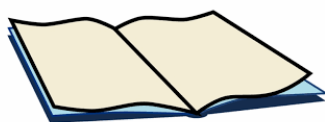


Session 11 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 11 activity book.

If you are reading this activity book online, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

Session 11

In session 11 we look at:

- Alcohol
- Newspaper stories
- Keeping on track
- Managing difficulties

Alcohol



It is recommended to keep alcohol to a minimum as too much can affect areas of our health such as:

- Our liver
- Our mental health
- Our weight

Alcohol can contain a lot of calories that we don't realise. Reducing alcohol intake can be beneficial for us, including promoting weight loss.

The UK Government recommends that all adults should consume no more than 14 units a week and to spread these units over 3 days or more.

Using your [Food, Drink and Activity Diary](#), consider the following questions:

- Is your current alcohol intake in line with these recommendations?
- Are there areas where alcohol intake could be reduced, or further spread out?

Write down your thoughts below:

A large, empty rectangular box with rounded corners and a green border, intended for writing thoughts. A small blue pen icon is located in the bottom right corner of the box.

Calculating Units

Not all alcoholic drinks equal 1 unit, so it can be helpful to have a greater awareness of how many units you are having on a weekly basis.


Using the diagram below, and checking your Food and Activity Diary, calculate your unit intake for the past week.

 1 UNIT Single shot of spirits (25ml, ABV 40%)	 1.5 UNITS Alcopop (275ml, ABV 5.5%)	 1.5 UNITS Small glass of red / white / rosé / sparkling wine (125ml, ABV 12%)	 2 UNITS Can of beer, ale, lager or cider (440ml, ABV 5.5%)
 2.1 UNITS Standard glass of red / white / rosé / wine (175ml, ABV 12%)	 3 UNITS Pint of beer, ale, lager or cider (568ml, ABV 5.2%)	 3 UNITS Large glass of red / white / rosé / wine (250ml, ABV 12%)	 9 UNITS Bottle of red / white / rosé / sparkling wine (750ml, ABV 12%)

Tips on cutting down:

- Use a smaller glass
- Try to alternate drinks with sugar-free soft drinks
- Keep an alcohol diary
- Get support from family and friends

Use the box below to write down different ways you could try out to reduce the amount of alcohol you have during the next coming week.



For more information on alcohol, check out the [Healthy Weight Grampian](#) website.

Keeping On Track

Evidence shows that weight loss, and weight maintenance, is supported by:

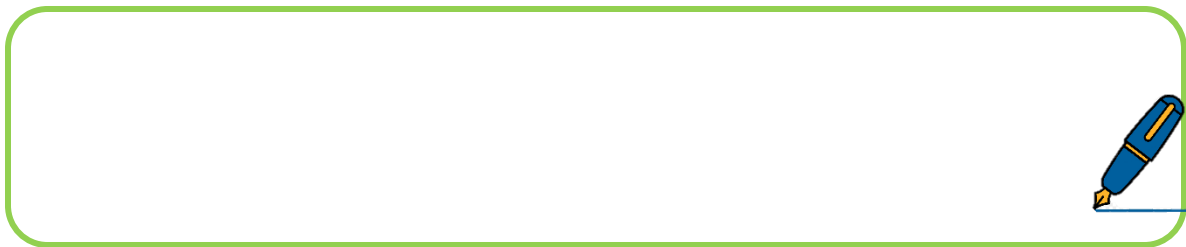
- Increased physical activity
- A change in dietary intake
- Eating breakfast daily
- Weighing yourself weekly
- Watching less than 10 hours of TV per week
- Exercising on average of 1 hour a day

These are all aspects that you have been working on over the course of Healthy Helpings.

Have you been able to spend more time being active, and less time being inactive?

Are you doing activities that are right for you? Do you find them enjoyable? Do they fit in with your lifestyle and routine?

Use the box below to write out your answers:



Remember you can visit the [ALISS](#) website for local physical activities.

Managing Difficulties

Use the [If-Then worksheet](#) found in the supporting materials to match your own difficult situations with different options that can be carried out to help you manage them.

These can also be used to help you meet your goals, and plan ahead.

Session 11 Goal Planner

Now think about a goal you would like to achieve.
Look back at this session and your
[Food, Drink and Activity Diary](#) to help you decide
your goal. Then complete the planner below:



What do I want to do?

What is my clear goal? (What? Where? When?)

Who or what can help me?

What might get in my way and what can I do about this?

How and when will I reward myself?



Thoughts On Session Eleven

Now you have finished session eleven, use the space below to write down any thoughts or ideas you might want to take into the next session. We have included some questions which might help you to think about what you learned, and think what progress you want to make in the next few weeks 😊

What did I learn?

Why are these things that I have learnt important?

What am I going to do with the information I learned?

How am I going to put the learning into practice?

