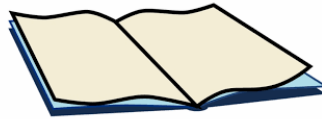


## Session 8 Activity Book



### Welcome!

**Welcome to the Healthy Helpings (HH), session 8 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 8

In session 8 we look at:

- Fibre
- Vigorous activity
- Support services
- Thoughts

# Fibre



Fibre is a carbohydrate found in plant foods and plays an important role in keeping us healthy.

There are two types of fibre: soluble and insoluble fibre.

## Soluble fibre is found in:

- Oats
- Oat bran
- Fruits
- Vegetables
- Beans
- Pulses
- Lentils


## Insoluble fibre is found in:

- High fibre breakfast cereals
- Wholegrain bread
- Wholegrain pasta
- Wholegrain rice
- Nuts
- Seeds

Fibre is good for our health as it helps prevent constipation, may prevent some bowel cancers, may help lower cholesterol, and reduce the risk of developing heart disease and Type 2 Diabetes Mellitus.

The recommended daily intake of fibre is 30 grams, which can be reached by increasing it gradually and drinking plenty of fluids.

Can you think of ways you could increase your fibre intake?



## Vigorous Activity

We are recommended to carry out 75 minutes of vigorous activity per week. Exercising vigorously makes you breathe hard and fast. You would not be able to say more than a few words before pausing for breath.

Vigorous activity can:

- Lower risk of developing a chronic disease
- Improve brain health
- Improve mood
- Aid weight loss

So what options are available to you?

Jogging or  
running


Fast swimming  
or lap swimming

Cycling fast or  
up hill

Football, hockey,  
basketball or tennis

Skipping

Use the box below to write down different ways you could try out some form of vigorous activity during the next coming week.



You might want to look on the [Jog Scotland](#) website for local walking, jogging and running groups.

## Keeping Busy

Keeping busy can be beneficial for different areas of your life. Benefits include:

- Learning new skills, and enhancing old ones
- Making new friends and socialising
- Providing structure to your day and week
- Improving quality of life
- Improving physical and mental health

## Thoughts

We have lots of different thoughts running through our mind all day. They can be positive thoughts, neutral thoughts or negative thoughts.

If you find that negative thoughts can feel loud at times, try the technique of picturing your thoughts as clouds, noticing that they are there, but high above you, and with time they will pass.

Taking a deep breath in and out can also help.



For further videos on this, you might like to check out the following YouTube videos.

[The Struggle Switch](#)

[The Sushi Train Metaphor](#)

# Session 8 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 Eight

Now you have finished session eight, 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?*

