

HEALTH / PHYSICAL ACTIVITY / NUTRITION

My Daily Health and Well-being Guide

Tips, help and guidance, on sleep, diet and physical activity, to help your overall Health and Wellbeing

GARETH HOGG - BUZZ PARS HEALTH & WELLBEING TEAM

Contact your BUZZ PARS Team:

Telephone: 0161 271 0505

Email: Buzzmanchester@gmail.com

Facebook: [BUZZ Manchester Health and Wellbeing](#)

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PHYSICAL ACTIVITY



Physical Activity

What can I do? Walking, dancing, strength training, jogging, housework, gardening, exercise classes, hand-bike

Time: 20 to 30 minutes per day

Frequency: 5-7 days per week

Benefits: Reduced breathlessness, increased muscular strength, improved balance and co-ordination, enhanced mood and well-being, reduced feelings of stress and anxiety (NHS)

Negative impact: None

**If exercise could be packaged into a pill,
it would be the single most widely prescribed
and beneficial medicine in the nation.”
-Robert Butler, National Institute on Aging**

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DIET & NUTRITION



Diet & Nutrition

When it comes to Diet - There is no 'one size fits all'.
For example, each of us may have different goals and tastes.
Some of us have different dietary requirements and/ or medical conditions that require specific dietary interventions.
With this being said - below are a few examples of how you can make your diet, work for you.

Fat Loss: The combination of moderate reductions in energy intake (to help create a Calorie Deficit) combined with adequate levels of physical activity helps to maximise fat loss.

Improving Cholesterol/ Heart and Cardiovascular Health:

By replacing dietary saturated fat with:

- Polyunsaturated fats (Olive Oil, Olives, Nuts)
- Plant Mono-unsaturated fats (Avocado's, Nut butter)
- Unrefined Carbohydrates
(Oatmeal, Quinoa, Whole wheat)
(François Mach et al, EHJ, 2019)

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DIET & NUTRITION



Diet & Nutrition (Part 2)

Maintaining a strong Immune System:

The immune system is very complex. Although we can't 'boost' it per say, we can help to maintain it. Fruits and vegetables provide an abundance of vitamins, minerals and antioxidants. Vitamins and minerals are nutrients your body needs in small amounts to work properly and stay healthy.

Most people should get all the nutrients they need by having a varied and balanced diet. (Ref: NHS)

Carbohydrates/ Proteins and Fats:

These are the 3 main macronutrients of the diet. Carbohydrates provide us with 4 cals per gram/ Protein with 4 cals per gram & fats with 9 cals per gram. Carbohydrates are foods like breads/ cereals and pasta. Protein is found in Chicken, fish, meats and Quorn. There are a few different types of fat. As stated - we should (for CV health) aim to eat more mono & poly-unsaturated fats, rather than saturated fats.

HYDRATION



Hydration

Do you drink enough water?

If you don't consume enough fluid you will become dehydrated. The first thing you will notice is increased thirst and a dry sticky mouth. Other effects include tiredness, poor concentration, headache and dizziness or light headedness. You may also notice your urine becomes darker in colour (NHS Foundation Trust)

Are you drinking enough?

1		Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.
2		
3		If your urine matches 1 to 3 then you're hydrated.
4		If your urine matches 4 to 7 then you're dehydrated and you need to drink more.
5		
6		
7		

Please be aware that certain foods, medications and vitamin supplements can change the colour of urine.

How much water should I drink?

- Google throws up anything from '8 glasses per day' to '2 Litres'.
- Multiple studies recommend 3.0-3.7L of water per day for optimal hydration for men vs 2.7L for women (Arend-Jan Meinders et al., 2010; Manz and Wentz, 2005; Sawka et al., 2005)

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SLEEP



Sleep

Sleep Problems: Avoid drinks and hot beverages which contain caffeine. These drinks can make us feel more awake and can disrupt our sleep - Tea, coffee, energy drinks and fizzy juice. (Caffeine has a half-life of anywhere from 5-10 hours - though how long caffeine lasts in your body varies depending on genetic factors). Switching your phone/ tablet off from 8-9pm (light from the screen on these devices may have a negative effect on sleep)

Sleep Solutions: A warm bath | writing down your plans for the following day | Sleep apps (The NHS Apps Library) | Relaxation exercises and music may also help | Sticking to the same sleep schedule. Time: 7-9 hours per night (Sleep Health, Issue 1, March 2015) If you still have trouble sleeping, please speak to your GP.

Sleep Benefits: Better appetite control (Shahrad Taheri, et al. 2004), Improve cognition, concentration & performance (Jeffrey M Ellenbogen. Neurology. 2005) Feel happier and maintain a strong immune system (J Clin Psychiatry. 2005 / M Irwin et al. FASEB J. 1996)

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