

## CARING FOR MYSELF & OTHERS

CHALLENGE #3

### DAILY CHOICES TO HELP THE NHS

The NHS has probably helped someone in your family or one of your friends at some stage.

Or maybe it has already helped you. We all turn to this service when our minds or bodies need some extra special care. But don't forget that you can do your part to help the NHS, too. You can make smart daily choices that create positive habits. These habits can make it easier for the NHS to provide health and wellbeing education and care to everyone.

#### DAILY CHOICE TRACKER

We all look after our health and safety every day without even thinking about it. Our daily choices help the NHS, but we could always do a little more and encourage others to take more care of themselves, too.

Track yourself over 24-hours to see how much you already do to keep yourself and others safe and healthy. Make a note of everything you think you could achieve throughout the day and see how many things you actually do. Some examples could be:

- Washing your hands
- Waiting for the traffic lights
- Wearing a face mask
- Wearing a seat belt
- Walking to the shop rather than getting in a car
- Drinking decaffeinated drinks rather than caffeinated

See if you can think of a few more things and add them to the list. Are you surprised by how many things you already do? Do you think you could do more?

Make a commitment to 3 daily habits you're either going to start or stop doing that could help support your health and safety today and in the future.

#3  
Daily Choice  
Tracker

GET LEADING

## HEALTHY BODY

CHALLENGE #1

### MOVE YOUR BODY

We use our bodies to walk, run, skip, jump, smile, laugh, and much more.

Our bodies move a lot and allow us to do the things we like. We have to keep our bodies happy and healthy by looking after them, though. We feel better and get stronger and fitter when we make exercise a regular part of our week.

#### LET'S GET ACTIVE!

Are you an active person?

Perhaps you're one step away from being a professional ping-pong player, or maybe you prefer dancing to your favourite song in your living room? We all have different exercise preferences, but there are benefits to all types of activities. The UK Chief Medical Officer recommends we enjoy at least 150 minutes of physical activity over a week. That's 2.5 hours to walk, run, skip, dance, or jump your way to a healthier life!

Your challenge is to try something new this month to get your heart pumping. If there's something you've always been interested in trying, give it a go now. Perhaps you've always fancied trying the Couch to 5k challenge to learn to run a few kilometres, or you might want to find some YouTube videos that teach you how to dance. Perhaps you're already really active and want to challenge yourself even further. Maybe you can run faster or add an extra dance class per week.

You know yourself best, so make the challenge suitable for you – just make sure you're committing to something that's pushing you out of your comfort zone. At the same time, though, don't push yourself so hard that you hurt yourself. Remember to drink plenty of water as you exercise and eat enough healthy food to give you the energy you need to move, too.

Try this challenge out for the next 4 weeks and see if you notice any benefits or improvements at the end of the month.



[www.nhs.uk/live-well/exercise/exercise-health-benefits/#:~:text=Whatever%20you%20do,there's%20strong,%2C%20stroke%2C%20and%20some%20cancer.](https://www.nhs.uk/live-well/exercise/exercise-health-benefits/#:~:text=Whatever%20you%20do,there's%20strong,%2C%20stroke%2C%20and%20some%20cancer.)

[www.ramblers.org.uk/go-walking/about-group-walks.aspx](https://www.ramblers.org.uk/go-walking/about-group-walks.aspx)

[www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k](https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k)

[www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report](https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report)

#1  
Let's Get  
Active!