

Getting Healthy the Watch it way



Classic programme

Name



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Welcome to the

watch it

Classic programme

Family Commitment

I agree that my child(ren) and I:

- ★ Will attend all the required Watch It sessions
- ★ Will provide at least 24 hours notice if we are unable to make an appointment
- ★ Will work together at home to implement Watch It strategies and achieve goals we set for ourselves
- ★ Will aim to be active for at least 60 minutes a day

Parent/Carer..... Date

Child..... Date

Watch It Commitment

- ★ We will work in partnership with you and your family
- ★ We offer weekly family sessions, where possible, with a health coach and work together to promote a healthier lifestyle for the whole family

Watch It Coach..... Date

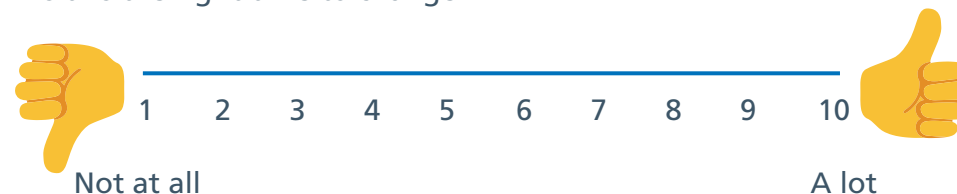
Ready, willing and able

To change or not to change?

Now put a mark on the line below to show how ready you are to make healthier choices and challenge overweight:

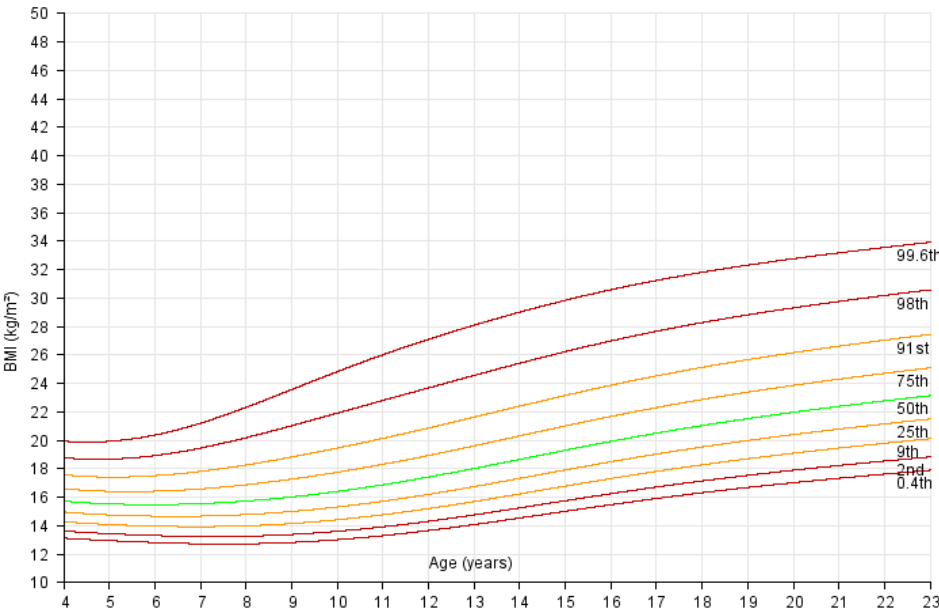


Is this the right time to change?



My measurements

Date	Height	Weight	BMI



Review appointment tracker

Please make sure you give 24 hours notice for cancelling appointments. Contact Watch It on: **0113 843 5683**

Classic Programme Core Phase		
	Date of appointment	Attended (✓)
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		

Follow ups		
	Date of appointment	Attended (✓)
3 months		
6 months		

Getting the balance right

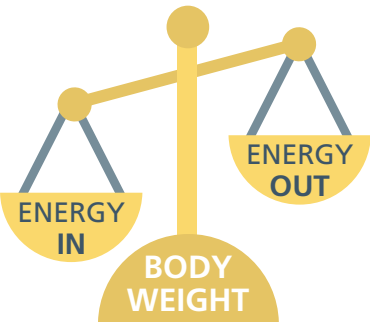
Keeping the balance of ‘energy in’ and ‘energy out’ is a way of saying no to overweight!

What is energy in?

What is energy out?

The energy balance

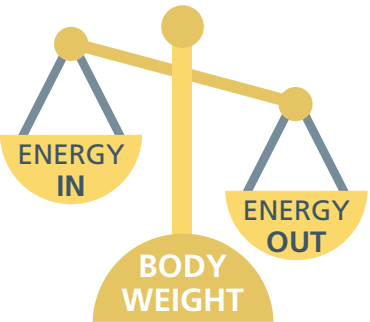
When energy in and energy out are out of balance our body weight is affected.



If we don't control energy in and we do little activity (energy out), overweight wins and tips the scales.

What happens to our weight?

.....



If we are in control of energy in and keep active (energy out), we can tip the scales and beat overweight.

What happens to our weight?

.....

What would happen if energy in and energy out were the same?

.....

Tipping the scales

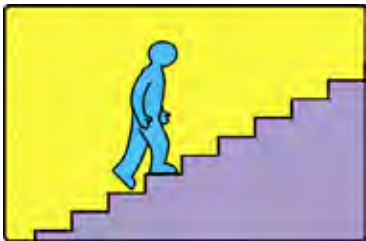
Our everyday activity is a way of being active and tipping the scales. Things we do in life such as walking around and moving help us to burn energy. Increasing our everyday activity is an easy way of ensuring we have an active lifestyle. Here are some examples:



Walking to school



Walking the dog



Using the stairs



Walking to the shops

What everyday activity can you do to tip the scales?

.....

.....

.....

.....

.....

.....

60 active minutes

There are many benefits to being active. Do you know what these are?



- ★ Healthy bones
- ★ Fitness
- ★ Have fun
- ★ Muscle strength
- ★ Socialise and make friends
- ★ Prevents diseases such as:
 - Heart disease
 - Some cancers
 - Type 2 diabetes

To achieve these benefits and keep overweight in its place, children should be **moderately active for at least 60 minutes everyday**. This is on top of the school day.

Moderately active means our heart should be beating faster than usual, we become hotter and breathe faster.

To challenge overweight even more we can include high energy activities. **High intensity activity** means we become breathless, hot and sweaty and will burn lots of energy!

This is the difference between our everyday activity which is usually **low energy**.

It's a good idea to plan in activities which can burn lots of energy. We call this '**planned activity**'.

What planned activities could you do? Do you think they are moderate or high energy?

Record your activity at home this week. See if you can include more medium and high energy activities to get moving and tip the scales.

Planned activity	Energy level

Getting active at home

Record the activity you do on 2 days this week. Write down how hard you think you were working (high, medium or low intensity). Can you think of how you could tip the scales further?

Weekday			
Time	Activity done	Intensity (high, med, low)	Ideas to tip the scales
Morning			
Afternoon			
Evening			

Weekend			
Time	Activity done	Intensity (high, med, low)	Ideas to tip the scales
Morning			
Afternoon			
Evening			

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8
a day

Water, lower fat
milk, sugar-free
drinks including
tea and coffee
all count.

Limit fruit juice
and/or smoothies
to a total of
150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen
peas

Raisins

Chopped
tomatoes

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes

Whole grain
cereal

Cous
Cous

Porridge

Whole
wheat
pasta

Bagels

Rice

Spaghetti

Lentils

Beans
lower
salt
and
sugar

Tuna

Plain
nuts

Chick
peas

Lean
mince

Low fat
soft cheese

Semi
skimmed
milk

Soya
drink

Plain
Low fat
Yoghurt

Oil & spreads

Lower fat
spread

Choose unsaturated oils
and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably
sourced fish per week, one of which is oily. Eat less
red and processed meat

Dairy and alternatives
Choose lower fat and
lower sugar options



Eat less often and
in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

The Eatwell Guide

The Eatwell Guide helps you eat a healthy, balanced diet by showing you the different types of foods and drinks we should consume, and how much. Simple!

Fruit and vegetables (eat at least 5 a day)

- Vitamins and minerals
- Fibre for a healthy gut
- Fresh, frozen, tinned, dried or juiced (150ml only)
- Reduce risk of heart disease, stroke and some cancers
- Low in fat and calories

Potatoes, bread, rice, pasta and other starchy carbohydrates

- Energy for the brain and body cells
- Whole grains higher in fibre and nutrients
- Slow release energy - keeps you fuller for longer

Beans, pulses, fish, eggs, meat and other proteins

- Growth and repair of tissues and muscles
- Help immunity to fight colds and infections
- Eat more beans and pulses and less red and processed meat
- 2 portions of fish per week, 1 oily fish such as mackerel, salmon
- Grill, bake, steam to reduce fat

Dairy and alternatives

- Calcium for strengthening teeth and bones.
- Choose lower-fat and lower-sugar products, like 1% fat milk

Oils and spreads

- Healthy fats help us absorb vitamins
- Choose unsaturated fats (plants)
- Reduce saturated fats (animal produce)
- Other food groups contain fat

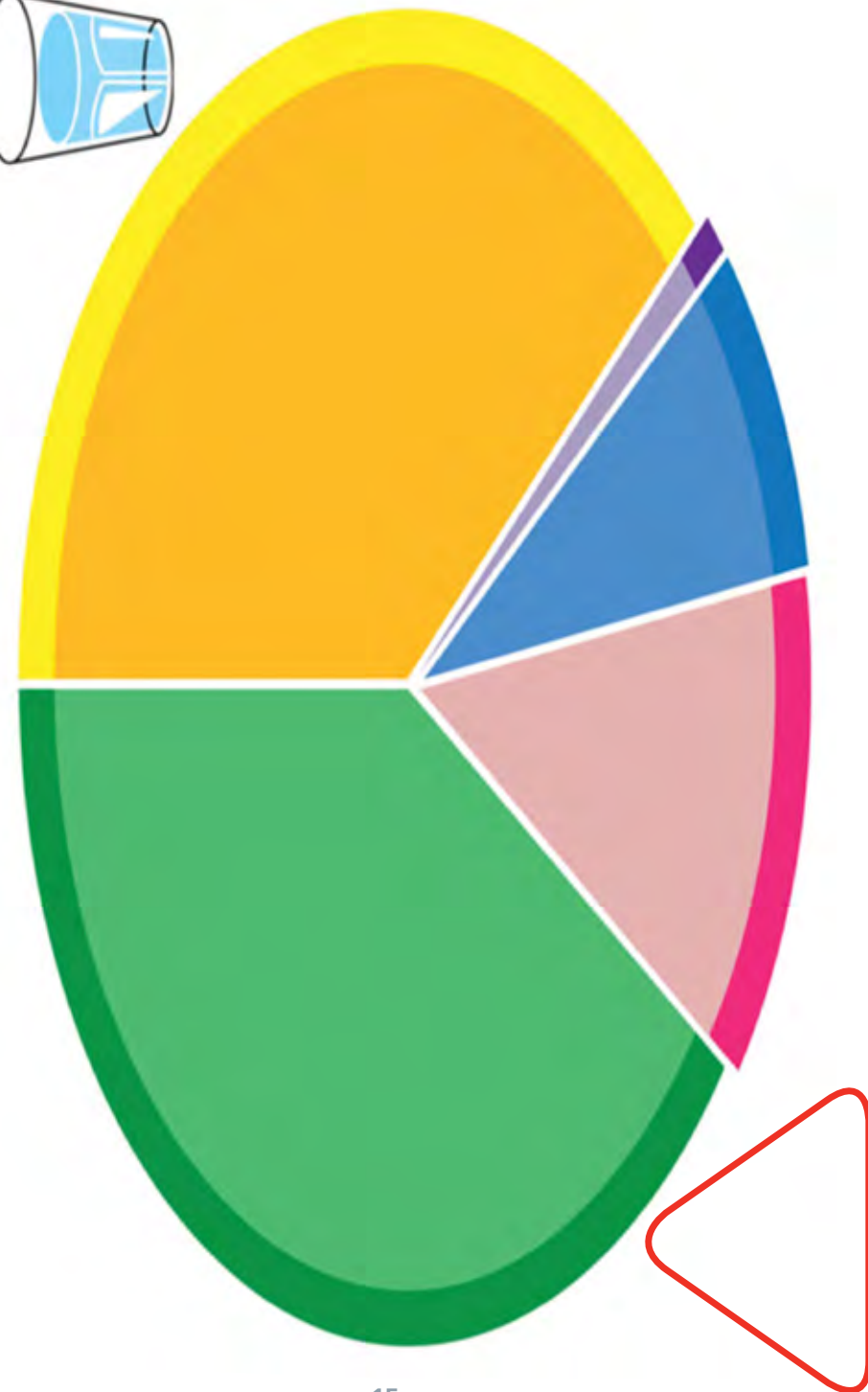
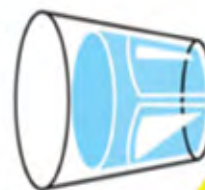
Eat less often and in small amounts

- **NOT needed in the diet!**

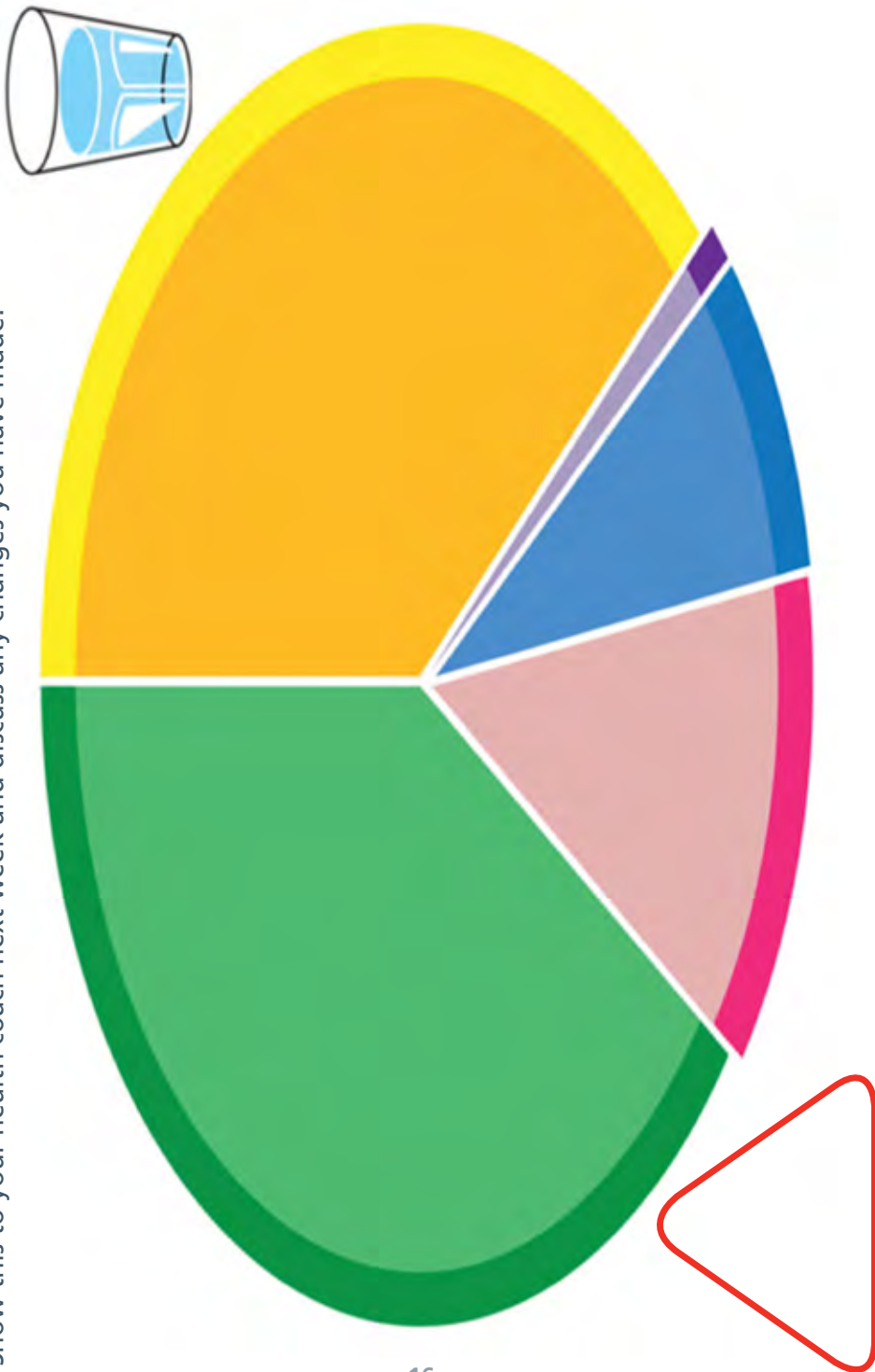


- Low in nutrients but high in calories
- Lead to weight gain, disease and tooth decay

Record your food and drink intake for one full week day. Does it match the Eatwell Guide? Show this to your health coach next week and discuss any changes you have made.



Record your food and drink intake for one full weekend day. Does it match the Eatwell Guide?
 Show this to your health coach next week and discuss any changes you have made.



Portion sizes

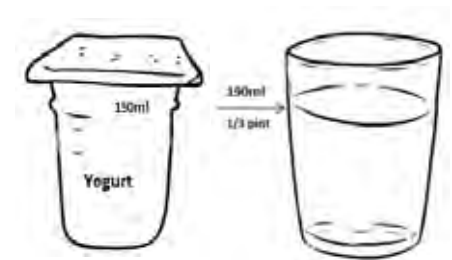
Me-size meals

Children of different ages should have different portion sizes of food.

Using our hands is an easy way to think about the size of a portion for ourselves and our families.

The advantage of using hands is that they grow with us so it is a very useful personal ready-reckoner.

Which of these hands do you think shows a portion from which food groups on the Eatwell Guide?



Food group	Handy portion	No. portions per day (children over 5 and adults)	Approx
Fruit and vegetables (minimum 5 per day, extra vegetables is even better)		5+	1 small banana, 2 satsumas, 2 plums, handful of grapes, 1 apple, 1 orange, 1 handful mixed fruit or mixed vegetables
Bread, rice, pasta, potatoes (carbohydrates)		4	1 slice of bread, 2 wheatabix, 5-6 tablespoons of rice or pasta (80g)
Beans, pulses, meat, fish, eggs (protein)		2-3	1 chicken breast, 2 eggs, 3-4 tablespoons beans, 2 sausages grilled, 2-3 rashers of bacon, 2 grilled fish fingers
Milk and dairy foods		3	1 cup semi-skimmed milk, 1 cheese wheel, 1 plain/fruit yoghurt (125g)
High fat, high sugar foods		Minimal	1 teaspoon: butter/margarine/ghee olive oil/sunflower oil/vegetable oil etc
Oils and spreads		Occasionally	1 scoop ice cream, small plain biscuit, fun size chocolate, mini sweetbag, 1/2 can pop/sugary drink, 1 tbsp tomato/ bbq sauce, mayo etc

'Me Size Meals' are really important when we are trying to manage a healthy weight. If we eat too much for our size, our bodies will store the excess energy. Over time, this builds up as fat and leads to overweight.

Complete a food diary on 2 days this week. Be truthful and remember to include drinks and extras such as spreads and sauces.



Weekday

Breakfast	
Morning snacks	
Lunch	
Afternoon snacks	
Dinner	
Evening snacks	

Weekday

Breakfast	
Morning snacks	
Lunch	
Afternoon snacks	
Dinner	
Evening snacks	

Meals	Protein	Carbohydrates	Fruit and vegetables	Dairy and alternatives	Oils and spreads
Breakfast					
Morning snack(s)					
Midday meal					
Afternoon snack					
Evening meal					
Total					

Drinks		Foods to eat occasionally and less often	
			
1.	5.		
2.	6.		
3.	7.		
4.	8.		

Food group	My child's portions	My child's target	Swaps I could make (discuss how you will do this)
Fruit and vegetables		At least 5	
Carbohydrates		At most 4	
Protein		2-3	
Dairy and alternatives		3	
Oils and spreads		Minimal	
Foods to eat less often		On most days 0 Occasionally	
Drinks		At least 8	

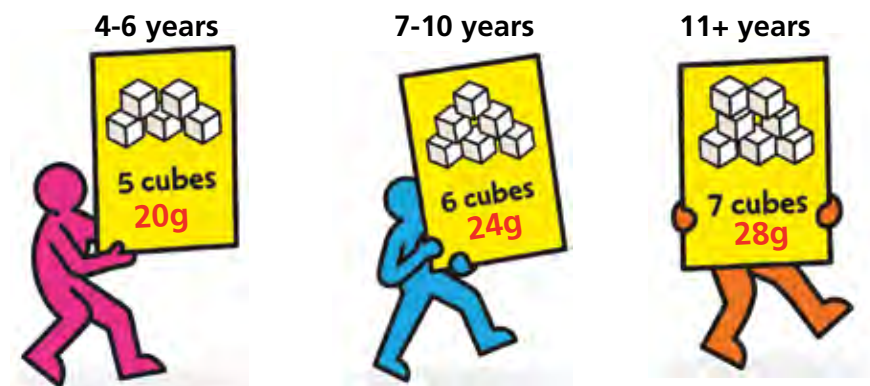


Sugar smart

Too much **added** sugar can lead to the build up of harmful fat in our bodies and lead to serious harmful health problems such as:



Guidelines recommend that children should have no more than the following amounts of **added** sugar each day:



What is added sugar?

Added sugar is what is used to sweeten foods. It can be added by the manufacturer, a chef or even by us at home. It can be sugar (glucose) but can also be added as honey, syrups or fruit juice nectars. **Don't worry about the sugar in milk or plain yoghurts as this isn't added sugar.**



The same goes for whole fruits and vegetables. Plus these contain added vitamins, minerals and fibre. Be careful of fruit juices and smoothies as they are sugary and should be limited to only 1 x 150ml portion per day.

You'd be surprised by the amount of sugar lurking in everyday food and drinks and it builds up quickly over the day. On average children consume 3 times more than they should! Here are some examples, consuming these would easily exceed your child's recommended amount of added sugar.

1 tbsp tomato sauce (1 cube)



Cereal/breakfast bars (3 cubes)



30g sugar cereal (3 cubes)



x1 Gulab Jamun (approx 6 cubes)



Sugary yoghurts (6 cubes)



Sugary sweets (21 cubes)
(share bag)



Milk choc-chip cookie (6 cubes)



Ice cream (13.5 cubes)

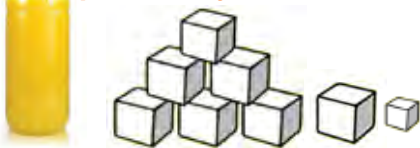


Sugar is also hiding in many drinks. Around 30% of the sugar in our diet comes from sugary drinks, such as fizzy pop, juices, squashes, cordials and energy drinks.

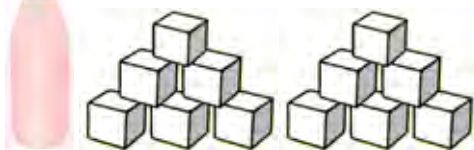
Flavoured juice carton (5 cubes)



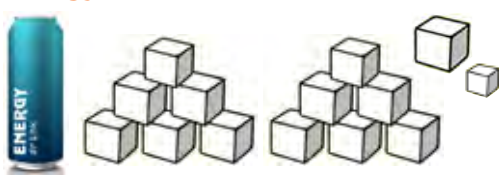
Small bottle (330ml) 100% pure fruit juice (7.5 cubes)



Bottle milkshake (12 cubes)



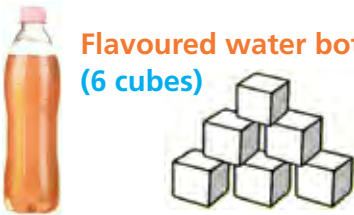
Energy drink 550ml can (13.5 cubes)



What ideas for making sugar swaps do you have? What will you need to do to make these changes happen? Will anyone need to help you?

What I need to reduce	Healthier swaps
E.g. Drinking large amounts of fruit juice	E.g. Dilute sugar free cordial

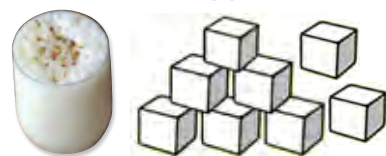
Flavoured water bottle (6 cubes)



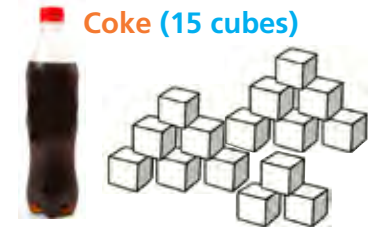
Sports drink (9 cubes)



Lassi (250ml) (approx 10 cubes)



Coke (15 cubes)



Sugar swaps at home

Can you record what healthy snack swaps you make this week at home to cut down on sugar.



Instead of these...



I had these...

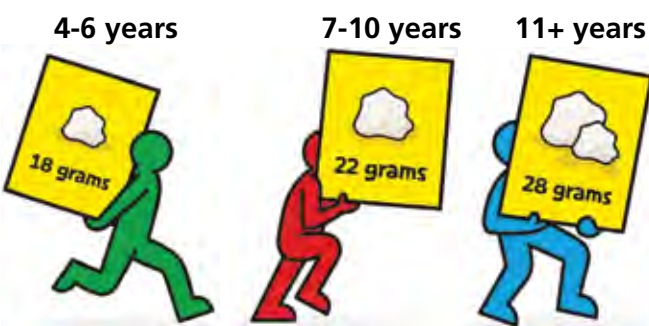


Fats

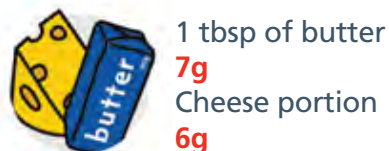
We all know too much fat is bad for us, but we don't always know how much or what type of fat we're eating. There can be a surprising amount of fat hiding in our everyday food.

Saturated fat is the unhealthy kind of fat that we need to cut back on. It is often found in products that come from animal sources such as: meat, dairy, biscuits, cakes, pastries etc. Saturated fat is solid at room temperature e.g butter or ghee.

The maximum daily amounts of saturated fat for you and your family are:



It can be very easy to exceed these targets if we eat foods high in saturated fat. Just one chocolate chip cookie would almost exceed the recommended amount for a child aged 4-6 years.



Unsaturated fat is a healthier kind of fat that can be good for us in small amounts. Unsaturated fat is found in foods like fish (especially oily fish such as mackerel, salmon and trout) and plant sources such as: unsalted nuts, seeds and avocados. It is liquid at room temperature e.g. olive oil and rapeseed oil.

Unsaturated fat can help lower cholesterol and protect your heart. These healthy fats also help us absorb vitamins and provide us with essential omega-3 fatty acids. These are the types of fats we should choose over saturated fat.

Too much fat can lead to many health problems. Here's why it's a good idea to cut back.



They might seem fine on the outside...

but too much **saturated fat** can lead to the build up of harmful fat in the body that we can't see. This can cause serious diseases in the future, such as **heart disease**, **type 2 diabetes** and **some cancers**.

Heart disease

Eating too much **saturated fat** can lead to high cholesterol. This can clog up our arteries and restrict the blood supply to our heart, which can cause heart attacks.



Body weight

Eating too much fat, including **saturated fat**, can make us more likely to put on weight, because foods high in fat are also high in calories.

Type 2 diabetes

Eating too much fat can make us put on weight. This can stop our bodies producing enough insulin, which can lead to type 2 diabetes.



Bowel cancer

Being overweight increases our risk of bowel cancer. But a diet high in fibre and low in **saturated fat** keeps our bowel healthy and reduces the risk of cancer.

Cut back on fat

Here are some excellent ways we can cut back on fat. Can you think of ways you can introduce some of these at home?



Look for lower fat

Swap to lower fat milk, cheese and yogurts.



Focus on healthy fats

Unsaturated fat can help lower blood cholesterol to protect your heart.



Choose smart snacks

Swap biscuits, cakes and crisps for rice cakes, a piece of fruit or crackers with low fat spread.



Clever cooking

Avoid adding extra oil or butter. Try grilling, baking, steaming or poaching.



Keep meat lean

Choose lower fat and always trim any visible fat from your meat before cooking. This is where most of the sat fat is.



More fish - less processed meat

Processed meats like sausages are high in sat fat. Fish, beans and lentils contain healthier fats.

Fat swaps at home

Can you record what healthy snack swaps you make this week at home to cut back on fat.



Instead of these...



I had these...

Eating behaviours - eating regularly

3+2 = less

3 meals + 2 small healthy snacks = keeps overweight in its place

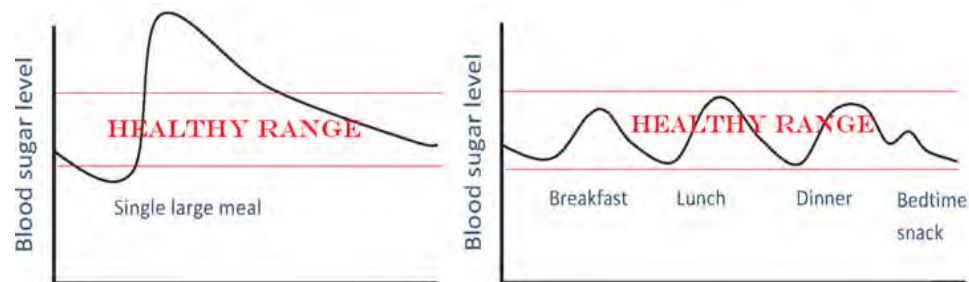
It can be easy to skip meals or just grab a snack and eat on-the-go. But making the time to eat regular meals is really important to help us develop healthy eating habits. Here's why...

When we miss meals or don't eat regularly:

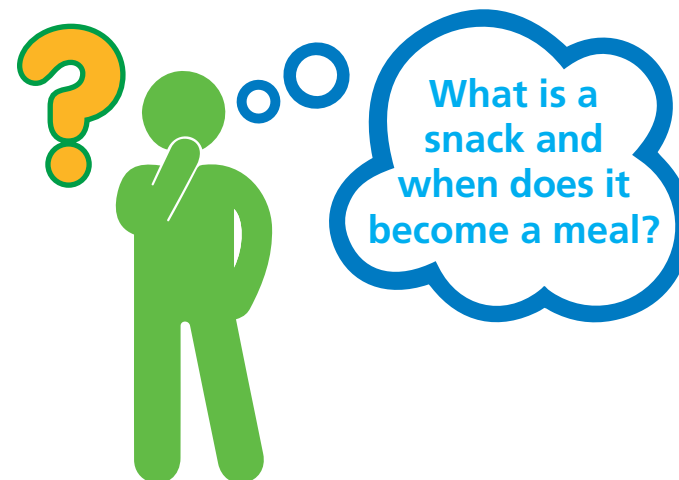
- We become low in energy and feel **REALLY** hungry
- To get energy quickly we are more likely to grab unhealthy fast foods
- We may also eat quickly and eat more than we need to
- Our blood sugar levels can go up and down out of the healthy range - like a roller coaster
- Overweight is in control

Eating 3 meals + 2 small healthy snacks keeps overweight in its place by:

- Stopping you feeling **REALLY** hungry so you can choose healthy meals and snacks
- Helping you control portions so you don't overeat
- Keeping blood sugar levels in the healthy range
- Meaning less sugar cravings
- AND you will have more energy to be active!



Remember this when thinking about the types of meals and snacks you choose this week. Start to re-train your body, and your brain to know when it's had enough energy.



3+2 = less at home

Record **when** you ate and **what** you ate on 3 days this week, include one weekend day. Be truthful and as accurate as possible, remember to include any extra snacks and drinks too.

	Time I ate	What I ate
Breakfast		
Snack 1		
Lunch		
Snack 2		
Dinner		
Breakfast		
Snack 1		
Lunch		
Snack 2		
Dinner		
Breakfast		
Snack 1		
Lunch		
Snack 2		
Dinner		

My personal plan

You have now completed the programme and it is really important that you continue to make changes in order to keep overweight in it's place. This means you need to continue to look at the getting healthy at home topics in order to continue to make changes as a family.

Have a think about what are the key things you will continue to work towards to beat overweight? Remember we will invite you back to for a review in 3 month's time and then another 3 months after that. We look forward to hearing how you've been doing and celebrating your successes.

Record your goals long term goals here, make sure these goals are SMART!

	Getting more active	Eating healthily	Family changes
What I will do			
How often I will do it			
How long I will do it for			

There are extra sheets in the next few pages so you can update your plan as you achieve your goals. Remember to be consistent and stick with it. Long term changes are the best way to achieve a healthy lifestyle. Good luck achieving and maintaining your goals!

For extra support ideas visit the change 4 life website and get on board with their latest campaign
www.nhs.uk/change4life



Getting healthy at home

Fruit and veg

Why eat fruit and veg?

- They are a source of vitamins, minerals and fibre
- Help reduce the risk of diseases e.g. heart disease and some cancers
- Low in energy so we can fill up and keep overweight in its place



How to get '5 a day'

- Eat a variety and aim towards different colours to ensure we get different vitamins and minerals
- Eat fresh, dried, frozen, tinned or canned, they all count
- Beans and pulses count too

Are you getting enough?

Lets see if there are any times during the day you could increase your fruit and veg portions.

How many times a week do you eat fruit and veg...

At breakfast?

<input type="checkbox"/> 1-2	<input type="checkbox"/> 3-4
<input type="checkbox"/> 2-3	<input type="checkbox"/> 5+

With your lunch?

<input type="checkbox"/> 1-2	<input type="checkbox"/> 3-4
<input type="checkbox"/> 2-3	<input type="checkbox"/> 5+

With your evening meal (including dessert)?

<input type="checkbox"/> 1-2	<input type="checkbox"/> 3-4
<input type="checkbox"/> 2-3	<input type="checkbox"/> 5+

As a snack?

<input type="checkbox"/> 1-2	<input type="checkbox"/> 3-4
<input type="checkbox"/> 2-3	<input type="checkbox"/> 5+

Where do you think you could make some changes to challenge overweight?

5 a day throughout the day

How can you increase your fruit and veg portions throughout the day?



Time of day	Fruit and veg ideas
Breakfast	
Lunch	
Dinner	
Snack	

5 a day the rainbow way!

Eating a variety of different colours ensures we get all the different nutrients. Try to mix up your fruit and veg and try new ones. You might find something you really love.



5 a day at home

Can you record how much fruit and veg you eat at home this week. Can you get your 5 a day? Write down what you had, remember that variety is key and you can include fresh, frozen and tinned.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 a day							
2 a day							
3 a day							
4 a day							
★ 5 a day							

Good luck achieving your 5 a day!

Eating behaviours - mindful eating

The 3 S Challenge

The 3 S's you keep in change of overweight. Here's why:

Sitting

Sitting down to eat meals and snacks helps us to focus on our food. If we are distracted or eat on the go we may end up eating more than we need without noticing.

Slowly

It takes 20 minutes for our brains to register we're full. If we eat too quickly we may still feel hungry and eat more than we need. Take time to allow your brain to know your stomach is full and take the 20 min challenge.

Socially

Make sure you eat with other people. If we eat on our own overweight tends to hang around and can lead to unhealthy behaviours such as sneaking unhealthy foods. Being social will keep overweight in its place.

Watch It top tips for 3 S challenge

w

in the slow race

a

im to feel satisfied,
not stuffed

t

ry to eat just one 'me
size meal' and don't go
back for seconds

c

hew your food slowly
and enjoy every
mouthful

h

ave a knife and fork
and use them to cut
food into small pieces

i

invite friends and
family to eat and
chat with you

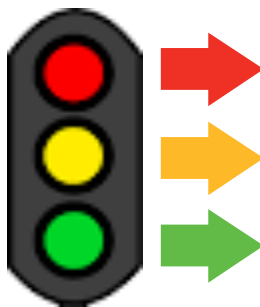
t

urn the TV off and
sit at a table

Busting food labels

Checking food labels can help us find any hidden sugars fat and salt in food and help us make healthier choices.

Traffic light labelling is a really easy way of seeing if foods are **LOW**, **MEDIUM** or **HIGH** in fat, saturated fat, sugar and salt.



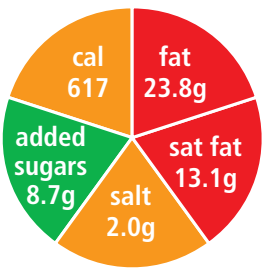
RED means **HIGH** and we need to try not eat much of these foods

AMBER means **MEDIUM** and these are ok most of the time

GREEN means **LOW** and this would be the healthiest choice

Nutrient	Info
Fat	<ul style="list-style-type: none"> This is the total fat content Fat is high in energy (kcal)
Saturated fat	<ul style="list-style-type: none"> This is the 'bad' fat Solid at room temperature Found in mainly animal produce Linked to health problems
Sugar	<ul style="list-style-type: none"> Linked to tooth decay Diabetes and overweight
Salt	<ul style="list-style-type: none"> Too much salt is linked to health problems such as high blood pressure Sometime written as sodium (x 2.5)

Examples of traffic light labels you might see in the shops...



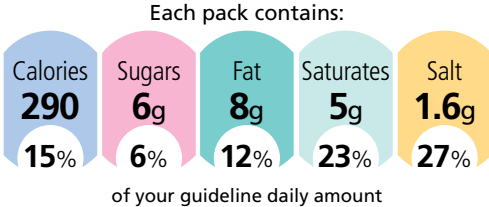
Sneaky food labels

Here are a few things to watch out for when checking food labels. Sometimes they are sneaky and can trick us into thinking they are healthy when they are not.

'Light'/'lighter' products only have to contain 20% calories less than the original product to be called a 'light' product.



Some companies use different colours and this does not mean they have been traffic lighted so always use the nutritional grid and work it out for yourself.



TV adverts and packaging can make things seem healthy when they aren't.

Brand names don't always mean the product is healthy.



Low fat or fat free can often mean its high in sugar so be smart and check the label.

This can often work the other way too. Some low sugar foods may be high in fat or salt.

Look through the British heart foundation food label guide and then let's test some foods together...



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My personal plan

From: To:	What I will do	Tools and strategies I will use	What I will need to help me keep it up
Getting more active			
Eating healthily			
Staying happy			

My personal plan

From: To:	What I will do	Tools and strategies I will use	What I will need to help me keep it up
Getting more active			
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Staying happy			

Useful information

For more information about healthy lifestyle check out:

www.nhs.uk/change4life



For parents healthy lifestyle support check out:

www.oneyouleeds.co.uk

To help you stay active we work in partnership with:



Dazl Dance
0113 270 6903
www.dazl.org.uk

health for all

Changing Lives, Transforming Communities



Active Clubs Experience (ACE)
www.healthforall.org.uk

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email **lch.pet@nhs.net**

We can provide this information in large print, Braille, audio or other languages on request.

Contact us

Watch It

Tel: 0113 843 5683

8.30am – 5pm, Monday to Friday