

Session 7 Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), session 7 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 7

In session 7 we look at:

- Food and drinks high in fat, salt, sugar
- Snacks
- Chair based activities
- Goals

Food and Drinks High in Fat, Salt and Sugar



The [Eatwell Guide](#), shows foods and drinks which are high in fats, salt and sugar, **outside** of the main picture. This tells us that these foods and drinks aren't essential to our health. They:


- Don't give us anything of value in terms of nutrition.
- Provide extra fat, salt and sugar which we don't need.

We should eat or drink these **less often and in small amounts**.

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

- How many of these foods and drinks do you consume on a regular basis?
- Is your current intake of these foods and drinks in line with the Eatwell Guide recommendations?

Write down your thoughts below:



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

Chair-Based Activity



If you find standing exercises difficult, you may benefit from chair-based activities.


Have a look on the NHS website for more ideas on [Sitting Exercises](#). The British Heart Foundation website also has guides to [Chair-Based Exercises](#).

You will also find information on chair-based activities within your local authority physical activity websites. This includes information on chair based activities you can do at home, and chair-based exercise classes within your area:

- [Sport Aberdeen](#)
- [Live Life Aberdeenshire](#)
- [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 these exercise in your week.

Use the box below to write down one or two forms of exercise you want to do over the next few days.



Goal Check-In

For a number of sessions now, you have been writing down and planning your goals. Hopefully you have been able to make progress.

Each session we have asked you to review your goals. To consider:

- if anything has got in the way of reaching the goal
- any changes that need to be made to help you reach your goal

Now that you have watched today's session, take a moment to answer the following questions:

Am I on track with my goal?

Have things come up that have made it difficult for me to progress with my goal?

Have I managed to start my goal and keep progressing with it?

If you've been finding it difficult to achieve your goals, have a think about the following:

- **The goal itself:** Is it realistic? Is it achievable?
- **The environment:** is your environment helping you achieve your goals?
- **Thoughts:** are your thoughts getting in the way of you achieving your goals?

Use the space below to write down your thoughts:



Session 7 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 Seven

Now you have finished session seven, 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?

