



Small Steps



Erasmus+



Activity & Eating:



to a Healthier You



Activity & Eating: Small Steps to a Healthier You



Self-instructional Booklet & Planner providing with ACTION STEPS to make healthy food choices and add physical activity to daily routine.



Learn how small changes can lead to big results over time.



Erasmus+

Personal Healthy Lifestyle Planner

If you are not comfortable with your weight or you just want to make healthy changes in your lifestyle, remember that often only small steps are needed. Learn how small changes can lead to big long life results.



Move more.
Boost your heart rate!
Strengthen your muscle!
Build your bones!



Pack more nutrients into your diet – replace high-calorie snacks with the healthier ones.



Choose foods that naturally have a lot of vitamins, minerals, fiber and fewer calories.



Track how much water you drink.



Small Steps to a Healthier You

What is smart snacking ?

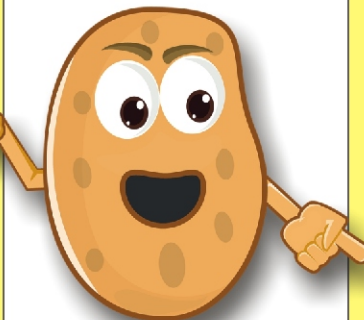
Ask yourself a question: **Do you eat to live or live to eat?**

Conscious eating is a key to a healthy lifestyle!!!

Before you start eating your snack, ask yourself whether you are really hungry or just bored.



According to the basic principles of a well-balanced diet we should eat 5 times a day. The food's quality is really important as well as the amount of it. These five meals should cover one's energy needs for a day without the sensation of hunger. If between the main meals hunger appears people eat snacks. There is no problem with it, if snacking is mindful. Hidden hunger can be avoided if the snacks are good sources of the necessary nutrients and vitamins. Choose nutrient –rich foods that naturally have a lot of vitamins, minerals and fewer calories. They are low in solid fats, added sugar and salt.



What is the main problem with snacking?

- In the XXIst century, eating usually is not about covering our energy needs, but about the sensation of pleasure.
- With snacking hundreds, sometimes thousands of calories could be eaten in a really short period of time, actually without realizing it.

What does it mean?

- Snacking can destroy a diet in a minute, or can cause increase in body weight. Obesity is increasing worldwide as a result of overeating and unconscious eating habits. People who are overweight have a greater risk of developing serious conditions, for example: type 2 diabetes, heart diseases, high blood pressure, joints and bones diseases.

What can we do in order to be conscious about it?

- Learn how to snack in a mindful way and therefore it will be a positive contributor of your healthy diet and lifestyle.
- When you snack, have a sit. If you sit down and concentrate on your food, you won't eat as much and you will enjoy it much better.
- If you need a snack try to choose a healthy one. Instead of candies, try to snack vegetables or fruits. These don't contain plenty of calories and provide you a lot of vitamins and minerals. Instead of salted nuts, test the unsalted version.
- If you are about to eat some sweet snacks choose dark chocolate.



Why is it important to eat fruits and vegetables?

We all know that a well-balanced diet should contain a correct selection of foods. You should take in all the nutrients you need. People can gain carbohydrates from grains, proteins and fats may be provided in dairy products and meat. Vegetables and fruits are essential for a healthy diet as they are low in fats, provide simple sugars, fibre, many minerals and different vitamins.



POTASSIUM	VITAMIN A	FOLATE (Folic Acid)
A collection of foods rich in potassium: bananas, potatoes, tomatoes, sweet potatoes, kiwi, and beans.	A collection of foods rich in Vitamin A: spinach, watermelon, cantaloupe, carrots, and mango.	A collection of foods rich in Folate: oranges, asparagus, papaya, melon, and leafy greens.
FIBER	VITAMIN C	MAGNESIUM
A collection of foods rich in fiber: blueberries, raspberries, pears, apples, and whole grains.	A collection of foods rich in Vitamin C: bell peppers, strawberries, kiwi, and citrus fruits.	A collection of foods rich in Magnesium: leafy greens, beans, and nuts.

Potassium: Diets rich in potassium may help to maintain a healthy blood pressure.

Vitamin A: Keeps eyes and skin and bones healthy.

Folate: Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

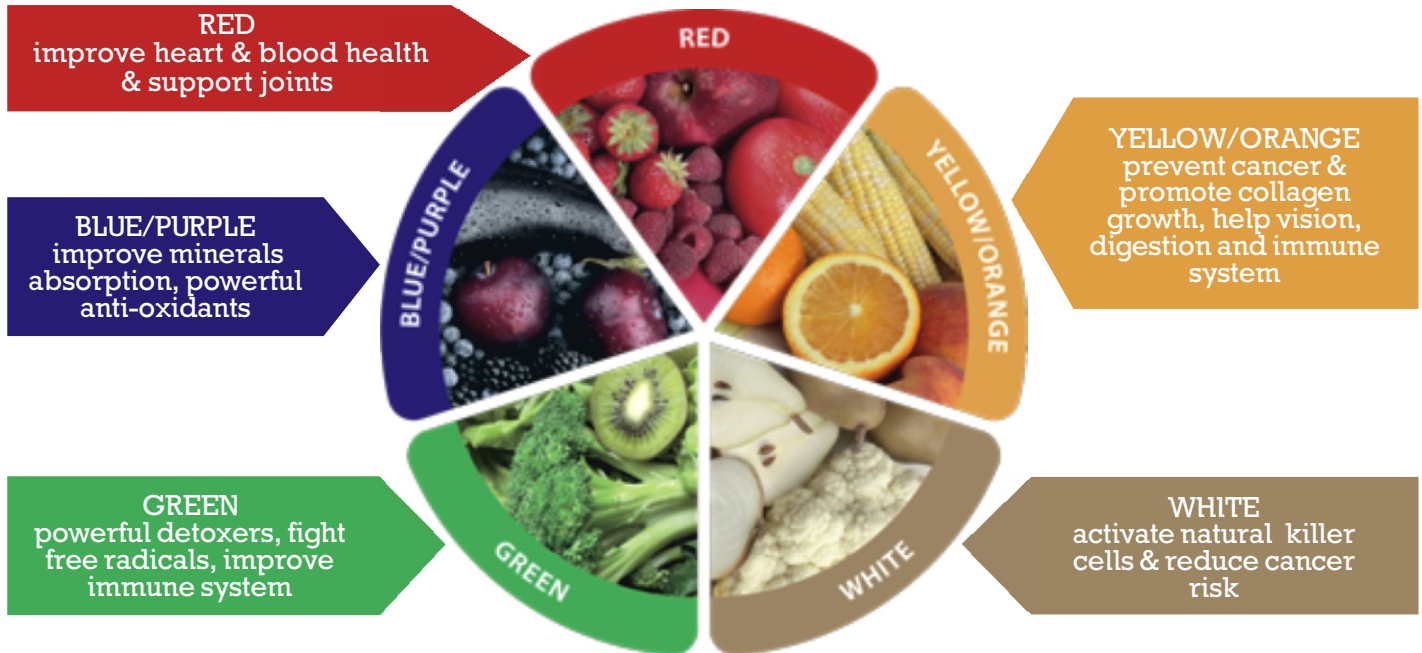
Fiber: Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. Fiber cleans our digestive tract, more specifically your colon and prevents constipation due to the fact, that it stimulates intestine movement.

Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy and helps protect against infections.

Magnesium: Necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure.

Colour wheel of vegetables and fruits:

- By eating fruits and vegetables of different colours, one can get the best all-around health benefits. Each different colour fruit and vegetable contains unique health components that are essential to our health.
- Fruits and vegetables are very important to our health because it is food, created by nature.
- They are colourful and the pigments they possess also contributes to our health, it has been supported that these pigments help to protect our body from cancer.
- Eating plenty of healthy vegetables and fruits helps prevent heart disease and strokes, diverticulitis, control your blood pressure, prevent some types of cancers, and guards against cataract or vision loss.



Why should everyone drink enough water?



Drinking WATER Helps Maintain the Balance of Body Fluids

Our body is composed of about 70% of water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients and gases in circulatory system, maintenance of body temperature.

WATER Boosts your Metabolism and Helps your Kidneys. Body fluids transport waste products in and out of cells. prevents constipation, promotes excretion of metabolic waste products and toxins. **WATER Helps Energize Muscles.** Cells that don't maintain their balance of fluids and electrolytes shrivel, can result in muscle fatigue. Drinking enough fluids is especially important when exercising

WATER is Considered to be the Best Anti-aging Treatment. Many times we can read in the advertisement to drink a lot of water in order to avoid wrinkle formation.

Beauty- industry highlighting that simply by drinking enough water the skin stays fresh, soft and smooth, gets rid of wrinkles. **Water Can Help Control Calories.** For years, dieters have been drinking lots of water as a weight loss strategy

**REMEMBER TO DRINK AT LEAST 1.5 LITRE OF WATER A DAY !!!
STAY HYDRATED, FLUSH OUT TOXINS, GAIN ENERGY!**

HOW TO DRINK MORE WATER ?

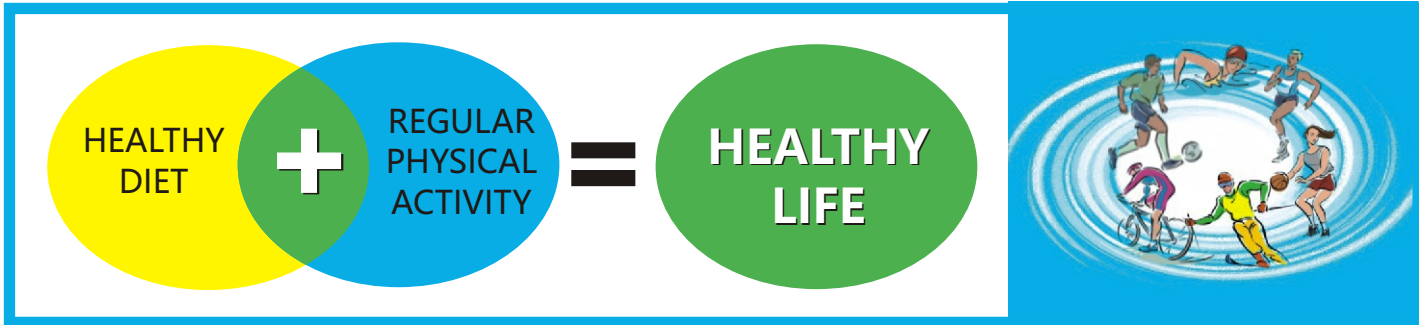
Tips for increasing water intake:

- Start your day by drinking a glass of water
- Drink one glass before every meal.
- Keep a bottle of water on your desk or in your bag.
- Spice up plain water by adding fresh mint leaves or a slice of lemon or other seasonal fruits
- Make your water more interesting by adding a squeeze lemon or ice cubes made from fresh fruit.
- Eat water-rich foods like fruits and vegetables. Foods like watermelon, cucumber and tomatoes can actually provide you with 20 percent of your recommended daily water intake.
- Buy a pretty water mug or bottle
- If you love fizzy drinks, try to gradually cut down by pouring water for half of all your drinks. Once you start cutting down, your taste buds will change and eventually you won't need the same sweetness.
- Technology plays a large part in society, so set a reminder on your phone to encourage water intake throughout the day.



Drinking water will help you get glowing skin & more energy. Just do it !

Why be physically active?



Some activity is better than none but the more you do, the greater the health benefits and the better you'll feel. Whatever you choose, the goal is to get moving every day. Aim for 60 minutes activity a day and remember that it can be easily broken up to shorter sections.

How physical activities help your body ?

There are all sorts of ways you can get active. You can pick any of the four types of exercise. Why not start out by taking a walk or dancing to some music? The first step is to just start moving.

BOOST YOUR HART RATE

To get the health benefits of physical activity, include activities that make you breathe harder thus stimulate work of your lungs, heart and blood vessels. These aerobic activities include things like walking, running, cycling, dancing, swimming or playing football, basketball.

BUILD MUSCLES & BONES

Include muscle and bone strengthening activities like lifting weights, push-ups, sit-ups, yoga. Do some everyday activities like climbing the stairs or gardening. Include active recreation like rock climbing or hiking. Building muscles and bones improves overall stamina and balance.

STRETCH YOURSELF

Stretches make your body more flexible. They can help you reach, bend and turn better, which helps to avoid getting hurt. You can do stretching exercises like toe touches or side stretches. But other workouts are great for flexibility too. You can also try yoga, martial arts, dance or gymnastics.

Be Active Your Way

Many people say, they don't have to make any extra exercises, because they work enough all day. But it is a misbelief, because not every work has this affect on your body. We need to know that, if you do cardio activities your heart works stronger , your heart rate is higher, you need to breath faster. So if you have this feeling, then you did something for your circulation system, you did something for your healthy life!

SOME TIPS HOW TO SMUGGLE MORE ACTIVITY INTO OUR LIFES

- Change a car for bicycle!
- If you go for shopping, go on foot!
- Take a dog for a walk!
- Use the stairs instead of elevators!
- If you watch the news or favourite series on TV, do some exercises!

REMEMBER THAT PHYSICAL ACTIVITIES

- Give more energy.
- Reduce stress and make you sleep better.
- Lose body fat and keep it off.
- Increase strength.
- Reduce risk of heart disease and diabetes.
- Built body bones.
- Improve concentration and productivity at school.

HEALTH BENEFITS OF STAYING ACTIVE!

Regular exercise can help protect you from heart disease and stroke, high blood pressure, noninsulin-dependent diabetes, obesity, back pain, osteoporosis. It can also improve your mood and combat depression.





**Cut
Down
On:**

surfing, the Net, playing
video games, watching
TV, using smartphones or
tablets, sitting long time

**2
Times
a week:
for about
30 min**



**LEISURE ACTIVITES:
bowling, dancing, golf ect.
STRENGTH&FLEXIBILITY:
yoga, pillates, martial
arts, Judo, Karate.**



**3-5 times a week:
for about 30 min**



**RECREATIONAL
ACTIVITES:
tennis, football,
basketball, valleyball,
cycling, skateboarding,
running, swimming.**



**Everyday:
as much as possible**



**play outside,
walk the dog,
help in a garden,
take the stairs
instead of lifts,
help with
housework**



READY FOR ACTIVITY & EATING CHALLENGE?

Healthy lifestyle is important but sometimes it's hard to motivate yourself. This 4-weeks activity and eating journal will help you to get active and to introduce healthy eating habits. Fill out the journal for 4 weeks. It will help you to notice activity-food-mood connections.



MY PHYSICAL ACTIVITY AND HEALTHY EATING CONTRACT

I will record all my physical activities and my daily diet over the next four weeks.

My start date is . My finish date is

Participant's signature:



**GOOD LUCK FROM ACTIVITY & EATING
ERASMUS+ PROJECT TEAM**

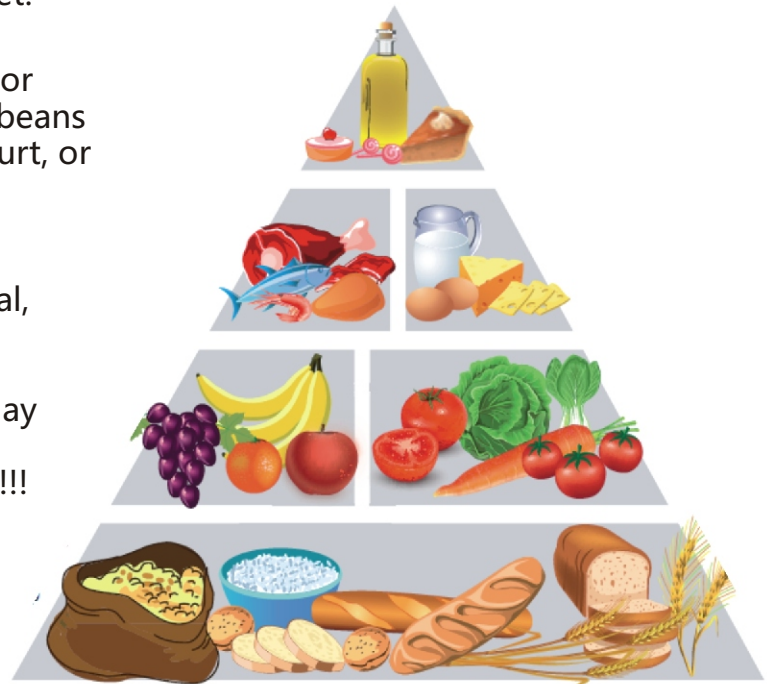
HOW TO KEEP A JOURNAL?

Writing down what you eat/how active you are helps you take a critical look at your lifestyle habits and make healthy changes. Here are some tips.

Write down food/types of physical activities using the following guidelines:

- Set your eating and activity weekly goals, record everything daily.
- At the end of each day, examine how your daily diet and activity affected your emotions
- Every day, try to make sure that you get:

- 2 servings* of lean meat, poultry, or fish or a nonmeat equivalent like beans
- 3-4 servings* of low-fat milk, yogurt, or cheeses
- 2-4 servings* of fruits
- 3-5 servings* of vegetables
- 5-6 servings* of whole-grain cereal, rice, pasta, bread
- Min 1.5 litre of water
- 60 minutes of physical activity a day
- 8 hours of sleep
- fats,oil and sweets only sparingly !!!



SERVING* - one serving is more or less the amount of food located in the hand or the size of a clenched fist

*Don't forget about a weekly selfcheck.

THE FOOD PIRAMID

EATING HABITS - LOG

WEEK 1

EATING HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Having breakfast	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Having five regular meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Vegetables servings	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fruits servings	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Fish servings	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Snacking between meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Water intake	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.	< 1.5 l. 1.5 l. > 1.5 l.
I'VE CUT DOWN ON							
Example: crisps, coke							



FOOD LOG

My goal for the week:

MAIN MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Mid-afternoon Snack							
Dinner							

ACTIVITY & ACTIVE RECREATION LOG WEEK 1

My goal for the week:

	Physical activity & Active recreation	Minutes	Intensity (low/medium/high)	Sleep duration	Yes/No
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



WEEKLY CHECK IN

WEEK 1

- How did you feel this week?
- What were your successes?
- What are the improvements you could make next week?



Notes:

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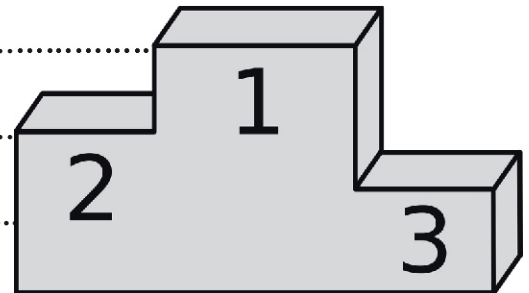
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EATING HABITS - LOG

WEEK 2

EATING HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Having breakfast	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Having five regular meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Vegetables servings	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fruits servings	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Fish servings	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Snacking between meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
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Example: crisps, coke							

FOOD LOG

My goal for the week:

MAIN MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Mid-afternoon Snack							
Dinner							

ACTIVITY & ACTIVE RECREATION LOG WEEK 2

My goal for the week:

	Physical activity & Active recreation	Minutes	Intensity (low/medium/high)	Sleep duration	Yes/No
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



WEEKLY CHECK IN

WEEK 2

- How did you feel this week?
- What were your successes?
- What are the improvements you could make next week?



Notes:

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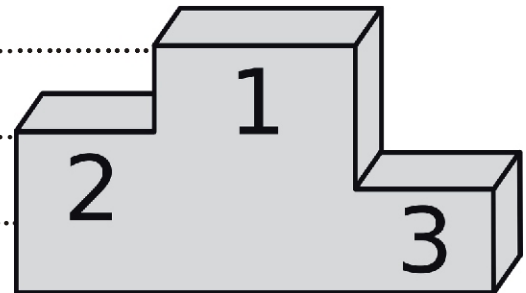
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EATING HABITS - LOG

WEEK 3

EATING HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Having breakfast	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Having five regular meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Vegetables servings	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fruits servings	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Fish servings	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Snacking between meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
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I'VE CUT DOWN ON							
Example: crisps, coke							

FOOD LOG

My goal for the week:

MAIN MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Mid-afternoon Snack							
Dinner							

ACTIVITY & ACTIVE RECREATION LOG WEEK 3

My goal for the week:

	Physical activity & Active recreation	Minutes	Intensity (low/medium/high)	Sleep duration	Yes/No
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



WEEKLY CHECK IN

WEEK 3

- How did you feel this week?
- What were your successes?
- What are the improvements you could make next week?



Notes:

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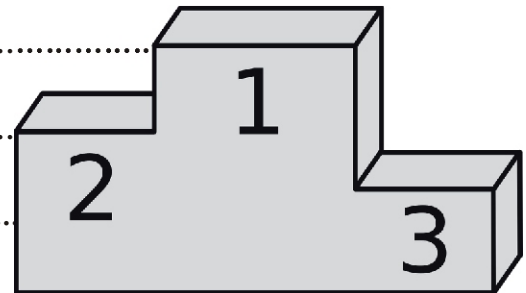
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EATING HABITS - LOG

WEEK 4

EATING HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Having breakfast	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Having five regular meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Vegetables servings	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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Fish servings	1 2	1 2	1 2	1 2	1 2	1 2	1 2
Snacking between meals	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
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I'VE CUT DOWN ON							
Example: crisps, coke							

FOOD LOG

My goal for the week:

MAIN MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Mid-afternoon Snack							
Dinner							

ACTIVITY & ACTIVE RECREATION LOG WEEK 4

My goal for the week:

	Physical activity & Active recreation	Minutes	Intensity (low/medium/high)	Sleep duration	Yes/No
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



WEEKLY CHECK IN

WEEK 4

- How did you feel this week?
- What were your successes?
- What are the improvements you could make next week?



Notes:

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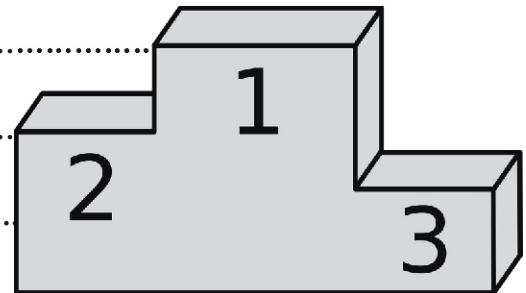
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Erasmus+

Editorial:

International ERASMUS+ Project Team

KA2 'Activity & Eating: Small Steps to a Healthier You'

2017



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