

The calendar has been designed to start on Thurs 5<sup>th</sup> November to coincide with lockdown. However, if you aren't able to start it on that date don't panic - it will work just as well starting on any other date ☺

Day 1	Day 2	Day 3	Day 4			
<b>Aim to start each day with a nutritious breakfast</b> 	15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes	<b>Saturday night Fakeaway!</b> 	Complete a 30 Minute Moderate Intensity Activity by yourself or with your family			
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Complete a workout video of your choice from <a href="#">here</a>	<b>Boost your Vitamin D intake by including some Vitamin D rich foods in your meals today</b>	Complete a 30 Minute Moderate Intensity Activity 	<b>Eat at least three different coloured fruit and vegetables through the day</b> 	15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes	<b>Keep hydrated and watch your alcohol intake</b> 	Complete a 30 Minute Moderate Intensity Activity by yourself or with family
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
<b>Boost the fibre content of each of your meals today</b>	Complete a workout video of your choice from <a href="#">here</a> 	<b>Get more nutrients into your diet by having a wholegrain option with at least one of your main meals</b>	Complete a 30 Minute Moderate Intensity Activity 	<b>Try some sleep hygiene techniques</b> 	15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes	<b>Plan two healthy, nutritious snacks to enjoy each day this week</b> 
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
Complete a 30 Minute Moderate Intensity Activity by yourself or with family 	<b>Include some Omega-3 rich foods to one of your meals or snacks today</b>	15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes	Complete a yoga workout of your choice from <a href="#">here</a> Or a strength workout from <a href="#">here</a>	15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes	<b>Incorporate some plant based protein into one or more of your main meals today</b>	<b>Complete a 45 Minute Moderate Intensity Activity</b> 
Day 26	Day 27	Day 28	<b>All the links and notes for each day's activity can be found on the following pages...</b>			
Complete a 60 Minute Moderate Intensity Activity	<b>Keep warm with a nutritious and filling soup prepared with vegetables, beans and pulses</b>	<b>FINAL TIME!!</b> 15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats As many rounds as you can in 15 minutes				

## Staff Challenge Calendar Notes and Links Nov 2020

Day	Notes and Links
1	<p><b>Aim to start each day with a nutritious breakfast</b></p> <p><b>Lockdown Tip:</b> to get your 5 a day make use of dried or frozen fruit as it keeps longer, provides fibre and nutrients, and can be added to breakfast cereals, porridge and yoghurts.</p> <p><i>Find out if breakfast really is important and advice on what makes a breakfast healthy</i>  <a href="https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-breakfast">https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-breakfast</a>  <a href="https://bit.ly/38469Gf">https://bit.ly/38469Gf</a></p>
2	<p>15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes. This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete.</p>
3	<p><b>Saturday night Fakeaway!</b></p> <p><b>Did you know that swapping your weekly takeaway for a tasty, healthier homemade version can save you hundreds of calories? Try a new recipe today!</b></p> <p><i>Access some Fakeaway inspiration using the following links:</i>  <a href="https://www.cntw.nhs.uk/services/a-weight-off-your-mind/healthy-eating/#useful-websites-and-apps">https://www.cntw.nhs.uk/services/a-weight-off-your-mind/healthy-eating/#useful-websites-and-apps</a>  <a href="https://www.bbcgoodfood.com/recipes/collection/healthy-takeaway-recipes">https://www.bbcgoodfood.com/recipes/collection/healthy-takeaway-recipes</a></p>
4	<p><b>Complete a 30 Minute Moderate Intensity Activity by yourself or with your family.</b> This can be a walk, run, cycle or another activity of your choice.</p>
5	<p><b>Complete a workout video of your choice from</b>  <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a></p>
6	<p><b>Boost your Vitamin D intake by including some Vitamin D rich foods in your meals today.</b>  <i>During the autumn/winter months we may not be getting enough vitamin D from sunlight to help keep our bones and muscles healthy.</i></p> <p><b>Lockdown Tip:</b> tinned oily fish such as sardines, salmon and pilchards are cheap with long shelf life and contain reasonable amounts of Vitamin D. Look for Vitamin D fortified cereals, spreads and yogurts.</p> <p><i>To find out the best ways to get enough Vitamin D safely:</i>  <a href="https://www.bda.uk.com/uploads/assets/01d7715f-c4f7-42e7-96f67018f035b0ea/Vitamin-d-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/01d7715f-c4f7-42e7-96f67018f035b0ea/Vitamin-d-food-fact-sheet.pdf</a></p>

Day	Notes and Links
7	<p><b>Complete a 30 Minute Moderate Intensity Activity.</b> This can be a walk, run, cycle or another activity of your choice.</p>
8	<p><b>Eat at least three different coloured fruit and vegetables through the day.</b></p> <p><b>Lockdown Tip:</b> Are you struggling to stock up on fresh produce during the lockdown? Remember tinned, frozen and dried fruit and vegetables also count towards your 5 a day and are good sources of essential vitamins and minerals.</p> <p><i>Why fruit and vegetables are so important and ways to achieve your 5-a-day:</i> <a href="https://www.bda.uk.com/uploads/assets/622d08b0-c391-4b50-a7e9eeac006f354a/Fruit-Veg-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/622d08b0-c391-4b50-a7e9eeac006f354a/Fruit-Veg-food-fact-sheet.pdf</a></p>
9	<p>15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes. This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete.</p>
10	<p><b>Keep hydrated by having at least 6 – 8 unsweetened drinks every day and watch your alcohol intake</b></p> <p><b>Lockdown Tip:</b> At the end of the day, consider other ways to wind down such as exercise, meditation, reading your favourite book or watching your favourite TV programme in place of having a drink of alcohol every evening.</p> <p><i>For advice on how much to drink and which drinks to have:</i> <a href="https://www.bda.uk.com/uploads/assets/337cfde9-13c5-4685-a484a38fbc3e187b/Fluidfood-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/337cfde9-13c5-4685-a484a38fbc3e187b/Fluidfood-fact-sheet.pdf</a></p> <p><i>Brush up on your Alcohol facts:</i> <a href="https://www.bda.uk.com/uploads/assets/5edd618d-0063-4cd4-92e4c82600bdeee1/alcohol-food-fact.pdf">https://www.bda.uk.com/uploads/assets/5edd618d-0063-4cd4-92e4c82600bdeee1/alcohol-food-fact.pdf</a></p> <p><i>Download this app to help plan alcohol free days:</i> <a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a></p>
11	<p><b>Complete a 30 Minute Moderate Intensity Activity by yourself or with family.</b> This can be a walk, run, cycle or another activity of your choice.</p>
12	<p><b>Boost the fibre content of each of your meals today.</b></p> <p><b>Lockdown tip:</b> For cheap and convenient sources of fibre, stock up on tinned/ frozen/ dried fruit, vegetables, beans, lentils and pulses.</p> <p><i>What are the benefits of fibre and how much do you need?</i> <a href="https://www.bda.uk.com/uploads/assets/f602fc35-ff7f-4d2c-90c89b145c43396c/Fibre-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/f602fc35-ff7f-4d2c-90c89b145c43396c/Fibre-food-fact-sheet.pdf</a></p>

Day	Notes and Links
13	<p><b>Complete a workout video of your choice from</b>  <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a></p>
14	<p><b>Get more nutrients into your diet by having a wholegrain option with at least one of your main meals.</b></p> <p><b>Lockdown Tip:</b> As they have a long shelf life, look for multi-buy offers on wholegrain starchy carbohydrates e.g. bran flakes, porridge oats, rye crackers, whole-wheat pasta, and brown rice.</p> <p><i>Why choose wholegrains and examples of wholegrain foods and ideas for use:</i>  <a href="https://www.bda.uk.com/uploads/assets/e020eae3-ac97-4160-99be842349949829/Wholegrains-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/e020eae3-ac97-4160-99be842349949829/Wholegrains-food-fact-sheet.pdf</a></p>
15	<p><b>Complete a 30 Minute Moderate Intensity Activity.</b>            This can be a walk, run, cycle or another activity of your choice</p>
16	<p><b>Try some sleep hygiene techniques</b>            Did you know that sleeping less may mean you put on weight? Studies have shown that people who sleep less than 7 hours a day tend to gain more weight and have a higher risk of becoming obese than those who get 7 hours of slumber.</p> <p><i>For more information:</i>  <a href="https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/">https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/</a></p>
17	<p>15 Jumping Jacks            15 Sit Ups            15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes.            This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete.</p>
18	<p><b>Plan two healthy, nutritious snacks to enjoy each day this week.</b>            e.g. small handful of unsalted nuts and seeds, a piece of fruit, rice cakes or a low fat yoghurt.</p> <p><b>Lockdown Tip:</b> Keep healthy and nutritious snacks nearby, for example, put a bowl of fruit next to your computer and keep less healthy choices in the cupboard out of sight.</p> <p><i>For more examples of how to enjoy snacks as part of a healthy, balanced diet:</i>  <a href="https://www.bda.uk.com/uploads/assets/1d35a372-d189-401a-84d1fbd95a4bc16d/Healthy-Snacks-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/1d35a372-d189-401a-84d1fbd95a4bc16d/Healthy-Snacks-food-fact-sheet.pdf</a></p>
19	<p><b>Complete a 30 Minute Moderate Intensity Activity by yourself or with family.</b>            This can be a walk, run, cycle or another activity of your choice.</p>
20	<p><b>Include some Omega-3 rich foods to one of your meals or snacks today.</b>            e.g. oily fish such as salmon and mackerel, nuts and seeds, and soya products.</p>

Day	Notes and Links
	<p><b>Lockdown Tip:</b> for a cheap and convenient source of Omega-3 fats stock up on tinned oily fish such as sardines, pilchards, mackerel; long life soya milk.</p> <p><i>For more examples, how much is needed and health benefits:</i>  <a href="https://www.bda.uk.com/uploads/assets/e8fa989a-6845-4864-a87427c78b5d65d7/Omega-3-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/e8fa989a-6845-4864-a87427c78b5d65d7/Omega-3-food-fact-sheet.pdf</a></p>
21	<p>15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes. This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete.</p>
22	<p><b>Complete a yoga workout of your choice from</b> <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/?tabname=pilates-and-yoga">https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/?tabname=pilates-and-yoga</a></p> <p><b>Or a strength workout from</b> <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=strength-and-resistance">https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=strength-and-resistance</a></p>
23	<p>15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes. This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete.</p>
24	<p><b>Incorporate some plant based protein into one or more of your main meals today.</b></p> <p><b>Lockdown Tip:</b> Stock up on tinned beans, lentils and pulses or dried varieties as they have a long shelf life and cost less.</p> <p><i>12 easy recipes to make using tinned food:</i>  <a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/easy-recipes-to-make-with-tinned-food">https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/easy-recipes-to-make-with-tinned-food</a></p> <p><i>For more on plant based sources of nutrition:</i>  <a href="https://www.bda.uk.com/uploads/assets/3f9e2928-ca7a-4c1e-95b87c839d2ee8a1/Plant-based-diet-food-fact-sheet.pdf">https://www.bda.uk.com/uploads/assets/3f9e2928-ca7a-4c1e-95b87c839d2ee8a1/Plant-based-diet-food-fact-sheet.pdf</a></p>
25	<p><b>Complete a 45 Minute Moderate Intensity Activity.</b> This can be a walk, run, cycle or another activity of your choice.</p>
26	<p><b>Complete a 60 Minute Moderate Intensity Activity.</b> This can be a walk, run, cycle or another activity of your choice.</p>



# Staff Challenge November 2020

28 Days to Better Health!

Day	Notes and Links
27	<p>Keep warm with a nutritious and filling soup prepared with vegetables, beans and pulses.</p> <p><b>Lockdown Tip:</b> making soups is a cheap and easy way to get your 5 a day, use up any leftover vegetables and make use of tinned or frozen vegetables and beans. For example tomato, chickpea and pasta soup.</p> <p><i>For more filling soup ideas:</i> <a href="https://www.bbc.co.uk/food/collections/healthy_soup_recipes">https://www.bbc.co.uk/food/collections/healthy_soup_recipes</a></p>
28	<p>FINAL TIME!!</p> <p>15 Jumping Jacks 15 Sit Ups 15 Body Weight Squats</p> <p>As many rounds as you can in 15 minutes. This workout will be used as your weekly progress tracker, so keep a note of how many rounds you complete and compare your results with those on day 2.</p>

Don't forget to have a look at these websites too:

<https://www.cntw.nhs.uk/services/a-weight-off-your-mind/>

<https://www.nhs.uk/better-health/>

Join our Facebook Group

There is a closed Facebook Group for staff who have registered for the challenge to chat, motivate each other and share helpful information. <https://www.facebook.com/groups/599873260893767>