

Make a Change this March

A healthy lifestyle challenge delivered by Active Blackpool's Making Changes team...

Active Blackpool's Making Changes team, alongside Get Out Get Active have set you a challenge... we're here to encourage and support you to 'Make a Change this March'.

Aims of the Challenge...

Throughout March, the team are going to guide you, and maybe your family, through four different challenges. The aim is to make changes to your current lifestyle so that you can live more healthily. Each week will see a different challenge set, however you'll have to keep the good work going as each week becomes more challenging! Further information can be found on the following page/s.

	Week 2 introduces physical activity		Week 4 gives you a choice
Week 1 involves eating more healthily		Week 3 introduces wellbeing topics	

On how many days in March can you complete your daily challenges? We hope you will be able to continue what you learn through this challenge after it is complete.

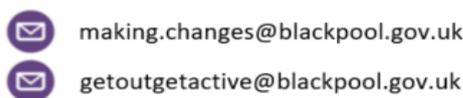
Prior to starting the challenge, we welcome all participants to complete the below survey... <https://forms.office.com/Pages/ResponsePage.aspx?id=d-HjnrK5wEOwskgzxqGtXWDbKD0sIYhIhP5aVN8jNU5URDVR0TUzTFFITzVYOVIOUjgzUEw1RFJQVC4u>

Support throughout March is available from the team...

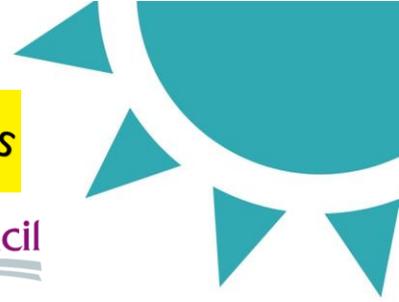
We appreciate that making a change is not always easy. Our team of instructors are here to support you throughout March. We are available via email or on the phone. We also have a weekly drop in session on Monday's via Zoom. Please get in touch if you'd like to attend.

Phone: Making Changes - **07467 444656** / GOGA - **07425 922299**

Email: making.changes@blackpool.gov.uk or getoutgetactive@blackpool.gov.uk



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The Challenges

This page and the next contains information relating to each weekly challenge...

Week 1: Healthy Eating

Healthy eating has many benefits; it boosts our mood, gives essential vitamins and minerals and gives us energy. Your first challenge is healthy eating and we want you to eat a fruit and vegetable **rainbow** every day. That's 5 portions of fruit and vegetables that are each a different variety and colour. Eating different varieties and colours gives us fibre, and a mixture of vitamins and minerals which keeps our bodies healthy. Fruit and vegetables don't need to just be fresh; frozen, tinned, 1 glass of fruit juice and dried all count towards your 5 a day **rainbow**.

Ways to add extra fruit and vegetables into your diet:

- Add some fruit to your breakfast. (A piece of fruit or a glass of juice).
- For a savoury breakfast try adding mushrooms, tomatoes or beans
- Change a snack to a fruit or vegetable option (Veggie dippers and hummus).
- Add vegetables to your lunch (Sandwich with lettuce, tomatoes, onions etc...).
- Add vegetables to your dinner (Side salad, peas, carrots, sweet corn, broccoli etc...).
- Make vegetable packed fresh soups.
- Make a fresh sauce with tomatoes and extra vegetables.
- Stir fry add more vegetables (Spring onions, peppers, peas, courgette etc...).

Week 2: Physical Activity

Physical activity is just as important as healthy eating. When we are physically active we feel better, sleep better and can move better too! The benefits of exercise start when we do as little as 10 minutes, so your second challenge this month is to add in as many active minutes as you can each day.

Ways to add in physical activity:

- Go for a walk on your lunch break
- Pop on your favourite songs and dance around your living room
- Do a 10 minute stretching routine before you go to sleep
- Find a YouTube workout video that you enjoy



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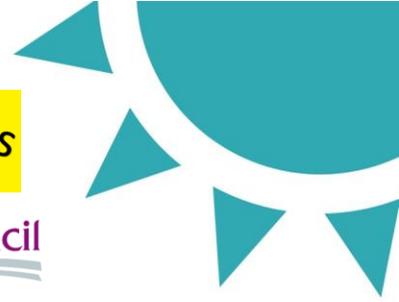
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Week 3: Wellbeing

When we think of living more healthily sometimes we forget to slow down and think about our mental health. Taking a few moments out of each day to stop and be still is a brilliant way to start looking after your mind. Mindfulness is the practice of sitting or lying down whilst concentrating on your breathing. If mindfulness isn't the thing for you why not try one of the ideas below:

- When walking, notice the environment around you; what can you see, hear and smell?
- Read a book
- Have a bath
- Do some colouring in

Week 4: Your choice

This week you get to choose a new challenge based on either healthy eating, physical activity or wellbeing. This could be to drink more water or try a new physical activity. The best part of this challenge is you get to try something that you want to do! We can't wait to see how you get on.

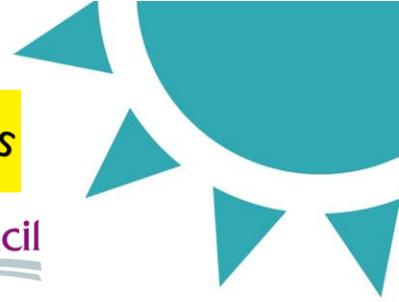
Week 5: Cementing Your Goals

For the last few days of March all we want you to do is keep practicing the healthy habits you have been building on over the past few weeks.



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Making a Change this March

Tick the box to show you've completed a daily challenge. How many will you complete this month?

	Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
Week 1 Healthy Eating	○	○	○	○	○	○	○
Week 2 Physical Activity	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
Week 3 Wellbeing	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 4 Your Choice	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
Week 5 Cementing Your Goals	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○				
Key							
Healthy Eating Challenge	Healthy Eating & Physical Activity Challenges		Healthy Eating, Physical Activity & Wellbeing Challenges		Healthy Eating, Physical Activity, Wellbeing & Your Choice Challenges		
○	○ ○		○ ○ ○		○ ○ ○ ○		

