CREATED IN WEEK 3 SHOULD BE A LONG-TERM PROJECT • ASK THE PARTICIPANTS IF THEY REMEMBER IT AND IF THEY ARE FOLLOWING IT • WARN THEM ABOUT THE LACK OF SUSTAINABILITY OF A STRICT DIET
10'	THE ENERGY BALANCE	<ul style="list-style-type: none"> • DISCUSS THE CONCEPT OF THE ENERGY BALANCE AND EXPLAIN HOW IT CAN BE USEFUL TO CHECK THEIR WEIGHT • EXPLAIN THAT THE MORE YOU MOVE, THE MORE WEIGHT YOU WILL LOSE • IF IT IS DIFFICULT TO KEEP THEIR WEIGHT HEALTHY, THEY NEED TO THINK ABOUT THEIR ENERGY BALANCE. BE AWARE THAT THE ENERGY BALANCE IS RELATED TO THE FOOD INTAKE AND THEIR ACTIVITY WAY
10'	LOCUS OF CONTROL	<ul style="list-style-type: none"> • IF YOU REFER BACK TO WEEK I, YOUR PARTICIPANTS SHOULD NOW HAVE MORE CONTROL THAN IN THE FIRST FEW WEEKS • TALK TO THEM ABOUT THIS. THEY SHOULD GIVE A REASON WHY THEY THINK THIS IS • IF THEY ARE REGRESSING, THEY NEED TO DISCUSS THE OBSTACLES THEY ARE FACING AND WHAT COULD HELP THEM
10'	PHYSICAL ACTIVITY AND REVIEW PEDOMETERS	<ul style="list-style-type: none"> • FLIPCHART PREPARATION <ol style="list-style-type: none"> 1. TOTAL PHYSICAL ACTIVITY LEVEL 2. THE FEELING AFTER AN ACTIVITY 3. CHALLENGES TO STAYING ACTIVE 4. POSITIVE THINGS ABOUT BEING MORE ACTIVE • DISCUSS THE TOPICS AND ASK FOR THE COLLABORATION OF YOUR PARTICIPANTS TO COMPLETE EACH ONE • FINISH WITH A QUESTION ABOUT THEIR FEELINGS RELATED TO THEIR IMPROVEMENTS IN TERMS OF PHYSICAL ACTIVITY • ARE THEY STILL TRACKING THEIR DAILY STEPS ? • FOR THE NEXT WEEK : <ul style="list-style-type: none"> • 3 DAYS : + 4.500 STEPS • 2 DAYS : + 3.000 STEPS

TIME	MOMENT	DESCRIPTION
60'	EXERCISE SESSION	<ul style="list-style-type: none"> • IMPORTANCE OF A WARM-UP : <ul style="list-style-type: none"> • PREPARING BODY FOR EXERCISE • HEART RATE IS GOING TO RISE • WARMING UP THE MUSCLES CAN REDUCE THE RISK OF INJURY • WARM-UP (10'): <ul style="list-style-type: none"> • WALKING • LUNGES • KNEE LIFTING • STEPS ON AND OFF • CORE (20') • EXERCISES: <ul style="list-style-type: none"> • STAIRS WALK (DIFFERENT SIZES) • SQUAT ON STAIRS • SLOPE • PUSH UP POSITION + HIGH FIVES • STRETCHING OF ARMS • WALL SEATING • FOOTBALL EXERCISES • COOLING DOWN (10')

SESSION 12

Organisation of an event to celebrate the end of the programme. Don't forget to take the measurements and to record the improvements or otherwise (lifestyle, wellbeing, physical) of your participants. Additionally, give them evaluation questionnaires that they should fill in to assess the programme delivered by your club.



TIME	MOMENT	DESCRIPTION
30'	CELEBRATING END OF PROGRAMME	<ul style="list-style-type: none"> • CONGRATULATE YOUR PARTICIPANTS FOR THEIR EFFORTS, AND THE RESULTS THAT THEY HAVE ACHIEVED DURING THE PROGRAMME • ROUNDTABLE TO TALK ABOUT GOOD AND BAD THINGS THAT HAPPENED DURING THE PROGRAMME (DO THEY STILL HAVE SOME BAD HABITS? WHAT HAS CHANGED SINCE THE BEGINNING?) • DISCUSS SOME OF THE BARRIERS AND THE MAIN HABITS THAT THEY HAVE BEEN ABLE TO STOP • REVIEW OF THE GOALS THE PARTICIPANTS HAVE CREATED • TALK ABOUT THE NEXT STEPS AND HOW TO USE THE RESULTS THEY ACHIEVED DURING THE 12 WEEKS

TIME	MOMENT	DESCRIPTION
5'	CHANGE MODEL PRESENTATION	<ul style="list-style-type: none"> • ADVISE THEM TO FOLLOW THEIR "STRATEGY" TO REAP THE REWARDS OF BEING FIT • MOST OF THEM WILL POTENTIALLY FEEL MUCH BETTER THAN AT THE BEGINNING OF THE PROGRAMME
10'	THE FUTURE	<ul style="list-style-type: none"> • WHAT DO THEY THINK ABOUT THE FACT THAT THE ACTIVE FANS PROGRAMME IS ENDING, AND WHAT DO THEY EXPECT TO ACHIEVE IN THE NEXT WEEKS/MONTHS? • SUPPORT AND ENCOURAGE THEM TO CONTINUE THE PROGRAMME WITHOUT YOUR HELP AND TO POTENTIALLY CREATE A FACEBOOK GROUP OR WHATSAPP • CHECK YOUR DATA AND BE SURE THAT YOU HAVE ALL THE INFORMATION
5'	FEEDBACK	<ul style="list-style-type: none"> • REGARDING THE ENERGY BALANCE, ASK THEM FOR THEIR FEEDBACK AND IF THEY NEED FURTHER EXPLANATION
10'	PEDOMETER REVIEW	<ul style="list-style-type: none"> • REVIEW THE MEASUREMENT OF DAILY STEPS AND THEIR FEEDBACK • MOTIVATE THEM TO OVERCOME THE CHALLENGES • ENCOURAGE THEM TO TRACK THEIR STEPS AND IMPROVE ON THEIR DAILY AND WEEKLY TOTALS
30'	EXERCISE SESSIONS	WE ADVISE YOU TO FINISH THE PROGRAMME WITH A PHYSICAL ACTIVITY RELATED TO YOUR CLUB IT CAN BE A FOOTBALL GAME BETWEEN YOUR PARTICIPANTS OR POTENTIALLY A RUN INSIDE THE STADIUM OR SIMILAR ACTIVITIES

RECOGNITION STATEMENT

The development and optimisation of the Football Fans in Training programme was undertaken by a research team led by Glasgow University in partnership with the SPFL Trust. We gratefully acknowledge some source material from the Nutrition & Dietetic Department, NHS Forth Valley and Men's Health Clinic, Camelon, Falkirk. The programme development is described in Gray et al (2013), the results of the programme evaluation are reported in Wyke et al (2015) and Hunt et al (2014).



Co-funded by the
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**Questions?
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