

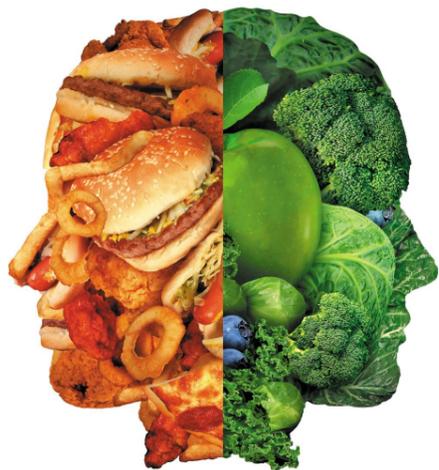
We hope you've enjoyed reading the magazine?

In the next issue we'll be looking at building your exercise options including some simple follow along workouts with minimal or no equipment.

Some ideas about healthy eating to support increased activity including some tasty recipes.

The plan is to build on each Issue, providing more information and ideas to increase your activity a work towards more positive health and wellbeing.

If you have anything you'd like to see included in the upcoming Issues please let us know.



We hope you've enjoyed this first issue of Let's Get Physical and found it useful?

Please get in touch with us, letting us know how you get on with any of the article, workouts and challenges from this issue.

It would be fabulous to track our total flights climbed as a collective. Can we tackle Everest as a team?

Sarah who is the Peer Activity worker for Calderdale will be available for over the phone 1:1 chats on Weds & Thursdays 12:00-16:00

Contact us to book your call

07500 121757

Or email

Recovery.kirklees@swyt.nhs.uk

Follow our social media at:

[Calderdale.RC](#)

[Discover Recovery College Kirklees](#)
[@RecColCalKirk](#)

[Www.calderdalerecoverycollege.co.uk](#)

[Www.kirkleesrecoverycollege.co.uk](#)

Let's Get Physical



Exercise changed my life

Peer tutor Sarah opens up about her experience of becoming more active.

SMART goal setting

Small steps to success.

Monthly Stair climb challenge

Reach new heights at home.

Chair based exercise routine

Get your body working whilst sat down.

JUNE 2020

Learn.

Share.

Opportunity.

Calderdale Recovery College

Table of Contents

| | |
|----|-----------------------|
| 05 | Sarah's Story |
| 06 | SMART goals |
| 9 | Music |
| 10 | Stair climb challenge |
| 14 | Stretch it out |
| 16 | Chair based routine |



Letter from the Team

Dear Readers,

Welcome to the first issue of *Let's Get Physical*. We have the one simple aim to give you ideas and information to help you to move more.

We are here to give you some simple but effective ways to feel better, stay well and information you can use to make healthy choices.

Did you know research says that 10 minutes of walking can lift your mood!

The team behind this magazine have all used exercise as a positive foundation for their lives. We know first hand the dramatic effect moving more can have on life as a whole.

In this issue we have ideas you can build into your daily routine as well as some inspirational stories from Sarah and Kate who made changes that have improved their physical and mental health and wellbeing.

We hope you enjoy reading it, and look forward to you joining our community.

Here's to moving more and feeling the benefits of being more active!

Rachel

The Team

| | |
|----------------------|------------------------------|
| Rachel Hale | Calderdale RC co-ordinator |
| Sarah Walinski-Kiehl | Peer Activity Support worker |
| Kate Thirkell | Friend of the college |



Exercising can strengthen your body AND it can also strengthen your mind. It improves concentration so you feel more focused. It also gives you an energy and a confidence boost. You'll feel resilient and more able to tackle whatever life throws at you. Exercising also helps to strengthen the immune system...win, win.

My Story

Hi I'm Sarah the new Peer Project Support Worker for Calderdale Recovery College.

I started exercising when I was at the lowest point in my life. Initially I exercised at home, which then gave me the confidence to join a gym. This not only turned out to change my life, but it actually saved my life. It gave me a sense of purpose, something to live for.

Life changes

Prior to then I had absolutely no desire or intention of joining a gym, or doing any form of exercise other than occasional walking. I have joined gyms and then quit after 2 weeks. I am extremely uncoordinated, and I have a shoulder injury which can make exercising difficult for me sometimes. I couldn't have imagined anything worse than jumping about listening to some overly, excited person telling me to push myself! When I was ill I knew that I had to do something to stop feeling as deeply depressed as I did. At that point I was desperate and willing to try anything...and you know what...exercising actually worked!



Part of my life

I have continued to use various types of exercise to support me throughout my mental health recovery. Exercising isn't what I thought it was...it's not jumping around in a sweaty gym class, until I almost pass out. Like everyone else I have off days, times when I just can't be bothered, I still have 2 left feet, and sometimes my shoulder is very painful. I know that exercising isn't easy...but more importantly I know how fantastic exercising makes me feel. Instead of thinking of excuses not to exercise (which believe me I have used them all), I now find different ways to exercise. Whether it be out walking, working-out at home, going to the gym, or at an exercise class, I find what works for me so that I can enjoy it.

Exercising in all its forms is my anti-depressant and stress reliever. I am by no means a muscley, gym warrior and I don't intend to be. I exercise for me because I love the happy feeling I get when I'm doing it, and the sense of achievement I feel after I've exercised. It also helps me to feel calm and energised.

We are all different and we all have different abilities.

Everyone will be starting their journey to move more in a different place, the place that's right for you now.

Next you need to decide on your goal. That could be being able to walk 5km without stopping, to be able to do household jobs more easily, to get fit for the garden, to run 5km without walking, to generally feel stronger and more physically capable.

Finding exercise that you enjoy and that works for you will be a key factor in achieving your goals. Like me not everyone likes the gym, or lifting weights or running. There are lots of exercise options to follow along online such as; Yoga, dance, interval, bodyweight and weight training and we will give you some examples in this issue too.

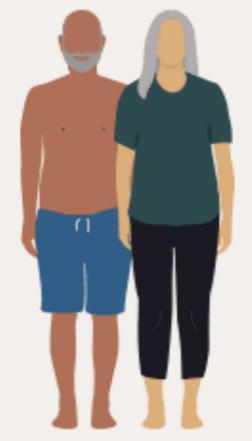
Break your large goal down into smaller targets, then smaller action points that you may tick off daily or weekly. Think SMARTER when it comes to goal setting - see the SMARTER Goal guide.

- 
Specific You need to be clear about what you want to achieve. Simply saying 'I want to get fit' is too broad. Think about exactly how you intend to get fit. E.g. 'I will climb Blackpool Tower by using my stairs'
- 
Measurable You need to state how you are going to measure your progress. How are you going to know that you're on track? E.g. If climbing using You will need to keep a record of how many times you have climbed the stairs, so that you know how far you've got left to go.
- 
Action-Based What exactly do you need to do to achieve your goal? Think about breaking your goal down here into manageable pieces. E.g. Consider how many times a day, over how many days, you will need to climb the stairs to reach your goal.
- 
Realistic Have you got what you need to reach this goal? Is it a realistic goal for your level/abilities? E.g. Are you fit enough to climb that distance, or do you need to set your first goal slightly lower?
- 
Timescale When exactly do you intend to reach your goal? Be clear here don't just say in a month. Think about when exactly e.g. by Monday 8th June 2020.
- 
Enjoyable Think about how you're going to make your goal enjoyable. Make it fun E.g. you could put some music on whilst you're doing it? If you're climbing stairs you stick some pictures to the wall.
- 
Rewarding Think about how you are going to reward your hard work, when you reach your goal. E.g. this could be having a cheeky chocolate bar, having a relaxing bath, buying yourself something new, playing your favourite computer game, having a film night.

*** IMPORTANT NOTE ***
If you're new to exercising, or you have health conditions, always get the all clear from your GP before you start a new exercise programme

Exercise smart instead of hard, they say. It gets us ahead of everybody. In everything we do, we should always just do our best.

NHS physical activity guidelines

| | | |
|---|--|--|
| <p>Children 5-18</p>  <p>60 mins of physical activity every day</p> | <p>Adults 19-64</p>  <p>150 mins of moderate aerobic activity per week</p> | <p>Adults 65 +</p>  <p>150 mins of moderate aerobic exercise p/w and strength exercises two days a week</p> |
|---|--|--|

Source: Public Health England

Use this tracker to plan your SMARTER move more GOAL.

| | |
|---|----------------------|
|  | S pecific |
|  | M easurable |
|  | A ction-Based |
|  | R ealistic |
|  | T imescale |
|  | E njoyable |
|  | R ewarding |

Music for Moving More

By Rachel Hale

For me music plays a huge part in my exercising routine.

It can make the difference between doing a workout or not bothering. It fires me up and keeps me motivated if parts of the workout feel tough.

Turn up the Music!

When I was training for competitions workouts could be very challenging, lifting and moving heavy weights and equipment. Music got me through some of the toughest, sessions, the beats, words, feel of the music got me in the right headspace to get through and do what I needed to do whilst in the gym.

What music does the same for you? What makes you want to move more?

Make your playlist

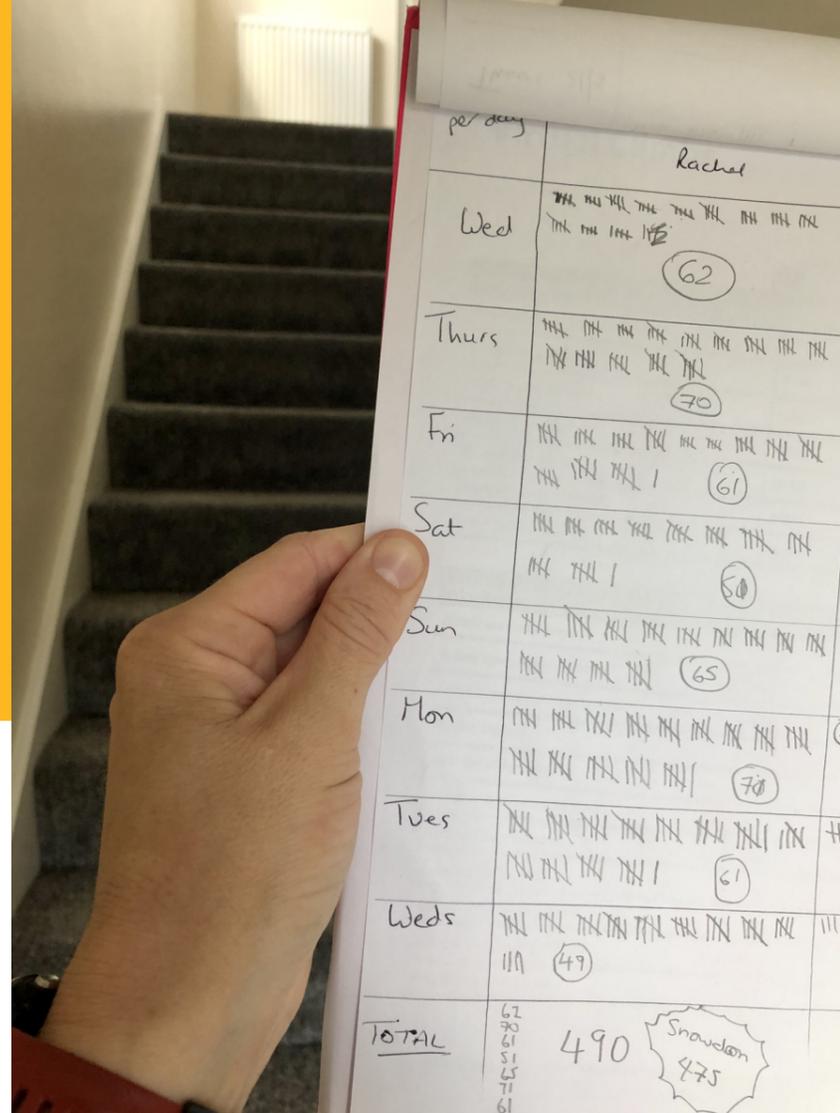
I have different playlists for different things. One which is more metal and rock for when I need to find grit and determination to move weights. A pop heavy selection when it's more cardio focused, we also have a family country music album when we are cooking and bopping round the kitchen, or I have chill out compilations when I'm having time out in the garden or walking.

Think about your moving more playlist and let us know some of the tracks you have chosen



“Here is my tally for the first week of my challenge, I chose Scafell Pike as my goal and had to do 58 stair flights a day.

I have to say it was tough, my legs certainly felt the flights by day 2. I stuck with it though and kept plugging away doing single flights or 5 — 10 reps at a time. By the end of the week I'd beaten my target and actually made it up Mount Snowdon :-)



You could aim to climb a building each week and build up to a mountain. Or go straight for a mountain in a week. This is your challenge so your choice.

Be realistic about your fitness level and you'll find that as the challenge progresses your fitness will increase and you can climb more flights than before.

Use your tracker sheet (on the next page) to record the number of flights you climb each day. Have you reached your target / building / mountain? If you miss a goal, don't stop. Keep going the next day, maybe thinking about ways to increase the number of steps you can complete.

If you reach your goal early maybe challenge yourself to climb a taller building or higher mountain. Continue to record the number of flights you climb so you can see the progress you are making and how much more you are moving every day :-)

Climb your way to fitness

By Rachel Hale

This month our CHALLENGE is all about STAIRS!!

This is a super way of increasing your daily activity, helping your health and using something most people have access to.

If you don't have a flight of stairs in your home you can use steps instead and count the number of times you step up and down maybe on your front or back steps into the house, or you might find some stairs outside your flat to use?

It's hard to keep track of the number of individual steps each day so instead record the number of flights climbed

There are 15 steps in an average flight of stairs.

We have a number of VIRTUAL BUILDINGS & MOUNTAINS you could climb.

If you want to send us your weekly and monthly totals we can see how high we have climbed as a team by the end of the month (The next Let's Get Physical Issue)

No special equipment needed, no need to get your shorts and sweat bands on just add some extra flights each time you use the stairs.

Do an extra flight each time you nip to the loo or make a brew. Find a way that works for you.

| Building | Steps | Flights |
|-----------------------------------|-------|---------|
| Millennium Dome—England | 320 | 21 |
| Sydney Opera House—Australia | 425 | 28 |
| Clifton Suspension Bridge—England | 490 | 33 |
| Big Ben—England | 632 | 42 |
| Forth Rail Bridge—Scotland | 680 | 45 |
| BT Tower—Birmingham, England | 997 | 66 |
| Blackpool Tower—England | 1036 | 69 |
| Seattle Space Needle—USA | 1164 | 78 |
| Canary Wharf Tower—England | 1600 | 107 |
| Petronas Twin Towers—Malaysia | 2860 | 190 |
| CN Tower—Toronto, Canada | 3500 | 233 |

VIRTUAL mountains

| Mountain | Steps | Flights |
|--------------------------------|--------|---------|
| Slieve Donard—Northern Ireland | 5390 | 360 |
| Scarfell Pike—England | 6180 | 412 |
| Mount Snowdon—Wales | 7120 | 475 |
| Ben Nevis—Scotland | 8810 | 587 |
| Mount Blanc—France | 30,420 | 2,028 |
| Mount Kilimanjaro—Tanzania | 38,680 | 2,578 |
| Mount Everest—Nepal | 58,070 | 3,871 |

My Challenge tracker

Use this tracker to record your daily, weekly, monthly flights.

Think about the good feelings you experience from being active and being more active on a daily basis. Recognise how much you are accomplishing :-)

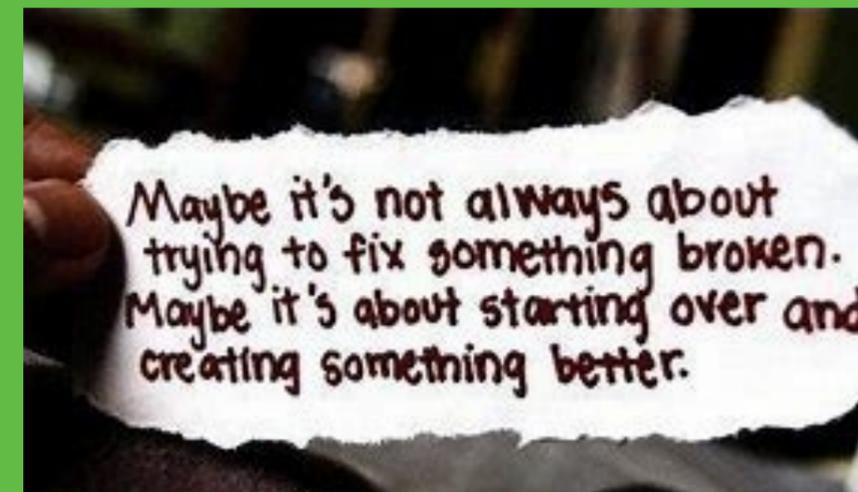
| | Week 1 Date: | Week 2 Date: | Week 3 Date: | Week 4 Date: |
|------------------------------------|------------------------------------|-----------------|-----------------|-----------------|
| Weekly Flight | | | | |
| Virtual climb NAME | | | | |
| | Number of flights climbed each day | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Total flights climbed this week | | | | |

**Keep
climbing!**

GRAND TOTAL : How many flights did you climb in total during the 4 week challenge?

_____ Flights,

What was the building or Mountain equivalent? _____



Stretch it out

By Rachel Hale

Once you start moving more it's super important to maintain your flexibility which is also a component of fitness.

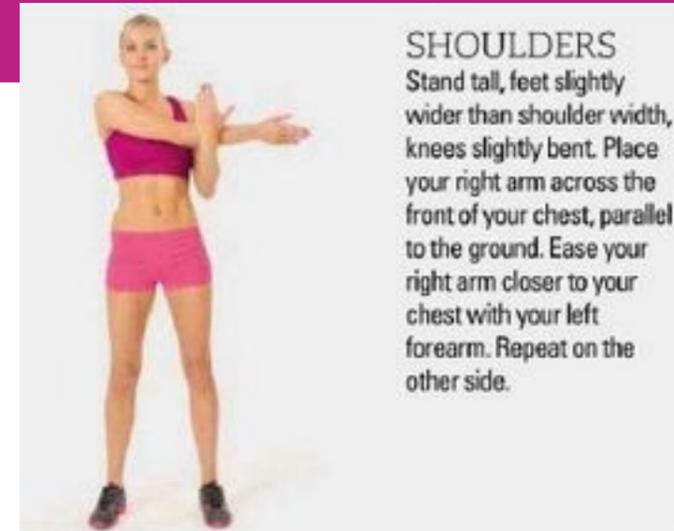
Doing vigorous housework, taking on the monthly stair climb challenge or generally being more active can make your muscles sore. Doing a short stretch routine can really help maintain your muscles length and range of movement.

How to stretch....

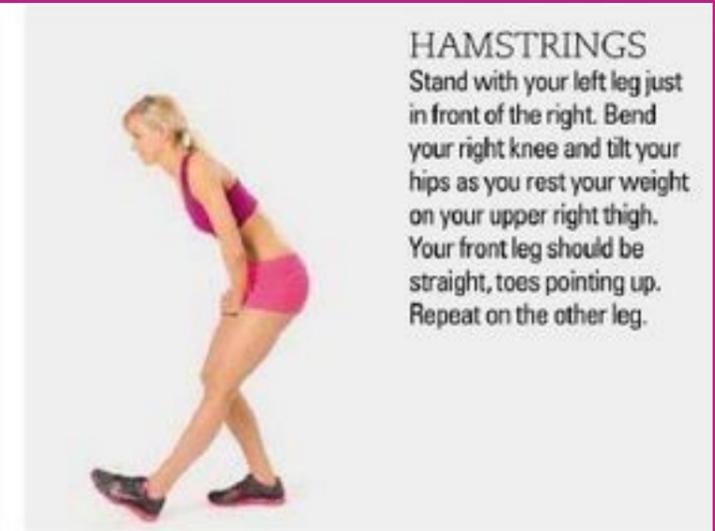
Perform your stretch routine at the end of your workout or at the day after a bath or shower when your muscles are warm, this will prevent any pulls or strains.

Imagine pulling a ball of cold blue tac, how it breaks. Once the blue tac is warmed up it stretches instead, same as muscles.

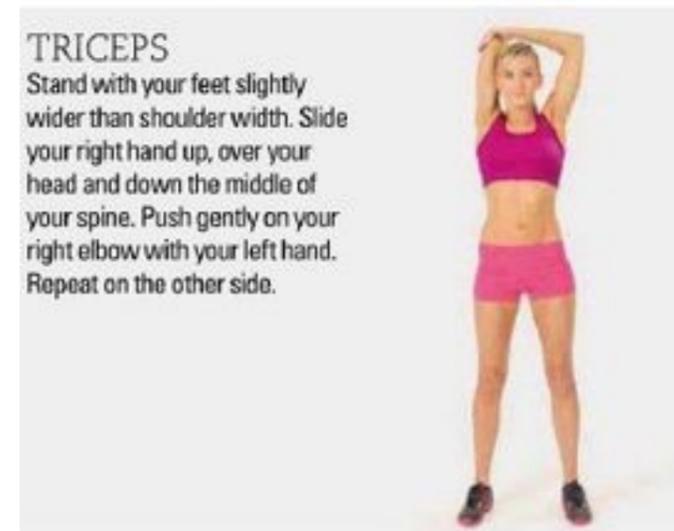
- Flexibility top tips**
- Hold each stretch for 15-20 sec each side.
 - Move to a point of mild discomfort in the stretch position. Everyone has a different level of flexibility so don't worry if you can't get into the same position as the picture, find your level and hold there, the flexibility will develop as you make it part of your daily routine.
 - You can repeat the stretch routine 1-2 times.
 - **DON'T STRETCH LIKE THIS BEFORE EXERCISE WHEN MUSCLES ARE COLD!**



SHOULDERS
Stand tall, feet slightly wider than shoulder width, knees slightly bent. Place your right arm across the front of your chest, parallel to the ground. Ease your right arm closer to your chest with your left forearm. Repeat on the other side.



HAMSTRINGS
Stand with your left leg just in front of the right. Bend your right knee and tilt your hips as you rest your weight on your upper right thigh. Your front leg should be straight, toes pointing up. Repeat on the other leg.



TRICEPS
Stand with your feet slightly wider than shoulder width. Slide your right hand up, over your head and down the middle of your spine. Push gently on your right elbow with your left hand. Repeat on the other side.



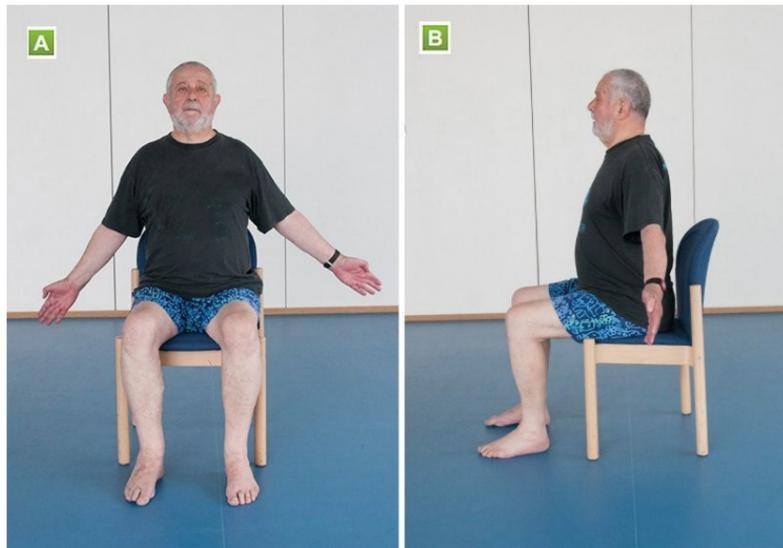
QUADRICEPS
Keeping your back straight, hold on to your right foot and lift it towards your bottom. Extend your left arm out at shoulder height. Keep your knees in line throughout the stretch. Repeat on the left side.



CHEST
Stand and extend your arms out and back as far as is comfortable, with your palms facing away from you. Hold, then repeat.



CALVES
Stand tall, then step forward on your left leg, keeping both feet flat on the floor and your right leg straight. Gently bend your left knee and rest your hands on your upper left thigh. Hold, then repeat on the other leg.



CHEST STRETCH

This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.



UPPER BODY TWIST

This stretch will develop and maintain flexibility in the upper back.

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side. Do 5 times on each side.



HIP MARCH

This exercise will strengthen hips and thighs, and improve flexibility.

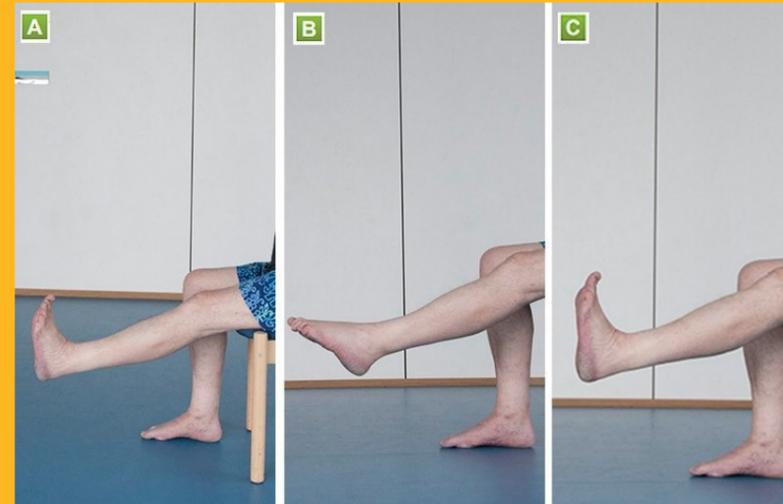
A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

C. Repeat with the opposite leg. Do 5 lifts with each leg.

Follow along chair based workout

This simple to follow workout from the NHS is a great start to move more at home. It is a mobility focused routine to stretch and mobilise your body. **All you need is a sturdy kitchen or hard backed chair.** Give it a whirl and let us know how you find it. This workout can be performed everyday as a foundation to generally start moving more.



ANKLE STRETCH

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

ARM RAISES

This exercise builds shoulder strength.

A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

Repeat 5 times.



Chair base fitness cont...



NECK ROTATIONS

This stretch is good for improving neck mobility and flexibility.

- A.** Sit upright with your shoulders down. Look straight ahead.
- B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- C.** Repeat on the right.

Do 3 rotations on each side.



NECK STRETCH

This stretch is good for loosening tight neck muscles.

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down.
- C.** Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.

Kate's story



Hello,

My name is Kate. I am 45 and have suffered with anxiety since my teens. When I left university this became much worse and I also developed a severe depression which also manifested itself in an eating disorder.

I did not seek professional help until I was 35. I had also suffered post-natal depression and I was not coping with life. I hit rock bottom and decided, with the persuasion from my family, to go to see my GP. I also took some time off work.

I was prescribed medication but was reluctant to take this and never did. I was lucky enough to have CBT which was invaluable. During my time off work I started to exercise. I began with short walks and would also go to my local swimming pool in Brighouse and swim just few lengths. I gradually built this up. I would also walk into Brighouse and then perhaps get the bus home. It was tiny goals and I tried not to put too much pressure on myself.

Exercise was my therapy, it gave me purpose, made me feel good about my body and helped lift the grey clouds in my mind.

10 years later I have realised how much I need this in my life still. I run, swim and do a lot of studio cycling. Even on a day I feel I can't face it, I will walk to the shop – set a small goal and maybe carry on a bit further if the mood takes me. It is often just the decision to put my trainers or shoes and get out of the door that is the hardest.

Getting outdoors, even in the winter is important to me and really can help. Walking in the park or in nature is also really uplifting. It doesn't have to be strenuous, just move your body and breathe.

So give it a go, small steps, small goals, no pressure.

Good luck

Kate

x