



INFORMATION PACK

ENERGY4LIFE CHALLENGE

CONGRATULATIONS
AND WELL DONE
FOR TAKING UP THE
CHALLENGE!





HOW THE CHALLENGE WORKS

It's very simple...

- We have given you 7 energy habits to follow each day.
- Each day, you collect one 'energy point' for each habit you follow that day. Over each week, you collect 'energy points' for your team.
- At the end of each week, report the total points that you have earned that week to your team manager. The team manager then registers your score and the team's score on the portal

Your 7 daily energy habits

- 1 Achieve 30 minutes of moderate activity -everything counts (e.g. brisk walking, fast housework, active gardening, jogging, bicycling) so long you do it for at least 10 minutes and that you feel warmer and breathe faster
- 2 Drink 6-8 glasses of water each day
- 3 Eat a healthy breakfast to kick start your day
- 4 Eat every 2-3 hours. Snack on fruits such as bananas, peanuts and keep all snacks less than 100Kcal
- 5 Build recovery breaks into each day (relax, breathe, walk, clear your mind)
- 6 15 minutes or more of formal relaxation exercises
- 7 6-8 hours of quality sleep

WHY ARE THESE DAILY HABITS IMPORTANT TO ME?

They all build your energy to keep going by enhancing your resilience and stamina levels. Your energy levels dictate what you can do, and how well we you can do it! Your energy levels are derived from how fit you are; how healthy your food is; how well you sleep; and how well you rest and recover.

ACHIEVE 30-MINUTES OF ACTIVITY is the recommended guideline for being more active to promote health. In terms of your energy levels the fitter your machine is (your body) the more efficiently it can use the fuel you feed it – in other words it can keep going for longer on less!

DRINK 6-8 GLASSES OF WATER to keep yourself properly hydrated. Your body creates energy from the fuel you feed it in each of the individual cells of the body. Those cells can only convert the fuel into energy efficiently and effectively if they are 100% hydrated! If you are not properly hydrated your body can't effectively use the fuel you feed it! That's why you tend to feel tired when you're dehydrated.

EAT A HEALTHY BREAKFAST to kick start your day. You have just 'starved' your body of fuel for the last 8-12 hours! Your brain cells need a fresh supply of fuel within one hour of waking up for them to function at 100%. Studies show that people who have breakfast are more alert and focused, and have higher concentrations levels in the morning than those people who skip breakfast.

EAT EVERY 2-3 HOURS Snack on fruits such as bananas, peanuts give you longer lasting energy. Eat healthy snacks between your main fuel stops to keep your energy levels topped up – cereal bars, fruit (fresh and dried), nuts and seeds will keep your energy up in a healthy way! Keep all snacks less than 100Kcal.

BUILD RECOVERY BREAKS INTO EACH DAY to keep focused and feeling fresh. Athletes consider rest and recovery as the most important element of their training programme and it's the same for all of us. You cannot keep operating at 100% all of the time. Your mind and body need short breaks during the day to regroup and refresh in order to 'go again'. It's about working smarter, not longer!

HAVE 15 MINUTES QUIET TIME EACH DAY to allow your mind to process everything it has taken in; to make sense of it; and save what it needs. This is critical for rest and recovery and to allow you some 'down time'. You can do this at any time of the day and it's ideal in bed before you switch off the light to allow your mind to wind down, relax and slip into sleep.

HAVE 6-8 HOURS SLEEP each night. Sleep is when the body and mind recuperate and are refreshed. Science tells us that our bodies need to be dormant (asleep) for one hour for every two hours they are awake – hence why they say we each need, on average, 8 hours sleep a night. Although we're all different in how much sleep we need, we all generally need between 6 and 8 hours sleep a night. Make sure you get what you need. Work backwards from the time you have to get up, to work out what time you need to switch the light off; then add 15-30 minutes for relaxation in bed to allow you to wind down and slip easily into sleep to find out what time you need to go to bed.

Here's some examples of what you can do...

PLAN YOUR DAY

Your daily tasks	How will I do this...
Achieve 30 minutes of activity	Lunchtime walk
Drink 6-8 glasses of water	Glass of water with each meal and carry a bottle around with you
Eat a healthy breakfast	Get up 15 minutes earlier to make time
Build recovery breaks into each day	Take regular breaks throughout the day to recharge – 5 minutes will do.
Have 15 minutes of quiet time each day	Chill out for 15 minutes in the car before going into work
Snack on less than 100kcal each time	Buy some snack and make up a daily snack pack
Have 6-8 hours sleep	Good sleep is critical for your energy and health – plan your sleep times and go to bed relaxed.



TOP TIPS FOR BETTER SLEEP...

TOP TIPS FOR PREPARING FOR SLEEP

Create a calm bedroom environment - avoid turning it into an entertainment centre with televisions, computers and stereos – these just stimulate the mind and prevent sleep.

- Avoid alcohol - it's fine to have a nightcap, but too much alcohol can make you restless and cause disrupted sleep.
- Avoid caffeine for 3-4 hours before bedtime – caffeine is a stimulant which will stay in your system for a few hours.
- Eat right - eating a large heavy meal too close to bedtime will interfere with your sleep. Spicy or fatty foods may cause heartburn and foods containing tyramine (bacon, cheese, ham, aubergines, pepperoni, raspberries avocado, nuts, soy sauce, red wine) might keep you awake at night. Likewise, don't go to bed hungry as hunger creates discomfort which in turn prevents and disrupts sleep.
- Avoid using your smart phone or lap top after 9pm (especially for work) – the blue light emitted from these devices prevents the release of melatonin, a hormone that promotes sleep. Plus the content keeps your mind full and active when your mind needs to be winding down!

UNWIND BEFORE SWITCHING OFF THE LIGHT – RELAX YOUR MIND

Practice this exercise for 5-10 minutes each night – breathe (using your abdomen not your chest) through your nose for three seconds, then breathe out for three seconds. Pause for three seconds before breathing in again.

ALTERNATIVELY...

- Some people find that lavender oil, valerian or other herbs help them to sleep
- Others find that writing down their thoughts; a to do list; or worries helps clear their mind and reduce worry
- Many use the old fashioned method of reading in bed with a dim light for 15-30 minutes – this distracts your mind from the thoughts of the day allowing sleepiness to set in



Use these tips to help achieve the following daily energy habits:

Have 15 minutes of quiet time each day

Have 6-8 hours of sleep

ESTABLISH A SLEEP ROUTINE

Your body and mind likes consistency and predictability and this is particularly the case with sleep. You will find it easier to get to sleep and your sleep will be more refreshing, if you establish a regular sleep routine and pattern.

- Always dedicate 15-30 minutes to winding down in bed and relaxing before lights out
- Set a regular schedule - go to bed and wake up at the same time each day, even on weekends. This means switching off the light and waking up in the morning at roughly the same time each day – variations within 30 minutes are OK but no more.
- If you feel you haven't slept well, resist the urge to sleep in longer than normal; getting up on schedule keeps your body clock in its normal wake-up routine.

TAKE BREAKS DURING THE DAY

Take regular breaks throughout the day to clear your mind and recharge. During the day:

- Schedule your key breaks during the day in your diary and don't skip lunch
- Plan your work in bursts of 50 minutes followed by a short break, rather than marathon long sessions
- At the end of every meeting or task take a 5-minute break to refresh and refocus the mind
- Know when your most productive time of the day is and use it
- Use commuting time to actively unwind

ALSO CONSIDER

Using the evenings and weekends to unwind

If things are really tough at home or at work, take half a days leave mid-week, or a days leave for a long weekend, to give yourself a recovery break (if your work role allows).



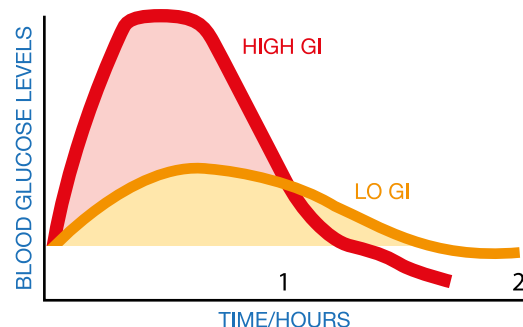
TOP TIPS FOR EATING FOR ENERGY

ENERGISE YOUR DAY – EAT BREAKFAST WITHIN 1 HOUR OF WAKING

Studies show that people who eat breakfast report being in a better mood and have more energy throughout the day. The body needs to have carbohydrates (glycogen) within 1 hour of waking to fuel the brain (your brain is fuelled by oxygen and glycogen). If the brain is deprived the body has to work extra hard to break down any stored carbohydrate, or turn fat or protein into a usable form of energy, for your brain to function. The longer you leave eating, the less fuel the brain has.

EAT FOODS FOR ENERGY AT YOUR TWO MAIN FUEL STOPS – BREAKFAST & LUNCH

The glycaemic index (GI) ranks carbohydrates according to their effect on your blood glucose levels. High GI foods give you a large sugar rush and then a major dip – your body interprets this yo-yo pattern in your energy levels as tiredness. Low GI carbohydrates produce only small fluctuations in your blood glucose levels and last for longer – so they're better for maintaining energy levels throughout the morning and afternoon



TO EAT FOR A HIGH ENERGY DAY, SIMPLY SWAP HIGH GI FOODS FOR LOW GI FOODS AT BREAKFAST AND LUNCH. HERE ARE SOME FOOD SWAP EXAMPLES:.

For breakfast, swap:

- Sugary fortified cereals **for** porridge or cereals based on oats, barley and bran
- White toast **for** wholemeal and granary toast
- Pastries **for** fresh fruit
- Tea / Coffee **for** fresh pressed juice
- Sweetened yoghurt **for** natural yoghurt
- Fried eggs **for** boiled, poached or scrambled eggs

For lunch, swap:

- White bread **for** brown, wholemeal or granary bread
- Little filling in sandwich **for** lots of salad in sandwich
- Sausage rolls and pies **for** lean meats and vegetables
- Chips and burger **for** pasta in a vegetable based sauce
- Crisps, cake and chocolate bars **for** nuts, seeds and cereal bars
- Fizzy drinks **for** juice and water

TOP TIPS FOR EATING FOR ENERGY

USE THESE TIPS TO HELP ACHIEVE THE FOLLOWING DAILY ENERGY HABITS:

- Eat a healthy breakfast
- Keep refueling during the day
- Drink 6-8 glasses of water

MORE TOP TIPS FOR EATING FOR ENERGY

KEEP REFUELING YOUR BODY

Eat some low GI carbohydrates for breakfast and lunch and don't skip meals. Eat health snacks between your main fuel stops to keep your energy levels topped up – cereal bars, fruit (fresh and dried), nuts and seeds will keep your energy up in a healthy way!

DON'T OVER EAT

Many people overeat and this is a big cause of sluggishness. Keep portion sizes small and eat more regularly. Keep snacks to less than 100 calories (a handful of nuts not a 500g bag!).

DRINK MORE WATER

Dehydration is one of the leading causes of tiredness and lack of energy. If you're not well hydrated, your body puts it's resources into maintaining your water balance instead of into giving you energy.

Everyone's water needs vary. Carry a water bottle with you during the day and keep refilling it; and drink a small glass of water when you get up and then with breakfast and with every meal.



TIPS FOR GETTING MORE ACTIVE

WHAT SHOULD YOU BE AIMING TO DO?

The recommended guidelines for health and energy:

Over a week, your activity should add up to at least:

- 150 minutes (30 minutes on at least 5 days a week) of moderate intensity activity (e.g. brisk walking or cycling)

OR

- 75 minutes of vigorous intensity activity (e.g. running)

OR

- A combination of both!

ACHIEVE YOUR DAILY ENERGY HABIT OF 'ACHIEVE 30 MINUTES OF EXERCISE A DAY' BY:

- Completing 30 minutes of moderate intensity exercise (such as brisk walking) a day

OR

- If you're into vigorous intensity exercise (such as running) award yourself a 'energy point' for each day of the week if you complete over 75 minutes of that exercise during the week!

GET THE MOST OUT OF YOUR WALK

Stride out, Walk tall, Use your arms, Get your pace right.

You can do this with the dog and with your family.



WALKING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	30:00	30:00	31:00	31:30	3 to 5
2	2.5	36:30	37:00	37:30	38:00	3 to 5
3	2.5	36:00	36:30	37:00	37:00	3 to 5
4	2.5	35:30	36:00	36:30	37:00	3 to 5

INTERMEDIATE WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	25:30	26:30	27:30	28:30	3 to 5
2	3	41:00	42:00	43:00	44:00	3 to 5
3	3	40:00	41:00	42:00	43:00	3 to 5
4	4	54:00	55:00	56:00	57:00	3 to 5

JOGGING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	1.5	16:30	17:30	18:30	19:30	3 to 5
2	1.5	15:00	16:00	17:00	18:00	3 to 5
3	2.0	18:00	19:30	20:00	21:30	3 to 5
4	2.0	17:00	18:00	19:00	20:00	3 to 5

INTERMEDIATE JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	3	24:00	25:00	26:00	27:00	3 to 5
2	3	23:00	24:00	25:00	26:00	3 to 5
3	3	22:00	23:00	24:00	25:00	3 to 5
4	4	30:00	31:00	32:00	33:00	3 to 5

CYCLING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS CYCLING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	3	12:00	12:30	13:30	15:00	3 to 5
2	4	16:00	16:30	17:00	20:00	3 to 5
3	4	15:00	15:30	16:00	19:00	3 to 5
4	5	18:00	19:30	21:00	25:00	3 to 5

INTERMEDIATE CYCLING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	6	11:00	12:00	13:00	14:00	3 to 5
2	7	16:00	17:00	18:00	19:00	3 to 5
3	8	19:00	20:00	21:00	22:00	3 to 5
4	4	18:00	19:00	20:00	21:00	3 to 5

GOOD LUCK ON
THE CHALLENGE

