

European Football for



Development Network

**EFDN**



**PARTICIPANT'S WORKBOOK**

**CHANGING LIVES THROUGH FOOTBALL**



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# GETTING FIT AGAIN WITH YOUR CLUB

Active Fans is a programme that provides you with the opportunity to get fit with your favourite football club. Using football as a motivational tool, the programme stimulates football fans to follow health, nutrition, and physical activity guidelines. These guidelines are important factors in improving the physical and mental health of fan groups from across Europe. The Active Fans project primarily focuses on male and female fans that are at least 35 years old. You can choose your own personal objectives. The sessions will be delivered by the staff members of the club or the club's foundation. They will motivate you to adopt a healthy lifestyle. Let's start and improve physical and mental health.







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# SESSION CONTENT ACTIVE FANS

## WEEK 1 GETTING STARTED

- Programme aims: “how to eat better, be more active and stay that way long term”
- Who’s who?
- Factors affecting our eating and activity
- Energy balance (intake vs output)

## WEEK 2 WHAT ARE WE EATING ?

- Healthy eating explained (cut down on fat, sugary foods and portion size, eat more fruit, vegetables and whole wheat bread/pasta)
- SMART goal setting

## WEEK 3 MAKING CHANGES

- Personal healthy eating plans
- Health benefits of long term weight loss
- Personal 5-10% weight loss
- Importance of support from other people

## WEEK 4 THINKING ABOUT PHYSICAL ACTIVITY

- Importance of physical activity to health
- Overcoming barriers to being active
- Action planning for physical activity

## WEEK 5 THINKING ABOUT DRINKING

- Alcohol and weight gain
- Alcohol units and planning your drinking

## WEEK 6 HALFWAY DOWN

- Stages of change model
- Measurements taken to review progress

## WEEK 7 HOW ARE WE DOING ?

- Representation of weight loss achieved
- Reflection on how things are going

## WEEK 8 WHAT TO LOOK OUT FOR

- Food labels and choosing healthier foods
- Importance of regular meals and breakfast

## WEEK 9 PRACTICAL STUFF

- Favourite meals, eating out, and takeaways

## WEEK 10 MYTHS AND MOODS

- Common ideas about healthy living
- Dealing with setbacks

## WEEK 11 MAKING PROGRESS ?

- Review of plans made
- Energy balance and locus of control

## WEEK 12 LOOKING FORWARD

- Review of progress and next steps
- Top Tips for maintaining weight loss

## 1

## PERSONAL WEEKLY PROGRESS

If you want, you can weigh yourself during every session. You can also do this at home with your own scale. Don't try to fixate on your weight. The most important thing is how you feel and the changes in your body that you perceive. Use this page to track your progress.

[illegible]

# MEASUREMENT OF THE CURRENT NUMBER OF STEPS

Everyone takes a different number of steps per day. This depends on the time we spend throughout the day at work, cleaning the household, with family or practising hobbies. The average number of steps for most people is between 2,000 and 5,000 steps a day. One of the goals of Active Fans is to increase your average daily steps by the end of the programme.

For starters, you need to know how many steps you are taking per day right now. You have already received a pedometer and it would be ideal if you wear it every day to understand how many steps you take per day. Based on this you can calculate a weekly average. You need AT LEAST 3 DAYS for an accurate measurement. The more days you have worn the pedometer, the better.

If you know how many steps you have taken on a daily basis, add all the steps from those days together and divide this by the number of days you took these steps on. This is your average number of daily steps. We will use this as a basis from which to start from for the following week. The best thing to do is to round up your average daily steps to the nearest 500 (for example, if you take an average of 3,234 steps, round down to 3000). You can use the Healthy Football League to measure the number of steps and score points for your club.

## EXAMPLE

DAY	1	2	3	4	5	6	7	TOTAL
TO STEP	2700	4800	2100					9600
TOTAL	AMOUNT OF DAYS		AVERAGE		ROUND TO NEAREST 500			
9600	3		3200		3000			

Use this schedule to calculate your basic number of daily steps.

## CALCULATE YOUR BASIC NUMBER OF DAILY STEPS

DAY	1	2	3	4	5	6	7	TOTAL
TO STEP								
TOTAL	AMOUNT OF DAYS		AVERAGE		ROUND TO NEAREST 500			

## NOTES



# SESSION 2

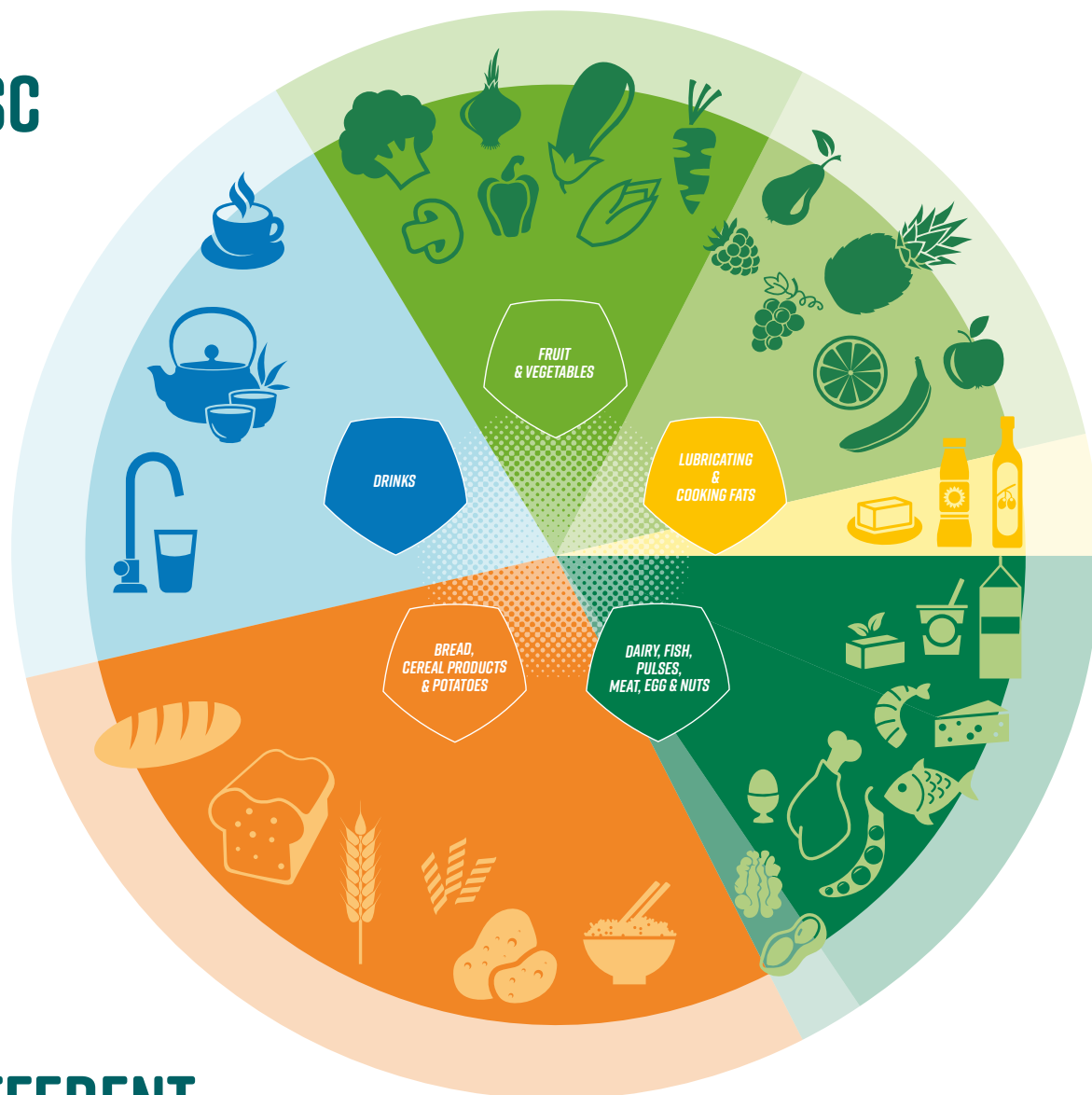
# WHAT ARE WE EATING ?

## NUTRITION DIARY

Write down everything you eat and drink on an average day. Be honest and don't make any changes to what you would normally eat. Do not change your diet yet. Try to write down every meal in as much detail as possible: how much of each, what do I put on it, how do I prepare it, what do I take in between, what do I add etc. Also remember to write down everything you drink.

TIME OF MEAL	BUSINESS DAY	DAY OFF
<b>MORNING</b> E.g. cup of coffee with 2 cubes of sugar, 2 slices of multigrain bread, with margarine spread on them and a slice of cheese		
<b>11.00 AM</b> Cup of coffee with 2 sugar cubes		
<b>AFTERNOON</b> E.g. white soft bun with margarine and a slice of ham. Cup of coffee with 2 cubes of sugar.		
<b>AFTERNOON</b> Tea with 1 sugar cube and a banana		
<b>EVENING</b> E.g. 3 boiled potatoes with a sausage and a tablespoon of peas. Bowl of pudding		
<b>ADDITIONAL</b> Bowl of crisps, 2 glasses of beer		

# THE DISC OF FIVE



## THE DIFFERENT FOOD GROUPS

All the food we eat can be divided into five groups. A healthy or balanced diet means that you eat the right amount from these groups.

### FRUIT

Do you like a wide variety of flavours? There are plenty of things to taste in the fruit department: juicy melons, an apple tart, sweet banana ... If you choose different types of fruit, you also get all the nutrients from fruit that you need.

### TIPS

- Just like vegetables, fruit can be found anywhere, anytime. Think of slices of apple or banana in bread, pieces of fruit through the yogurt, just loose in between, a fruit salad at lunch or fruit in evening dinners, such as apple with Brussels sprouts or mango with rice.
- A little dried fruit is also tasty. A few dates as a snack, some raisins through the muesli or some dried apricot through the curry. Keep it small, because dried fruit provides a lot of sugar. Dried fruits cannot replace fresh fruits because vitamin C is lost during drying.
- Also take into account the seasons and origin of fruit. Sustainable choices all year round include: pineapples, apples, bananas, grapes, mandarins, melons, nectarines, pears, plums, and oranges.

### HOW MANY GRAMS OF FRUIT DOES YOUR BODY NEED?

ADULTS ARE ADVISED TO EAT 2 SERVINGS OF FRUIT PER DAY. BUT WHAT IS A SERVING? AN APPLE CANNOT BE COMPARED TO A GRAPE. ASSUME THAT THE PORTIONS ARE ABOUT 200 GRAMS.



## HOW MANY GRAMS OF VEGETABLES DOES YOUR BODY NEED?

ADULTS ARE ADVISED TO EAT AT LEAST 250 GRAMS OF VEGETABLES PER DAY.

### VEGETABLES

No type of vegetable contains all the nutrients that you need. Therefore, it is important to eat a wide variety of vegetables. An additional advantage: variation is never boring.

### TIPS

- You can easily spread your daily portions of vegetables over the day. Think of strips of bell pepper or slices of cucumber on bread, tomatoes or carrots for a snack on the go, a salad at lunch, leftovers from your omelette, and of course in your dinner.
- You can prepare vegetables in many ways: raw, cooking, steaming, baking, stir-frying, grilling, mashing. This means you can make eating vegetables even more varied.
- Also take the seasons and origin of vegetables into account. Sustainable choices all year round include: celery, cauliflower, broccoli, iceberg lettuce, leeks, radishes, beetroots, red cabbage, sprouts, tomatoes, onions, carrots and chicory.



## OILS, FATS AND SPREADS

Fat is fuel for our body and provides vitamins A, D and E. Fat is a quite complex substance. It consists of saturated and unsaturated fat. Each product contains these fats in different amounts.

If you replace products with a lot of saturated fat with products with a lot of unsaturated fat, you have less risk of cardiovascular disease. This is definitely a bonus!

### TIPS

- Spreading your sandwiches with soft margarine or low-fat margarine is a simple way to get fat and vitamins A, D and E.
- Oils do not contain vitamins A and D. Vitamins A and D have been added to liquid margarine and cooking fat.

Solution: When preparing a hot meal, vary between oil and liquid margarine or liquid baking and frying fat.

IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"> <li>Soft margarine or low-fat margarine for bread</li> <li>Liquid margarine and liquid baking and frying fat</li> <li>Most vegetable oils, such as olive oil and sunflower oil</li> </ul>	<ul style="list-style-type: none"> <li>Hard margarine</li> <li>Hard baking and frying fat</li> <li>Hard frying fat</li> <li>Butter</li> <li>Coconut fat (Coconut oil)</li> <li>Palm oil</li> </ul>





# FISH, LEGUMES, MEAT, EGG, NUTS AND DAIRY

This section of the Disc of Five consists of products with a lot of protein. Each product contributes in a unique way to your health.

## FISH, LEGUMES, MEAT AND EGG:

By eating fish you reduce the risk of cardiovascular disease. Legumes lower your LDL cholesterol, which helps keep your arteries healthy. Meat and eggs contain many good nutrients, such as iron and vitamin B12.

In particular, choose products from the Disc of Five.

What is in the Disc of Five and what is not?

### TIPS

- This group is all about alternating between animal and vegetable products. More and more people are refraining from eating meat every day. You can easily do without consuming meat.
- An example of a weekly schedule can be: 1 day of fish, 1 day of legumes, 1 day of nuts, 2 days of beef or pork and 2 days of chicken or other poultry. Instead of the meat you can also take tofu, tempeh, eggs, legumes or a handful of nuts.
- Add legumes to your menu every week! This is good for yourself and for the environment. Meat is no longer needed that way. Legumes include lentils, chickpeas and kidney beans.
- Eating fish once a week is highly recommended. Mainly oily fish such as mackerel, herring, Atlantic salmon, brisket, sardines. These fish can be delicious on bread, with salad and with dinner.
- Do not eat more than 500 grams of meat per week (including cold cuts), of which a maximum of 300 grams should be red meat. Red meat is all meat that comes from cattle, sheep, goats and pigs.

If you eat a lot of red meat, you are more likely to develop colon cancer, have a stroke and get type 2 diabetes. Red meat also pollutes the environment more than white meat (chicken or other poultry), fish, and eggs.



IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"> <li>• Fish, especially oily fish</li> <li>• Shellfish</li> <li>• Legumes: lentils, kidney beans</li> <li>• Raw meat: chicken fillet, chicken drumstick, turkey fillet, lean minced meat, steak, lean beef, pork chops, pork tenderloin, lean pork chops, pork fillet steaks, pork shoulder chop, ham steak and lean lamb</li> <li>• Eggs</li> <li>• Tofu and tempeh</li> <li>• Vegetarian burgers or balls</li> </ul>	<ul style="list-style-type: none"> <li>• Cold cuts: sausage, ham, pate</li> <li>• Processed meat: hamburger, sausage, marinated meat and breaded meat</li> <li>• Fatty meats: bacon, minced meat, spare ribs, lamb cutlet and lamb chop</li> <li>• Canned legumes with added sugar or too much salt</li> <li>• Ready-made vegetarian burgers or balls</li> </ul>



# DAIRY:

Milk, yogurt, cottage cheese, and cheese, are very popular in the Netherlands. And that's great, because with your daily dose of dairy you reduce the risk of colon cancer. If you eat yogurt, you also reduce the risk of type 2 diabetes (diabetes). Dairy also provides you with calcium and vitamin B12.

## TIPS

- With semi-skimmed and low-fat dairy products, you don't get too much saturated fat.
- Yogurt and cottage cheese can be combined wonderfully with fruit. A handful of nuts also tastes good. For breakfast you can take whole grain cereal with it.
- Want to make bread with cheese even more flavourful? How about cheese with garden cress or cucumber, cottage cheese with strips of paprika and pepper, mozzarella with tomato and basil. These things can obviously also be combined with toast.
- Are you lactose intolerant or would you rather not consume dairy? Soy drink does not have the same health effects as dairy, but it does provide vitamin B12 and calcium, if added.
- Store dairy in the refrigerator at 4°C.

**In particular, choose products from the Disc of Five.**  
**What is in the Disc of Five and what is not?**

IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"><li>• Skimmed, semi-skimmed milk, and buttermilk</li><li>• Low-fat and semi-skimmed yogurt</li><li>• Low-fat quark</li><li>• Drinking yogurt</li><li>• Soy drink with added vitamin B12 and calcium</li><li>• 10+, 20+ or 30+ cheese with not too much salt</li><li>• Dairy spread</li><li>• Hüttenkäse</li><li>• Mozzarella</li><li>• Fresh goat's cheese</li></ul>	<ul style="list-style-type: none"><li>• Dairy and soy drinks with too much sugar</li><li>• Pudding and desserts with added sugar</li><li>• Full-fat milk and full-fat yogurt</li><li>• Rice drink and almond drink</li><li>• Custard and pudding</li><li>• Ice cream, soft ice cream, and frozen yogurt</li><li>• 48+ and 60+ cheese</li><li>• Feta</li><li>• Fresh cream, sour cream, and cooking cream</li><li>• Whipped cream</li></ul>



# NUTS

Nuts, like legumes, have a smaller amount of LDL cholesterol, which is good for your blood vessels. Nuts also lower the risk of heart disease. With a handful a day you get a lot of unsaturated fats that help keep your blood vessels healthy.

## TIPS

- Some unsalted nuts every day is good for your body. How do you like your nuts best? As a snack in between meals, as a part of your evening meal, in a salad, in yogurt or as a nut butter on bread? You can also replace meat with a handful of nuts.
- Unroasted or roasted? All nuts without salt are good.
- A handful of nuts is okay, but don't overdo it. Nuts are high in calories.

**In particular, choose products from the Disc of Five.**  
**What is in the Disc of Five and what is not?**

IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"><li>• Unsalted nuts and peanuts</li><li>• Nut butters and peanut butter from 100% nuts or peanuts</li></ul>	<ul style="list-style-type: none"><li>• Salted nuts</li><li>• Nuts containing chocolate or sugar</li><li>• Nut butters and peanut butter with added salt or sugar</li></ul>

# BREAD, CEREAL PRODUCTS, POTATOES


The main components of this section are whole grain cereals, whole grain bread, whole grain pasta, and brown rice. You can reduce your risk of cardiovascular disease, diabetes type 2 (diabetes) and colon cancer by eating 3 serving spoons of whole grain cereals or 3 whole grain sandwiches per day. Additionally, grain products provide energy and many other nutrients such as: fibre, proteins, B vitamins, and iron. Fibre in particular is an important nutrient to keep high. Fibrines provide a feeling of being full and are a good thing to eat if you want to lose weight.

## TIPS

- Are you used to eating a lot of white grain products, such as white bread, white pasta and white rice? Replace them with the whole grain varieties. A simple procedure that your body will thank you for.
- Eating whole wheat bread is the easiest way to get fiber, iron and B vitamins every day.
- Take oatmeal or muesli instead of bread. For example, choose a basic muesli and add some raisins, nuts and fresh fruit.
- Potato is not a grain product, but it is a good basis for a meal and a source of useful nutrients. Boil them, mash them or fry them in a liquid fat.
- Whole grain pasta, brown rice, whole grain bulgur, potato... they all have their own qualities. Do them all justice by putting something different on the table every hot meal.

**In particular, choose products from the Disc of Five.**

**What is in the Disc of Five and what is not?**

IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"> <li>• Wholemeal bread and wholemeal buns</li> <li>• Brown bread</li> <li>• Whole grain crisp bread</li> <li>• Whole grain currant bread and whole grain muesli bread</li> <li>• Rye bread</li> <li>• Oatmeal, muesli and other whole grain breakfast cereals with less sugar and no added salt</li> <li>• Whole grain pasta</li> <li>• Brown rice</li> <li>• Whole grain bulgur</li> <li>• Couscous with sufficient fiber</li> <li>• Quinoa</li> <li>• Potato</li> </ul>	<ul style="list-style-type: none"> <li>• White bread</li> <li>• White crisp bread</li> <li>• Rusk</li> <li>• Raisin bread</li> <li>• Croissant</li> <li>• Breakfast cereals with too much sugar, such as granola and corn flakes</li> <li>• White pasta</li> <li>• White rice</li> <li>• White couscous</li> <li>• Ready-made mashed potatoes</li> </ul> 



## DRINKS

**A person consists out of 60% of water. You lose water by urinating and sweating, amongst other things. By urinating, you remove waste products and sweating keeps your temperature regulated. What you lose in moisture you mainly supplement with drinking. We recommend everyone to drink as much WATER as possible.**

## TIPS

- Are any of the following quality marks on the packaging of your coffee and tea: Fairtrade-Max Havelaar, Rainforest Alliance or UTZ Certified? If they are, this means the working conditions of the farmers have been taken into account.
- Tap water has many advantages: no calories, cheap, good for the environment, easy to carry, and available everywhere.
- Milk counts as a drink, even if it also features in a group with fish, legumes, meat, egg, nuts and dairy.

**Try to choose products from the Disc of Five.**

**What is in the Disc of Five and what is not?**

IN THE DISC OF FIVE	NOT IN THE DISC OF FIVE
<ul style="list-style-type: none"> <li>• Black and green tea</li> <li>• Herbal tea (in limited amounts)</li> <li>• Coffee (in limited amounts)</li> </ul>	<ul style="list-style-type: none"> <li>• Beverages with sugar: fruit juice, vegetable juice, soft drinks, syrup, thick juice, sweetened dairy drinks, sports drinks, and energy drinks</li> <li>• Light soft drinks</li> <li>• Alcoholic beverages</li> <li>• Boiled coffee, coffee made with a cafetière</li> </ul>



# COMPARE BOTH DAYS TO EACH OTHER

Look at the days of your completed food diary and determine how many servings of each food group you have eaten each time. Record the number of servings in the relevant food group column. Finally, put the total number of servings from each food group in the bottom row.



NUMBER OF SERVINGS										
FOOD GROUPS	BREAD, GRAIN PRODUCTS, AND POTATOES		FRUITS & VEGETABLES		MILK & DAIRY PRODUCTS		MEAT, FISH & VEGETARIAN		FATS & SUGAR	
TIME OF DAY	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2
BREAKFAST										
LUNCH										
AFTERNOON										
EVENING										
ADDITIONAL										
TOTAL										

# ESTABLISHING SMART OBJECTIVES

By formulating a SMART objective, it is more likely that something will actually be achieved. A SMART goal guides you: it indicates what you want to achieve and aids your behaviour.

Objectives must meet these characteristics:

S

## SPECIFIC

Describe your goal clearly and concisely with a specific action or behaviour. It must describe an observable action, behaviour or result that involves a number, amount, percentage, or other quantitative data.

M

## MEASURABLE

The goal must be measurable. Only then will you know whether you have reached the target. There must be a system, method, and procedure to determine the extent to which the goal has been achieved at any given time.

A

## ATTAINABLE

Can this goal realistically be achieved by you? There must be an analysis of what can be attained by you in a specific timeframe.

R

## RELEVANT

Is the goal relevant? Does it relate to the area in which you want to make a change?

T

## TIME-BOUND

When do we start the activities? When are we ready? When will the goal have been reached? A SMART objective has a clear start date and end date.



WHAT DO I WANT TO DO?

DATE:

HOW AM I GOING TO DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE

WHAT DO I WANT TO DO?

DATE:

HOW AM I GOING TO DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE



# INCREASE THE NUMBER OF STEPS

Our experience has shown that a gradual approach is the best way to increase your number of steps. You can reach 10,000 by going on short walks (for example, walking 10 to 15 minutes at a time, which amounts to about 1,000 to 1,500 steps). Steps can take place during other activities that you are doing during the day (e.g. walking to the store,...)

## MOST IMPORTANTLY:

You don't have to run the full number all at once - you can combine several walks every day to reach your weekly target.

To help with weight loss, a person should walk for about 225-300 minutes or do some other activity of moderate intensity each week. This can be five sessions of 45-60 minutes per week, or smaller amounts of vigorous physical activity. That may sound like a lot at first, so it's a good idea to start with short walks and build it up over the course of 12 weeks.

Our proposed plan goes as follows:

WEEK 1	CALCULATE YOUR AVERAGE NUMBER OF STEPS. THIS IS YOUR STARTING POSITION FOR THE COMING WEEKS.
THE AVERAGE NUMBER OF STEPS YOU ADD TO EVERY WEEK:	
WEEK 2 & 3	AVERAGE NUMBER OF STEPS + 1,500 STEPS ON 3 DAYS OF THE WEEK
WEEK 4 & 5	AVERAGE NUMBER OF STEPS + 1,500 STEPS ON 5 DAYS OF THE WEEK
WEEK 6 & 7	AVERAGE NUMBER OF STEPS + 3,000 STEPS ON 3 DAYS OF THE WEEK
WEEK 8 & 9	AVERAGE NUMBER OF STEPS + 3,000 STEPS ON 5 DAYS OF THE WEEK
WEEK 10 & 11	AVERAGE NUMBER OF STEPS + 4,500 STEPS ON 5 DAYS OF THE WEEK
WEEK 12 & ON	AVERAGE NUMBER OF STEPS + 4,500 STEPS ON 5 DAYS OF THE WEEK

## MOST IMPORTANTLY

“YOU DON'T HAVE TO RUN THE FULL NUMBER ALL AT ONCE - YOU CAN COMBINE SEVERAL WALKS EVERY DAY TO REACH YOUR WEEKLY TARGET.”

Now use the “Daily Steps Schedule” sheet to write down your personal goals regarding the number of steps.



# DAILY STEPS SCHEDULE

Use these tables to track your progress. Your average number of steps is the total of a whole week divided by the number of days you exercised.

**Additionally: cycling can also count as an activity and can be converted into steps. 10 minutes cycling = 1500 steps**

You can use the Healthy Football League to measure the number of steps and score points for your club.

## WEEK 2

*The target for at least 3 days is an increase of the average number of steps by 1,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 3

*The target for at least 3 days is an increase of the average number of steps by 1,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 4

*The target for at least 5 days is an increase of the average number of steps by 1,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 5

*The target for at least 5 days is an increase of the average number of steps by 1,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 6

The target for at least 3 days is an increase of the average number of steps by 3,000:

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 7

The target for at least 3 days is an increase of the average number of steps by 3,000:

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 8

The target for at least 5 days is an increase of the average number of steps by 3,000:

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 9

The target for at least 5 days is an increase of the average number of steps by 3,000:

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 10

The target for at least 3 days is an increase of the average number of steps by 4,500:

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	AVERAGE
NUMBER OF STEPS									

## WEEK 11

*The target for at least 3 days is an increase of the average number of steps by 4,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
NUMBER OF STEPS								

## WEEK 12

*The target for at least 5 days is an increase of the average number of steps by 4,500:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
NUMBER OF STEPS								

## WEEK 13

*From now on, the goal is to maintain your total number of steps from week 12 for the next 5 days:*

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
NUMBER OF STEPS								

## NOTES



# HIKING TIPS

## IT'S NEVER TOO LATE TO GET STARTED!

On average, people walk between 2,000 and 5,000 steps a day to perform daily tasks, such as making a cup of tea or doing the housework.

To be healthy, it is recommended for most adults to do at least 150 minutes of moderate physical activity over the week (for example, for 5 or more days). Even better - especially if you're trying to lose weight - is moving 225-300 minutes every week (for example, moving 45-60 minutes on 5 or more days of the week).

### ADVANTAGES OF BEING ACTIVE

- MAKES YOU FEEL GOOD
- GIVES YOU MORE ENERGY
- HELPS YOU SLEEP BETTER
- REDUCES STRESS
- REDUCES BLOOD PRESSURE
- HELPS MAINTAIN A HEALTHY WEIGHT
- REDUCES THE RISK OF HEART DISEASE
- REDUCES THE RISK OF TYPE II DIABETES
- REDUCES THE RISK OF SOME CANCERS (E.G. COLON CANCER)
- IMPROVES YOUR MOOD AND REDUCES THE RISK OF DEPRESSION

### HOW CAN YOU INCREASE YOUR DAILY STEPS ?

Walking is a safe and enjoyable activity with many health benefits. There are many easy ways to increase the daily amount of steps. Think about ways that you can do this.

- Try to walk most days of the week: start with a 5 to 10 minute walk and gradually increase the time you spend walking
- Walk to the shops instead of taking the car
- Walk to your workplace and leave the car at home for a change
- Walk a few steps before taking the bus
- Use the stairs instead of taking the elevator
- Use your lunch break to take a walk
- Take the dog for extra / longer walks
- Discuss things while walking, 'have a walking meeting'
- Walk to de-stress, take a walk in the park and enjoy being outside
- Create a walking group at your workplace and encourage colleagues to participate
- Set up a walking group with other participants of Active Fans



# MAKING CHANGES

## ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

**SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BOUND = SMART**

WHAT DO I WANT TO DO?

DATE:

HOW AM I GOING TO DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE

WHAT DO I WANT TO DO?

DATE:

HOW AM I GOING TO DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE



# CALORIES AND THE ENERGY BALANCE

People often talk about calories, and the food and drinks we consume contain calories.

What is a calorie? A calorie is actually only a measure of an amount of energy. A calorie indicates how much energy it takes to change the temperature of 1 gram of water by 1 degree Celsius.

Reaching a healthy weight is all about the balance between the calories we consume through eating and drinking and how we use (or don't use) this energy in our daily lives.

Think of an old-fashioned scale. On one side you have a scale with 'calories in' and on the other side you have the scale with 'calories out'. If one side has more calories than the other, the scale is out of balance and tilts.

Unused energy is stored by the body as fat, so if you take in more calories than you burn, you will gain weight. If the body gets less energy than it needs, it will burn stored fat and cause weight loss.

Watch out! The body needs calories (energy) to be able to function properly. Without calories we wouldn't be able to walk, talk or even breathe. Calories are the fuel of the body, and thus they let us live.

However, the exact amount of calories we need depends on many factors, including what we do during a day (sitting, watching TV, exercising, etc.).

As a part of a healthy balanced diet, a man needs about 10,500kJ (2,500kcal) per day to maintain his weight. For a woman, that's about 8,400kJ (2,000kcal) per day.

However, the amount of calories we need varies from person to person and depends on several factors such as age, height, gender and how active we are.

All of these personal aspects should be considered when you are choosing a specific meal plan. These plans are designed to give you an idea of the amount of food and drink you should consume to lose weight. It's important to note that meal plans are not designed to be rigorously followed, but rather as a guide to help you make changes. Eating well is not about giving up all the things you love to eat and drink. It is about considering more healthy food and drink options and less unhealthy ones. By improving the diet in this way, you will not only be able to control weight better, but you will also get more energy and feel better.

**REACHING A HEALTHY WEIGHT IS ALL ABOUT  
THE BALANCE BETWEEN THE CALORIES WE CONSUME  
THROUGH EATING AND DRINKING  
AND HOW WE USE (OR DON'T USE)  
THIS ENERGY IN OUR DAILY LIVES.**

# EXAMPLE MEAL PLAN

The following portions of food ensure that you have enough energy on a daily basis.

## BREAKFAST

- Portion of fruit or glass of unsweetened fruit juice
- 1 serving of starch (slice of whole wheat bread or cereal)
- 1 serving of a dairy product
- 1 cup of tea or coffee

## LUNCH AND AFTERNOON

- 1 serving of meat, fish, or other high-protein foods
- 1 serving of starch (slice of whole wheat bread)
- Several portions of vegetables, fruit, or salad
- 1 cup of tea or coffee
- Water

## EVENING

- 1 serving of meat, fish, or other high-protein portions
- 1 serving of starch (whole wheat pasta, brown rice, potatoes, quinoa, et cetera)
- Several portions of vegetables or salad
- 1 cup of tea
- Water

Try adding semi-skimmed or skimmed milk to your tea and / or coffee, and also make sure you drink enough water. Choose a healthy snack if you get hungry in between meals. Think for example of the following: boiled egg, fruit, cottage cheese, low-fat yogurt, snack vegetables.

# SERVING GUIDE

## STARCHY FOODS

- 1 slice of whole grain bread
- 1 small wrap, ½ pita bread, 2 whole grain crackers
- 2 small potatoes the size of a chicken egg
- 3 tablespoons whole grain pasta or brown rice
- Small bowl of cereal

## PROTEIN FOOD AND DAIRY

- 2 thin slices (50 grams) lean meat or skinless poultry
- Small fish fillet
- 1 egg
- Small can with oily fish
- 1 can of baked beans or legumes, such as lentils
- Handful of nuts
- 100 grams of cottage cheese or tofu
- Cheese (25 grams)
- 200ml semi-skimmed milk
- 1 pot of low-fat yogurt

## DRINKS

- Especially water (1.5L / day)

## FRUIT AND VEGETABLES

- 1 piece of apple, orange, or similar sized fruit
- 2 smaller fruits such as plums
- Canned fruit, the same amounts as above, but avoid syrup
- 1 hand dried fruit
- 1 serving of vegetables that is the same size as a small salad

Try to eat at least 2 servings of fruit and at least 5 small servings or 250 grams of vegetables.

While some people find eating plans helpful, counting calories or servings every day can be frustrating. Also make sure you don't drastically change your diet. Try to be conscious of eating healthy, without spending all day weighing or counting your food.

**It is especially important to remember these 5 basic rules:**

1. **AVOID SATURATED FATS AND SUGAR**
2. **SUFFICIENT INTAKE OF FRUIT AND VEGETABLES**
3. **EAT WHOLE-GRAIN PRODUCTS**
4. **EAT SMALL SERVINGS**
5. **MOVE SUFFICIENTLY**

It is good to watch your diet and become more active. Keep in mind that the more active you are, the more energy you need. So keep eating enough to avoid energy shortages.

## HEALTH BENEFITS OF LOSS OF WEIGHT

When you lose 5-10 % of your starting weight this weight loss can be maintained, it can have the following positive consequences:

- Lower blood pressure
- Reduces risk of heart disease and stroke
- Reduces risk of diabetes
- Reduces risk of cancer
- Reduces risk of premature death by 20%
- Reduces joint pain
- Improves mobility
- Makes you feel more alert and energised
- Improves your self-esteem and general outlook on life



# NOTES

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# SESSION 4

## PHYSICAL ACTIVITY

### ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

**SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BOUND = SMART**

WHAT DO I WANT TO DO?	DATE:

HOW AM I GOING TO DO THIS?		
MISSION ACCOMPLISHED?	YES, BECAUSE	
	NO, BECAUSE	

WHAT DO I WANT TO DO?	DATE:

HOW AM I GOING TO DO THIS?		
MISSION ACCOMPLISHED?	YES, BECAUSE	
	NO, BECAUSE	



*“The programme has changed me from sitting about every night to going out two or three times a week. Now I am running a 5k twice a week and I’m here for training on Tuesday nights.”*

*-Colin Fisher, Rangers FC fan*

### THE IMPORTANCE OF BEING ACTIVE

Regular exercise does not only result in weight loss, but also in maintaining a constant weight in the long term.

There are also many other important health benefits that can be attributed to an active lifestyle. An active lifestyle reduces the risk of cardiovascular diseases, having high blood pressure, diabetes and cancer. It also ensures that you will be in a better mood, that you will sleep better and your stress levels will be lower. Research also shows that people who exercise regularly not only have a more positive self-image, but also a greater sense of control over their lifestyle.

### WHAT DO YOU HAVE TO LOSE ?

Exercise does not only mean ‘fitness’ or ‘sports’. Think about walking, gardening, cycling, walking stairs, doing the housework, washing the car. These are some contemporary examples that get you moving.

The goal is to actively exercise for an average of 45 minutes at least 5 times a week. This activity should be intensive enough to increase your heart rate and make your breathing a little faster. An example of how you can achieve this, is by having a brisk walk of 3 to 5 kilometres, several times a week. Other activities such as cycling, swimming, dancing, home training or jogging would also fall under this category.

It is important that you build up the intensity of the activity. Take your time and don’t overexert yourself immediately. Don’t forget to consult your doctor about concerns you may have regarding this more active lifestyle.

### ACTIVE PEOPLE LIVE LONGER AND HEALTHIER

Did you know that almost a third of Dutch adults and more than half of Dutch young people do not exercise enough? This image has remained almost unchanged for ten years. The main source of exercise for young people is sport. Adults mainly get their exercise from work and household chores. If you move very little, your physical condition will not be good, which will mean that everyday activities can also be tiring. So get off that couch and try to move whenever possible, take the stairs instead of the elevator, leave your car behind, find a nice sports club near you, or download one of the many available mobile sports applications. You will notice that once you get started, you will quickly feel fitter and that it is not such a challenge to move intensively.

The most important thing in an active lifestyle is doing an activity that you really enjoy.



# THE ABCS OF AN ACTIVE LIFESTYLE

## ACTIVITY

All healthy adults between the ages of 18-65 should do one of the following:

- Do moderately intensive activities for at least 150 minutes per week
- Do strenuous exercise for at least 75 minutes a week
- An equal combination of medium and strenuous activities.

Each healthy adult should also do muscle strengthening exercises at least twice a week, along with any of the above. You can use the Healthy Football League to measure the number of steps and score points for your club.



## DO YOU FIND IT DIFFICULT TO ACHIEVE NORMAL BODY WEIGHT?

### TRY THE FOLLOWING:

- CRITICAL LOOK AT YOUR DIET
- POSSIBLY REDUCE ENERGY INTAKE BY REDUCING CARBOHYDRATES AND SUGARS
- MINIMIZE THE NUMBER OF SEDENTARY HOURS
- INCREASE NUMBER OF STEPS
- MORE ACTIVE: MORE WALKING, BICYCLE INSTEAD OF CAR, STAIRS INSTEAD OF LIFT
- PLAN YOUR WEEK RELATING TO PREPARING MEALS, AND ACTIVITIES TO BE UNDERTAKEN
- MAKE AGREEMENTS WITH YOURSELF ABOUT HOW YOU WANT TO USE YOUR LIFESTYLE AND TELL OTHERS SO THEY CAN SUPPORT AND HELP YOU.
- WEIGH THE PROS AND CONS OF A HABIT YOU WANT TO CHANGE
- PURSUE YOUR SMART GOALS

## BEGINNERS

If you are new to exercise, you should aim to systematically grow to the desired habits. Even the slightest increase in activity will bring noticeable health benefits. It is important to set achievable goals that provide a boost of confidence and motivation.

For example, a beginner may be asked to take an additional 15 minutes of walking every two days for several weeks. This way he/she can build up to the recommended activity levels that are appropriate to them.

It is crucial that you find activities that you enjoy and receive support from family and friends.

## CREATING HABITS

If someone continues to do their desired habits for at least 6 months without any interruptions, additional activity time may be added by doing an activity of moderate effort for at least 90 minutes per week.



# THE DEPOSIT SCALE

The Borg RPE scale (Ratings of Perceive Exertion) is a subjective tax scale. It is an aid to estimate the level of exertion, and the degree of load and fatigue on a scale of 6 to 20, see the table below.

During your exercise, indicate how heavy you find the load. The perceived heaviness mainly depends on the degree of exertion, muscle fatigue, and the feeling of being out of breath. Give this a score from 6 to 20. Here 6 means 'no load at all' and 20 means 'maximum effort'. Try to describe your feelings as honestly as possible without considering how heavy the load really is. Give your activities an appropriate score. Only your feelings are important here, not what others indicate.

It is best to experience a score between 12 and 15.  
Then you will get the most benefit from your activity.  
As you get fitter, you will have to work harder to match  
the same level.

HEAVY LOAD	DEPOSIT SCORE	DESCRIBE YOUR FEELING:
EXTREMELY LIGHT	6	
	7	
VERY LIGHT	8	
	9	
FAIRLY LIGHT	10	
	11	
FAIRLY HEAVY	12	
	13	
HEAVY	14	
	15	
VERY HEAVY	16	
	17	
EXTREMELY HEAVY	18	
	19	
MAXIMUM	20	

# NOTES

# SESSION 5

## THINKING ABOUT DRINKING

### ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

**SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BOUND = SMART**

WHAT DO I WANT TO DO?	DATE:

HOW AM I GOING TO DO THIS?		
MISSION ACCOMPLISHED?	YES, BECAUSE	
	NO, BECAUSE	

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HOW AM I GOING TO DO THIS?		
MISSION ACCOMPLISHED?	YES, BECAUSE	
	NO, BECAUSE	

# INTERESTING FACTS ABOUT ALCOHOL

- 1 ALCOHOL CONTAINS A LOT OF CALORIES
- 2 ALCOHOL COMPLICATES THE COMBUSTION PROCESS
- 3 ALCOHOL GIVES YOU THE FEELING OF BEING HUNGRY
- 4 ALCOHOL AFFECTS SELF-CONTROL
- 5 ALCOHOL MAKES YOU LESS STRONG
- 6 ALCOHOL CAN LEAD TO IMPOTENCE
- 7 ALCOHOL SUPPRESSES THE NERVOUS SYSTEM
- 8 ALCOHOL REDUCES THE INCLUSION OF VITAMINS
- 9 ALCOHOL IN TYPE DOES NOT MATTER, QUANTITY DOES
- 10 ALCOHOL REDUCES THE SUGAR CONTENT

## QUIZ

### QUESTIONS

- 1 Do 10 glasses of beer contain as many calories as a hamburger with fries?  
**YES | NO ?**
- 2 Is drinking a lot of beer the only reason for getting a beer belly?  
**YES | NO ?**
- 3 If you want to lose weight, is it better to drink a non-alcoholic beer?  
**YES | NO ?**
- 4 When you drink alcohol, do you lose more water through urine than you take in drinking alcohol?  
**YES | NO ?**
- 5 What leads to drunkenness faster: alternating different types alcohol or sticking to one type of alcohol?  
**YES | NO ?**
- 6 Are there any health benefits of drinking alcohol?  
**YES | NO ?**
- 7 Alcohol is expressed in standard glasses. Should men and women drink more than 14 units per week?  
**YES | NO ?**

## NOTES



# HALFWAY DOWN

## PHASES OF CHANGE

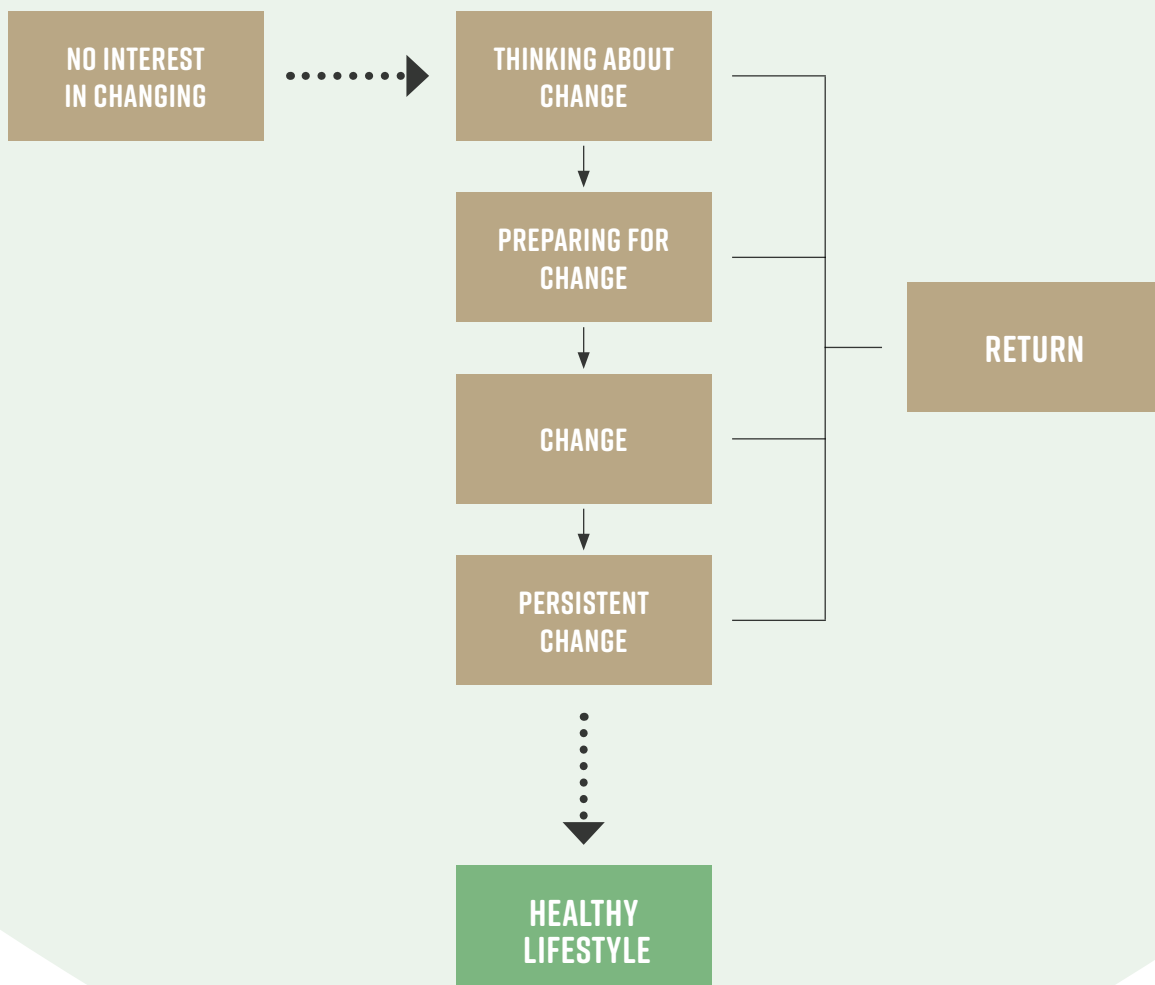
The model called “Phases of Change” was introduced by psychologists Jim Prochaska and Carli DiClemente to provide a representation of how people go through different phases while trying to change their behaviour. This can be in terms of eating habits, exercise, smoking, etc.

Behavioural change takes time. You do not suddenly adopt a new habit, because the old behaviour is always lurking around the corner. This is the well-known path for your brain and your actions, and a relapse is therefore a normal recurring fact. It is good to recognise this and to know how to act in order not to have a relapse or at least

to limit it. When a relapse occurs, or if you feel that you are not making progress fast enough, it is not a failure or cause for guilt. Be patient and give it time.

The different phases of the model show that progress is possible when you have patience, set achievable goals and above all do not give up when there is a relapse into an old habit. The aim is to learn through experience, and take a positive attitude to get back to the desired habits as soon as possible.

### PHASES OF BEHAVIORAL CHANGE



## THE DIFFERENT PHASES OF CHANGE

## NO INTEREST IN CHANGE:

YOU ARE NOT AWARE OF THE BEHAVIOUR

YOU DON'T EXPERIENCE ANY PROBLEMS

THERE IS A LACK OF KNOWLEDGE

THERE IS NO INTENTION TO CHANGE

## THINKING ABOUT CHANGE:

YOU ARE AWARE OF THE BEHAVIOUR

YOU ARE THINKING ABOUT TACKLING THE BEHAVIOUR

YOU DO NOT TAKE ACTION TO APPROACH THE CHANGE

## PREPARING CHANGE:

YOU HAVE DECIDED TO CHANGE, BUT DON'T KNOW HOW

YOU SEE THE BENEFITS OF BEHAVIOURAL CHANGE

YOU DOUBT YOUR OWN EFFECTIVENESS

## CHANGE:

YOU SEE THE NEED TO CHANGE

YOU ARE AWARE OF THE INFLUENCE OF NUTRITION AND EXERCISE ON  
YOUR LIFESTYLE AND YOU KNOW HOW TO MAKE THE RIGHT CHOICES

## CONTINUING CHANGE:

MAINTAIN YOUR DESIRED BEHAVIOUR

YOUR ENVIRONMENT IS AN EXTERNAL MOTIVATOR

## HEALTHY LIFESTYLE:

YOU USE YOUR DESIRED HABITS

YOU PURSUE YOUR SMART GOALS

YOU HAVE MADE YOUR LIFESTYLE YOUR OWN

## RETURN:

YOU FALL BACK INTO AN OLD HABIT

YOU RECOGNIZE YOUR PITFALL

YOU REFORMULATE YOUR SMART GOAL

Relapse from later stages to an earlier stage is possible throughout the process. Often, multiple periods of contemplation, preparation, and action are required to create a lasting change of behaviour.

Behavioural change takes time. Make short-term SMART goals for yourself that you can easily achieve. This allows you to take small steps, which you can more easily maintain, and will give you many smaller successes to celebrate.

# STRENGTH AND MUSCLE BUILDING EXERCISES

**When you think of muscle and bone strengthening activities, you probably think of strength training and bodybuilders with large muscles, but you have been working on parts of strength training for several weeks in the exercise sessions.**

Regular exercise helps you to get muscles and keep them smooth and strong. Your flexibility, muscle strength, balance and agility benefit greatly from this. The Health Council has formulated one crucial piece of advice to replace various official exercise norms: do muscle and bone strengthening activities twice a week.

Exercising or playing sports increases your muscle mass because the number of capillaries grows, which means you absorb the oxygen better from the blood. Strengthening the muscle corset (abdominal, back and hip muscles) prevents discomfort and problems with the back, shoulders, and neck. Strong muscles also provide your joints with much needed relief. By stimulating your digestion and energy consumption, it also ensures that you lose weight. A side note to consider: muscles weigh more than fat.



If you want to add some muscle and bone strengthening activities to your weekly exercise plans, you can also do these exercises at home. Every workout you do should have a fixed structure, so that you do not put too much stress on your body all at once and you do not have to go through the week with unnecessary muscle pain.

- Teach yourself to do a series of targeted exercises at set times during the week (for example, in front of the television, right after work, from school).
- Do not perform the exercises immediately after a meal, but make sure that there is approximately 1 hour between the meal and the exercises.
- Training is good, but make sure that you are not training too much. Does your body feel like it could use some rest? Then listen to these signals. Before each workout, ask yourself how your body feels on a scale of 1 to 10, with 10 being energetic and 1 feeling lethargic. Are you between 1 and 5? Then take it easy.

## WARMING UP

Always start with a warm up that will allow you to prepare your body for some more action: your muscles will get warmer, your heart rate will increase and your breathing will intensify. In principle, you are free to choose the warm-up: A good warm-up starts very simply and quietly and gradually becomes more intensive and complex.

Your body needs this time to switch from rest to exertion, so start off lightly with 3 to 5 minutes of light exercise. There is no point in skipping this phase or making it short. If you don't like running you can also warm yourself up by dancing to three of your favourite songs or doing other activities.

## REST AND RECOVERY

When you are training, you need to remember that resting is just as important as the effort you put in. In fact, by taking enough rest between workouts you can improve your performances.



## (HOME) TRAINING

### WALL PUSH UPS - CHEST MUSCLES

Face the wall  
Place your hands against the wall, slightly beyond your shoulders  
Place your feet about 50cm from the wall  
Extend your arms to push yourself away from the wall  
Bend your elbows

**Repeat 10x**



### CRUNCH - ABDOMINAL MUSCLES



Lie on your back with your knees slightly bent and put your heels on the floor  
Extend your hands forward with straight arms  
From the abs, rise up from the floor until it succeeds  
Bring yourself back to your starting position

**Repeat 10x**

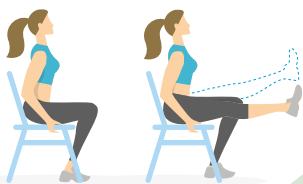
### LATERAL LEG LIFTING - UPPER LEG MUSCLES

Stand with your side next to a wall  
Raise the outer leg away from the ground  
Keep your body upright

**Repeat 10x and then switch legs**



### LIFT LEG - UPPER LEG MUSCLES



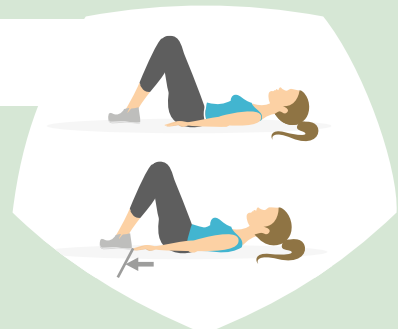
Sit with a straight back on a chair  
Stretch one leg until your upper leg comes off the chair  
Lower again, but keep tension on your leg muscle

**Repeat 10x and then switch legs**

### SIDeways CRUNCH - INCLINED ABS

Lie on your back with knees close to your buttocks and put your heels on the floor  
Place your arms at your sides with the side of your hand down  
With your arm extended, move your left hand to your left heel  
With your arm extended, move your right hand to your right heel

**Repeat 10x per side**



## (HOME) TRAINING

### SIDE LIFTING - SHOULDER MUSCLES

Stand with your arms at your sides and the weights in your hands  
Look ahead  
At the same time, raise your arms sideways up to shoulder height in 3 seconds  
Slowly lower again in 2 seconds



### BICEPS - ARM MUSCLES

Stand with your arms at your sides and the weights in your hands  
Keep your upper arms and elbows at your sides  
Look ahead  
Lift weights to just in front of the shoulders in 2 seconds  
Slowly lower back to 90 degrees in 3 seconds

**Repeat 10x**

### STANDING AND SITTING - UPPER LEG MUSCLES

Sit on a chair  
Stand up  
Sit down again

**Repeat 10x and then switch legs**



### ROWING - BACK MUSCLES

Place your feet next to or in front of each other for a stable position  
Bend forward with a straight back and your hip at a 90-degree angle  
Hold the weight in your left hand with your arm extended  
Pull the weight up with your elbow going close to the body and flexing  
Extend your arm again

**Repeat 10x and switch arms**



### TRICEPS DIPS - ARM MUSCLES

Stand with your back to the sturdy chair, bench or edge  
Place your hands on the edge with your fingers forward  
Keep your hands at the height of your shoulders  
Elbows point backwards  
Lower yourself straight down and bend your elbows to 90 degrees  
Keep your back close to the edge  
Extend your arms again

**Repeat 10x per side**





# SESSION 7

## HOW ARE YOU DOING ?

### ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BOUND = SMART

WHAT DO I WANT TO DO?	DATE:

HOW DO I DO THIS?	
MISSION ACCOMPLISHED?	YES, BECAUSE <input type="text"/>
	NO, BECAUSE <input type="text"/>

WHAT DO I WANT TO DO?	DATE:

HOW DO I DO THIS?	
MISSION ACCOMPLISHED?	YES, BECAUSE <input type="text"/>
	NO, BECAUSE <input type="text"/>

# AM I READY?

Measuring an active lifestyle requires dedication and motivation. Take a moment for yourself to check how high that motivation really is. Read the questions carefully and mark the value that is most appropriate for you. 1 stands for 'totally unmotivated' up to 10 'extremely motivated'.

Do you remember what you filled in during the first meeting? Does this differ from what you have entered now? How is that possible? Please clarify your scores for every question by writing down the reasoning for these answers.

## 1. HOW MOTIVATED ARE YOU TO LOSE WEIGHT?

1 2 3 4 5 6 7 8 9 10

## 2. HOW CONFIDENT ARE YOU ABOUT LOSING WEIGHT?

1 2 3 4 5 6 7 8 9 10

## 3. HOW MOTIVATED ARE YOU TO GET FITTER?

1 2 3 4 5 6 7 8 9 10

## 4. HOW CONFIDENT ARE YOU ABOUT GETTING FITTER?

1 2 3 4 5 6 7 8 9 10

## 5. HOW MOTIVATED ARE YOU TO EAT HEALTHIER?

1 2 3 4 5 6 7 8 9 10

## 6. HOW CONFIDENT ARE YOU THAT YOU CAN EAT HEALTHIER?

1 2 3 4 5 6 7 8 9 10

## STRETCHING EXERCISES

These exercises are designed to increase your flexibility and your balance. An additional advantage is that it gives you more flexible joints. You should always do stretching exercises at the end of your training or activities.

Each stretching exercise takes 20 seconds. The diagram below shows which muscles you can stretch in which ways. Choose the exercises based on the muscles you have exerted.

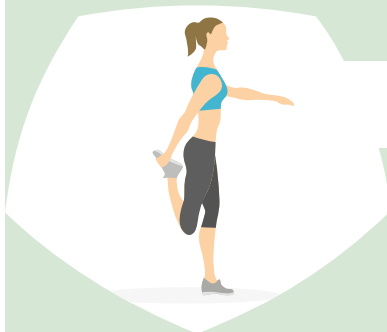
### LOWER LEG MUSCLES

Face the wall  
Place your hands against the wall, slightly beyond your shoulders  
Place one foot in front of the other with the heels on the floor  
Bend your front knee and keep the back leg straight  
Now you feel a stretch in the calf of your back leg  
Alternate with the other leg



### UPPER LEG MUSCLES

If necessary, use a wall for support  
Bend a knee using your foot to bring it up to your buttock, holding your toes  
Feel the stretch on the front of your thigh that is bent  
Alternate with the other leg



### TRICEPS MUSCLES

Bring your left hand between your shoulder blades  
Hold your left elbow with your right hand  
Feel the stretch in the back of your left upper arm  
Alternate with right



### BACK MUSCLES

Stand up straight  
Raise your arms and fold your hands together  
Point the palm upwards and stretch yourself  
Feel the stretch along the length of your back



### SIDE ABDOMINAL MUSCLES

Stand up straight  
Raise one arm  
Bend slightly to the other side  
Feel the stretch in the side of your abs



## STRETCHING EXERCISES

## HAMSTRINGS

Face the wall

Place your hands against the wall, slightly beyond your shoulders

Place one foot in front of the other with the heels on the floor

Bend your front foot back and keep the back leg straight

Now you feel a stretch in the hamstrings of your front leg

Alternate with the other leg



## SHOULDER MUSCLES



Stand with your arms at your sides

Extend one arm forward and place the other on top

Bend up the extended arm and apply some tension

Feel the stretch in your other arm

Alternate with the other arm

## BREAST MUSCLES

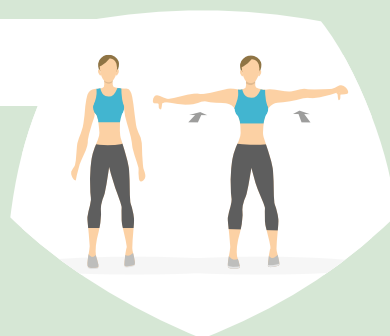
Stand with your arms at your sides

Spread your arms to the side

Bring the thumbs down

Push your arms back

Feel the stretch on your chest muscle



## NOTES

# WHAT TO LOOK OUT FOR

## ENERGY DENSITY

Energy density is the number of calories in 100 grams of food. In other words, products with a higher energy density contain more calories than products with a lower energy density.

### AVOID

High energy density products containing more than 225 - 275 calories per 100 grams. Think of fast food products such as cakes, biscuits, crisps, pastries, sweets, and butter.

### IN MODERATION

Products with an average energy density contain 100 - 225 calories per 100 grams. Think of products such as bread, lean meat, poultry and fish.

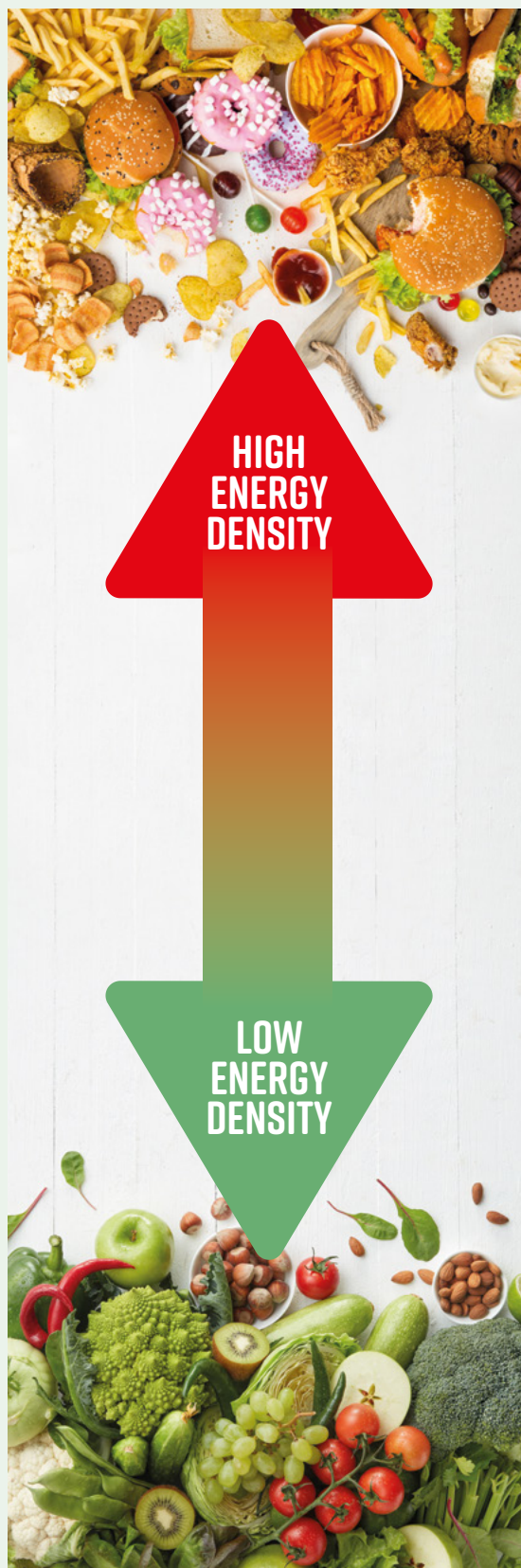
### CONSUME FREQUENTLY

Low energy density products contain less than 100 calories per 100 grams. Think of products such as: brown rice, whole wheat pasta and legumes. Most vegetables, fruits and potatoes also have a low energy density.

### HOW DO YOU RECOGNISE THE ENERGY DENSITY IN FOOD?

The energy density in food is easy to recognise. Usually these are produced in large numbers, they contain little water and fibre, and the sugar and fat values are very high. Sweets, butter, mayonnaise, fried foods, and processed meats are all examples of foods with a high energy density. Read the labels to recognize the energy value per 100 grams.

For a healthy and balanced lifestyle, base your everyday meals on low and medium energy values. Limit your intake of foods with high energy densities.





# UNDERSTANDING LABELS

## READ THE NUTRITIONAL VALUES ON PACKAGING

Take a look at the packaging of a product and you will see a list of ingredients. This list is based on weight measurements of the food. The ingredient that features the most in the product is at the top of the list.

In addition, also pay attention to the nutritional value table that is often below the ingredients list.

An example of what is acceptable:

	A LOT OF	LITTLE
SUGARS	22.5g	5g
FATS	17.5g	3g
SATURATED FATS	5g	1.5g
SALT	1.5g	0.3g

## SUGARS

Sugars are a part of carbohydrates, as are starches. Starch is also sugar, as it is a mixture of different sugar molecules that are attached to each other. Sugars should not consist of more than 5% of your daily energy intake. This amounts to about 30 grams. Therefore, you should watch out for products with a high sugar content.

## FATS

Products can contain different types of fats. Namely saturated fats, unsaturated fats, and trans fats. Trans fats are all the unhealthiest fats in existence. Think of pastries, sweets, chips, cupcakes, cookies, etc. Avoid these fats as much as possible. Do not overuse the fats in the table below.

SATURATED FATS	UNSATURATED FATS
<ul style="list-style-type: none"> <li>• Increase the risk of cardiovascular disease</li> <li>• Increase cholesterol</li> <li>• Mainly present in animal products and processed foods, for example: cold cuts, dairy products, chips, pies</li> <li>• Solid texture at room temperature</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy fats</li> <li>• Helps reduce cholesterol, improve vitamin intake and produce essential fatty acids</li> <li>• Mainly present in oiled fish, nuts, avocados, olives, vegetable oil and vegetable lubricants</li> <li>• Liquid texture at room temperature</li> </ul>
RECOMMENDED DAILY INTAKE	RECOMMENDED DAILY INTAKE
30g for men, 20g for women	Very energy-rich, so not too much of these fats either.

## SALT

Using a lot of salt can lead to high blood pressure. This in turn has an effect on increasing the risk of cardiovascular diseases or strokes. A low salt intake lowers your blood pressure and also the chance of the aforementioned risks. Try to consume as little salt as possible.



# DIFFERENT TYPES OF LABELS

Products can have different types of food labels. The common goal is to help consumers choose healthy food. However, don't be fooled by these easy-to-read labels. Always look at the nutritional table and ingredient list on the product label to make sure you are able to make an educated decision.

Two types of food labels that are often used in supermarkets are the neutral labels and the check marks.



\* illustration is for example

The neutral labels mainly consist of numbers and percentages. These do not provide a direct assessment of the health value of a product. It is another representation of the nutritional value table. The producer leaves it to your imagination how you interpret and assess it.



\* illustrations are for example

The check marks have been known for a while. These ensure that you make a healthier (green tick) or more conscious (blue tick) choice within a certain product group. This is determined on the basis of criteria for certain nutrients, the intake of which is somewhat limited. In particular sugar, fats, and salt.

## CHANGING EATING HABITS

Now that we've talked about what you eat, it is also important to know how you eat. Are you already aware of your eating habits? Here are a few tips at a glance:

- TAKE SMALLER PORTIONS
- EAT WITH OTHERS
- EAT SLOWER, CHEW YOUR FOOD MORE OFTEN
- TASTE YOUR FOOD
- TAKE A SIP OF WATER WHEN YOU ARE HUNGRY
- DO NOT SKIP MEALS
- EAT AT SET TIMES
- PUT DOWN YOUR CUTLERY IN BETWEEN TAKING A BITE
- FIRST SERVE YOUR VEGETABLES ON YOUR PLATE
- SERVE ONCE
- DO YOU HAVE ANY FOOD LEFT OVER, FREEZE IT OR KEEP IT FOR THE DAY AFTER
- DON'T BAN FOODS, BUT EAT LESS OF THEM
- TELL OTHERS ABOUT YOUR (NEW) EATING HABITS

# NOTES

SESSION  
**9**

# PRACTICAL STUFF

## TIPS FOR HEALTHIER MEALS

- 1 First choose your vegetables and then think about what you want to eat with them
- 2 For meat dishes: choose smaller pieces and remove the fat before cooking
- 3 Grill your dishes instead of frying or baking them
- 4 Use herbs to replace fats
- 5 Minced beef and poultry contain less fat than normal minced meat
- 6 Go for whole grain products: brown rice, whole grain bread, whole grain pasta
- 7 Steam your vegetables without adding butter or salt
- 8 Think of alternatives for mayonnaise and dressings: make them yourself from, for example, avocado
- 9 Use olive oil to prepare the food
- 10 Add variety to your dishes
- 11 Take healthy snacks with you
- 12 Think in advance what you are going to eat in the coming days, cook ahead
- 13 Eat fish and chicken more often
- 14 Make a shopping list and stick to it
- 15 Only drink water during the week
- 16 Divide your food into portions
- 17 Avoid sugars, sweet fruits, or juice, factory-produced foods, and trans fats
- 18 Eat vegetables that grow above the ground
- 19 Do not make smoothies, eat your fruits and vegetables
- 20 Choose a diet that suits you
- 21 Never starve yourself and keep learning about healthy food

## NOTES

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# CAUTION WHEN GOING OUT FOR FOOD

It is wonderful to eat out every now and then. Keep doing this and take the following tips with you when you go to a restaurant or order food:

## INDIAN

- Go for dishes with less fat: tandoori or madras with chicken, shrimp or vegetables
- White rice or chapatti (bread type) instead of pilau rice (yellow spiced rice) or naan bread
- Try to avoid creamy curries: korma, pasanda, masala
- Remember, for a healthy meal try to base your meal on fibre-rich foods and eat plenty of vegetables, which you can take as a side dish instead of rice

## ITALIAN

- If you eat pizza, choose toppings with less fat, such as: vegetables, ham, fish, or shrimp. It is always possible to request extra vegetables to reach your daily portion. Extra cheese is not recommended, as this will significantly increase your saturated fat content
- If pasta is on the menu, you can choose a sauce with tomatoes or vegetables as a base, instead of cream.
- If you fancy an appetizer or dessert, choose a smaller main dish
- Avoid garlic bread, which contains a lot of butter with saturated fats and is high in calories. Bruschetta is a great alternative to this, this is ciabatta with fresh tomatoes and herbs

## TIPS FOR TAKEAWAYS

- MAKE YOUR OWN TAKE-AWAY MEALS
- READ THE INGREDIENTS LIST AND NUTRITIONAL TABLE AND COMPARE THEM
- CHOOSE A TAKEAWAY MEAL ONCE A WEEK
- THE SURPLUS OF EVENING FOOD CAN BE TAKEN AS A MEAL THE NEXT DAY



## CHINESE

- Choose low-fat dishes, such as: steamed fish, chicken, shrimp.
- Every battered dish is high in saturated fat
- Opt for white or steamed rice instead of stir-fried rice
- Watch out for fried dishes like dim sum and spring rolls

## THAI

- Choose steamed dishes or wok dishes with chicken, fish or vegetables
- Curries contain coconut milk, so also a lot of saturated fats. If you do choose curry, try not to eat all the sauce and choose steamed rice as a side dish

## CHIP SHOP

- The thicker the chips, the less fat
- Take a smaller portion, or share your portion
- Ask for unsalted chips
- Avoid all too fatty sauces, such as mayonnaise and replace it with mustard
- More and more chip shops nowadays also offer vegetarian alternatives that you can also choose

## APPLIES TO ALL RESTAURANTS: DO NOT FEEL OBLIGATED TO FINISH YOUR PLATE.

Keep it for the day after or freeze it.

# MYTHS AND MOODS

## ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

Specific, Measurable, Attainable, Relevant, Time-bound = SMART

WHAT DO I WANT TO DO?	DATE:

HOW DO I DO THIS?					
MISSION ACCOMPLISHED?	<table border="1"> <tr> <td>YES, BECAUSE</td> <td></td> </tr> <tr> <td>NO, BECAUSE</td> <td></td> </tr> </table>	YES, BECAUSE		NO, BECAUSE	
YES, BECAUSE					
NO, BECAUSE					

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YES, BECAUSE					
NO, BECAUSE					



# MYTHS AND MOODS

## QUIZ

### QUESTIONS TRUE OR FALSE?

1

Experts keep changing their opinion about what constitutes a healthy lifestyle.

TRUE | FALSE ?

2

By drinking ice-cold water, you burn more calories and thus lose more weight.

TRUE | FALSE ?

3

When you stop exercising, your muscles will turn into fat.

TRUE | FALSE ?

4

If it says on a product that it contains less fat, it means that it is always a healthy choice.

TRUE | FALSE ?

5

It is good to skip breakfast if you want to lose weight.

TRUE | FALSE ?

6

Doing sit-ups is the best way to get rid of your excess fat and your beer belly.

TRUE | FALSE ?

7

Your emotional well-being can have an effect on your eating and drinking patterns and how active you are.

TRUE | FALSE ?

## NOTES





# MAKING PROGRESS ?

## NUTRITION DIARY 2

Write down everything you eat and drink on an average day. Be honest and don't make any changes to what you would normally eat. Do not change your diet yet. Try to write down every meal in as much detail as possible: how much of each, what do I put on it, how do I prepare it, what do I take in between, what do I add etc. Also remember to write down everything you drink.

TIME OF MEAL	BUSINESS DAY	DAY OFF
<b>MORNING</b> E.g. cup of coffee with 2 cubes of sugar, 2 slices of multigrain bread, with margarine spread on them and a slice of cheese		
<b>11.00 AM</b> Cup of coffee with 2 sugar cubes		
<b>AFTERNOON</b> E.g. white soft bun with margarine and a slice of ham. Cup of coffee with 2 cubes of sugar.		
<b>AFTERNOON</b> Tea with 1 sugar cube and a banana		
<b>EVENING</b> E.g. 3 boiled potatoes with a sausage and a tablespoon of peas. Bowl of pudding		
<b>ADDITIONAL</b> Bowl of crisps, 2 glasses of beer		

## COMPARE BOTH DAYS TO EACH OTHER

Look at the days of your completed food diary and determine how many servings of each food group you have eaten each time. Record the number of servings in the relevant food group column. Finally, put the total number of servings from each food group in the bottom row.



NUMBER OF SERVINGS										
FOOD GROUPS	BREAD, GRAIN PRODUCTS AND POTATOES		FRUITS & VEGETABLES		MILK & DAIRY PRODUCTS		MEAT, FISH & VEGETARIAN		FATS & SUGAR	
TIME OF DAY	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2
BREAKFAST										
LUNCH										
AFTERNOON										
EVENING										
ADDITIONAL										
TOTAL										

# NOTES

# LOOKING FORWARD

## ESTABLISHING SMART OBJECTIVES

Your objectives must be formulated SMART. This will allow you to do focused work on your goal. You may consider writing a new or perhaps slightly different goal for yourself. Do not change goals too often and set yourself up to 3 goals. This will make it easier to keep an overview of these and to achieve them.

SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BOUND = SMART

WHAT DO I WANT TO DO?

DATE:

HOW DO I DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE

WHAT DO I WANT TO DO?

DATE:

HOW DO I DO THIS?

MISSION ACCOMPLISHED?

YES, BECAUSE

NO, BECAUSE



# TOP 10 TIPS FOR LOSING WEIGHT

- 1 STICK TO YOUR NORMAL EATING ROUTINE**  
Try to eat at the same times of the day, be it three or six times a day.
- 2 EAT LESS FAST CARBOHYDRATES**  
Choose a diet that contains less sugars and starch. Pay attention to the label of everyday products.
- 3 TO WALK**  
Stick to the step count and planned activities as many days of the week as possible. Go for walks more often and do this in a structured way.
- 4 CHOOSE HEALTHY SNACKS**  
If you want to have a snack, choose a healthier option such as: fruit, yogurt, cottage cheese, dark chocolate (at least 80%) and fresh vegetables.
- 5 READ LABELS**  
Be careful with claims about food and the different types of labels. Check the sugar content when you go shopping. Note the amount of fibre and protein.
- 6 PORTION**  
Go for a large portion of vegetables, a piece of meat and a small portion of carbohydrates. Don't eat more than makes you feel comfortable. Can the meal be kept for another time?
- 7 MOVE MORE OFTEN**  
Sitting is the new smoking, after sitting for an hour, stand or walk for 10 minutes.
- 8 DRINK CONSCIOUSLY**  
Drink a lot of water, and choose water over everything. Unsweetened fruit juices contain natural sugars, so limit them to one glass a day. Alcoholic drinks are high in calories so limit the amount.
- 9 FOCUS ON FOOD**  
Eat consciously. Do not eat too fast, chew your food well, taste your food, and enjoy it. Eat without distractions, so don't watch TV or do any other activity while you are eating. Eat at the table if possible.
- 10 STAND BEHIND YOUR CHOICE**  
Be aware of your goals, do what you enjoy and choose what you support. Everything in the context of a healthy lifestyle.

# FUTURE PLAN TO PREVENT RELAPSE

- 1 BE CLEAR ABOUT WHAT YOU WANT TO ACHIEVE**
  - Don't set too many goals at a time
  - Make the goals SMART
- 2 DETERMINE AND WRITE DOWN YOUR SMART GOALS**
  - Do it the same way you learned during the meetings
  - Continue to make SMART goals, even on small topics
- 3 EVALUATE YOUR SMART GOALS ON A WEEKLY BASIS AND ADJUST WHERE NECESSARY**
  - Review your SMART goals and be honest about whether you achieved them
  - Don't give up if you've failed once, learn from it, and keep going
  - Avoid words such as 'every day', 'every' and 'always' to avoid failing
- 4 WEEKLY SCHEDULE OF YOUR PROGRESS**
  - A feeding schedule for the next week with accompanying shopping list, plan when to go shopping or have it done
  - An activity diary with how often and for how long you have done an activity, also plan these activities and keep to your appointments
  - Or take a picture of yourself in the beginning and analyse the progress until you have reached your ultimate goal
- 5 EAGERLY TELL OTHERS WHAT YOU ARE UP TO**
  - Receive understanding and support from your immediate environment
  - Others can become a sports buddy or point you to appropriate activities
- 6 HEALTHY FOOTBALL LEAGUE APP**
  - Use the Healthy Football League to measure the number of steps and score points for your club
  - Receive badges and prizes

# NOTES

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## GOOD LUCK !

**You have arrived at the last meeting. Every week you worked very hard, and step by step you have developed a healthier lifestyle. A lifestyle that suits you.**

Today is the end of the programme, but the start of a healthier lifestyle. Hopefully, with all the information and insights obtained, you have become more aware of your own lifestyle.

Know your pitfalls and how to turn them into a positive challenge! Hopefully you can look back on a pleasant, and valuable time with the other participants and your lifestyle advisor. Whatever your

measurements at the start or end of the programme, be proud of yourself!

The past 12 weeks you have met new people, you have tried new ways of moving, and you have taken on a new exciting challenge that no one can take away from you!

Good luck in achieving your own goals and make sure you remain the champion of your own competition!

## 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).



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