

Session 5 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 5 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 5

In session 5 we look at:

- Oils and spreads
- Exercising for strength
- Emotional or comfort eating

Oils and Spreads



Oils and spreads are required as part of a balanced diet, but we only need a **small** amount of these compared to the other food groups. This is due to the high levels of fat they contain.

There are two main kinds of fats in oils and spreads:

- **unsaturated (healthier)**
- **saturated (less healthy)**

Have a look at your most recent [Food, Drink and Activity Diary](#) and think about:

- How many of your meals do oils or spreads get added to?
- Could there be hidden oils or spreads within your food?
- Is your current intake of oils and spreads in line with the balance of the [Eatwell Guide](#)?

Write down your thoughts below:

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

For further information and ideas please click here: [Fat: the facts](#)

Exercise for Strength

As well as moderate activity, it is also important to do muscle strengthening exercises to help keep our **bones and muscles** strong. This also helps to control our blood sugar and blood pressure.

Strength exercises do not need to take up a lot of time. Aim to do:

- 8-12 repetitions, two times a week
- Work the bodies major muscle groups

Some examples of strength activities are:

Yoga

Lifting Weights

Exercise Routine with
Resistance Bands

Push-ups, Sit-ups,
and Squats


Heavy
Gardening

Have a look on the [NHS website](#) for more strengthening exercise ideas. You can also find local opportunities on the following websites: [Sport Aberdeen](#),

[Live Life Aberdeenshire](#) and [Sport in Moray](#).

Have a look at your recent [Food, Drink and Activity Diary](#) and think about ways that you could include some form of strengthening exercise in your week.

Use the box below to write down one or two forms of strengthening exercise you can do this week.



Emotional Eating

We might find that some of our eating behaviours happen due to difficult emotions or situations we are facing. Now that you have watched today's session, take a moment to note down your emotional eating cycle.

Situation →

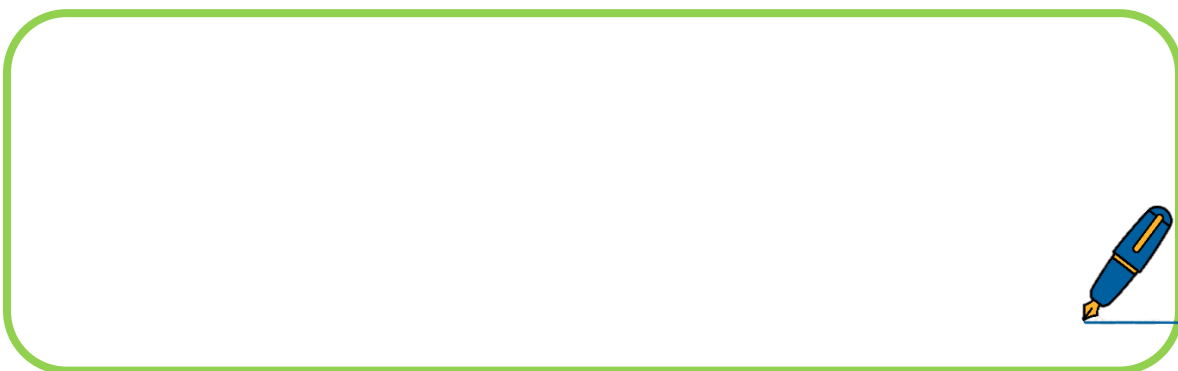
Thought or Feeling →

Action →

Feel Good →

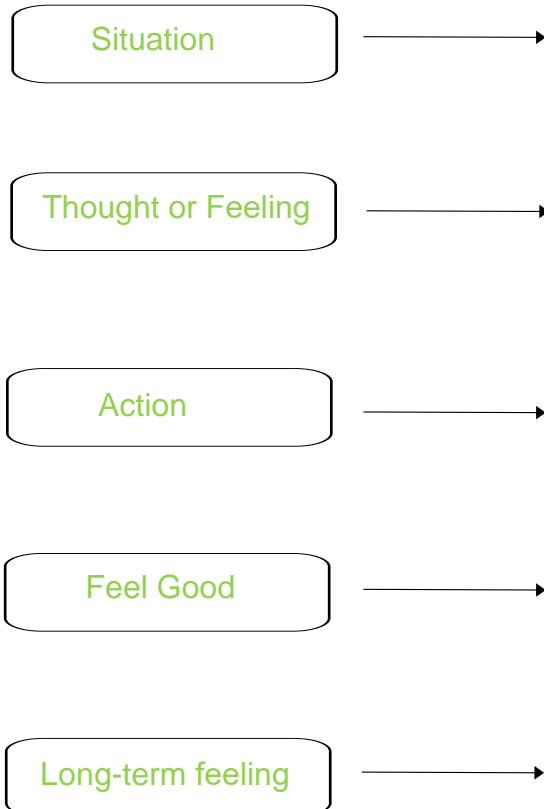
Long-term feeling →

Can you think of any alternative, and enjoyable, activities you could **replace** in your *Action* box?




Emotional Eating – Your Alternative

Now that you have written down some alternative actions, you can try them out at a time when emotional eating may occur. In the alternative cycle below, note down what you **experience** when you try out your alternative actions. See how this **differs** to your emotional eating cycle.



Use the box below to write any additional thoughts you have after trying out your alternative cycle:



Session 5 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 Five

Now you have finished session five, 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?

