



Beginners guide to Healthy Living

welcome



Welcome to a beginners guide to Healthy Living.
In this booklet you will find a variety of subjects that will help you to live a
healthy lifestyle.

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www.activerainbow.co.uk

program

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- Foods to improve sleep
- Relaxing exercises before bedtime

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ways to wellbeing

01

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Good relationships are important

02

Be Active

Being active is not only good for the body but also the mind

03

Take Notice

Take notice of your surroundings and be more aware

04

Learn


Learn a new skill to boost self confidence

05

Give

Help other people will help you connect





module one

Anxiety

module one

What is anxiety?

- Anxiety is what we feel when we are worried or afraid of something that is about to happen. It is your bodies natural "fight or flight" reaction to danger. The feelings you may experience are like worry or fear.
- Anxiety is a natural response when we feel under threat. Some people experience anxiety when coping with a stressful situation.
- We all have a different natural response to how we deal with stressful situations. The key is to recognising your triggers and taking a step away from the situation to reset. This module will give you tips needed to help you deal better with your stressful situations.
- Everyone experiences the feeling of anxiety at times and is a natural reaction to a situation

module one

Signs and symptoms

If you are feeling anxious, you may feel the following;

■ Feeling tired and irritable

■ Unable to concentrate

■ Feeling light headed

■ Breathing faster

■ Sweating or having hot flushes

■ Nausea

■ Grinding your teeth

■ Pins and needles

■ Churning feeling in your stomach

■ Trouble sleeping

Top tips to help with anxiety



Talk to someone you trust and face up to the things you want to avoid.



Accept anxiety is part of you. Try keeping a diary or journal to monitor how you are feeling.



Make time for yourself and do something you enjoy.



Take regular physical activity, see module 4 for details and gentle Pilates and Yoga videos.



Eat a well balanced diet. see module 7 for details of how food can help your mood and energy levels.



Try to get a restful sleep. see module 8 for further details.



module two

Super
Food

Foods to boost your energy and mood



When you start to feel tired and your mood is low, it is very easy to opt for a quick fix. This normally includes grabbing a coffee, a packet of crisps or some sweet food.

Sweet foods will give you the quick hit of pleasure because of the hormone serotonin. Unfortunately due to the spike in sugar levels you will very quickly come crashing back down, feeling just how you did before.

The drop in your blood sugar increases cravings and leaves you wanting more sugary food. It becomes a cycle that is difficult to get out of.

What we should be doing is focusing on energy boosting snacks that are rich in protein, fibre and complex carbohydrates. The energy from these kinds of foods will release slowly, keeping your body fuelled for a longer period of time.

Super Foods

Peanut Butter



High in protein and good fats

The healthy fats, protein and fibre keeps your blood sugar levels stable.

Be sure to buy the brands that DO NOT contain added sugars and have a serving of 2 spoonfuls or less.

Bananas



Good source of potassium

Bananas are filled with potassium, fibre and vitamin B6 .

These nutrients promote sustained energy and muscle function.

Greek Yoghurt



Good source of protein and calcium

Greek yoghurt contains probiotic which is good for your gut health.

Calcium is good for supporting healthy bones and healthy teeth.

Nuts and seeds



Rich in fibre and protein

Nuts are full of fibre and fats that are good for your heart. Nuts reduce the risk of heart disease and help support weight loss.

Turmeric



Antioxidant and anti-inflammatory

The compound in turmeric called curcumin is known to assist in the prevention of chronic disease such as heart disease and diabetes.

Salmon



Packed with protein, Vitamin B, potassium.

Salmon is one of the best sources of Omega -3 fatty acid also known to lower the risk of heart disease and diabetes. Limit oily fish to 2 or 3 portions a week.

Food swaps

Naan bread



Yoghurt Naan

Chips



Baked potato



Try and think of your own food swaps



Meal planner

Mon

Week date

Tue

Weekly
budget

Wed

Shopping list

Thu

Fri

Sat

Sun



Antioxidant berry smoothie

HOW TO MAKE

Place all ingredients in a high-speed blender and blitz until smooth.



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
331 kcal
12g Fats
25g Carbs
29g Protein

WHAT YOU WILL NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk (milk of your choice)
- 2 tbsp. vanilla whey or pea protein (optional)
- 1 tbsp. smooth almond butter
- handful ice cubes



Omelette Wrap

HOW TO MAKE

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp. of oil in the medium size frying pan and fry $\frac{1}{4}$ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for $\frac{1}{2}$ minute.

Remove the omelette from the pan and set aside. Fry the other omelette with the rest of the oil.

WHAT YOU WILL NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- $\frac{1}{4}$ cup (60ml) soya milk (milk of your choice)
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

To serve, spread the cottage cheese paste over the omelette and top with smoked salmon. Roll up the omelette as a wrap and cut in half.



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per serving:
237 kcal
15g Fats
3g Carbs
20g Protein



module three

Essential
oils

Introduction to essential oils

Essential oils come from all around the world. They are essential as they contain the undiluted essential properties of the plant or resin that is being processed. Essential oils can be used in many ways, from, around your home for cleaning purposes, used 'topically' which means applied to your skin using a carrier oil or inhaled by dropping into an oil burner or a diffuser, made into a room spray or added into candles when they are made.

Lavender essential oils

When it comes to essential oils, lavender is one of the most popular and most well known of the essential oils. This is because it has a very mild, but pleasant scent, is easy to find, and has so many uses. While there are many more, here are some of the top ways to use lavender essential oils.

Benefits of lavender

Get better sleep

Sleep is an integral part of everyone's daily schedule, but far too many people suffer from insomnia. This could be from stress in your life, not planning for enough hours of sleep, or because you don't allow yourself time to relax before bed

Improve your mood and reduce stress

Another wonderful benefit to lavender essential oil is improving your mood. Not only can it relax you and help with anxiety, but you can really just have a better mood and demeanour overall

Are you dealing with a lot of stress in your life? Then lavender essential oil might be the answer. Everyone has stress, but when you notice it is taking over your life, causing anxiety attacks, depression, or lack of sleep, it is time to do something about it

Heals skin wounds

Lavender is not only good for mental health, but physical health as well. Lavender has been shown through research to promote the healing of skin wounds



Essential oils to help you relax

Lavender



When people think about essential oils for stress relief or relaxation, they usually turn to lavender first. That is because this oil is really great at releasing stress and tension, relieving anxiety, and making you feel more relaxed and peaceful.

Chamomile



Another popular essential oil to make use of when you need to relax is chamomile. You may have had chamomile tea before, which is known to help you relax your mind and body, particularly during your night time routine when you need to get ready for bed. Chamomile is naturally a very calming and soothing oil.

Rose



Rose essential oil is perfect for relieving stress and tension. You might see this in blends with other relaxing oils like lavender or geranium, but you can definitely use it alone as well. With rose oils, they are wonderful in a bath with some rose petals, or you can use a cream that contains the oil in it

Bergamot



If the reason you need a little help relaxing is because of some anxiety or stress, then bergamot might be the solution.

For relieving anxiety, bergamot is great in a diffuser for aromatherapy, or you can dilute it and apply it to your temples.



module four

Exercise

Benefits of physical activity

**IMPROVES
MUSCLE
TONE AND
STRENGTH**

**INCREASES
LUNG
CAPACITY**

**IMPROVES
HEART
HEALTH**

**Some of
the
benefits of
physical
activity
include**

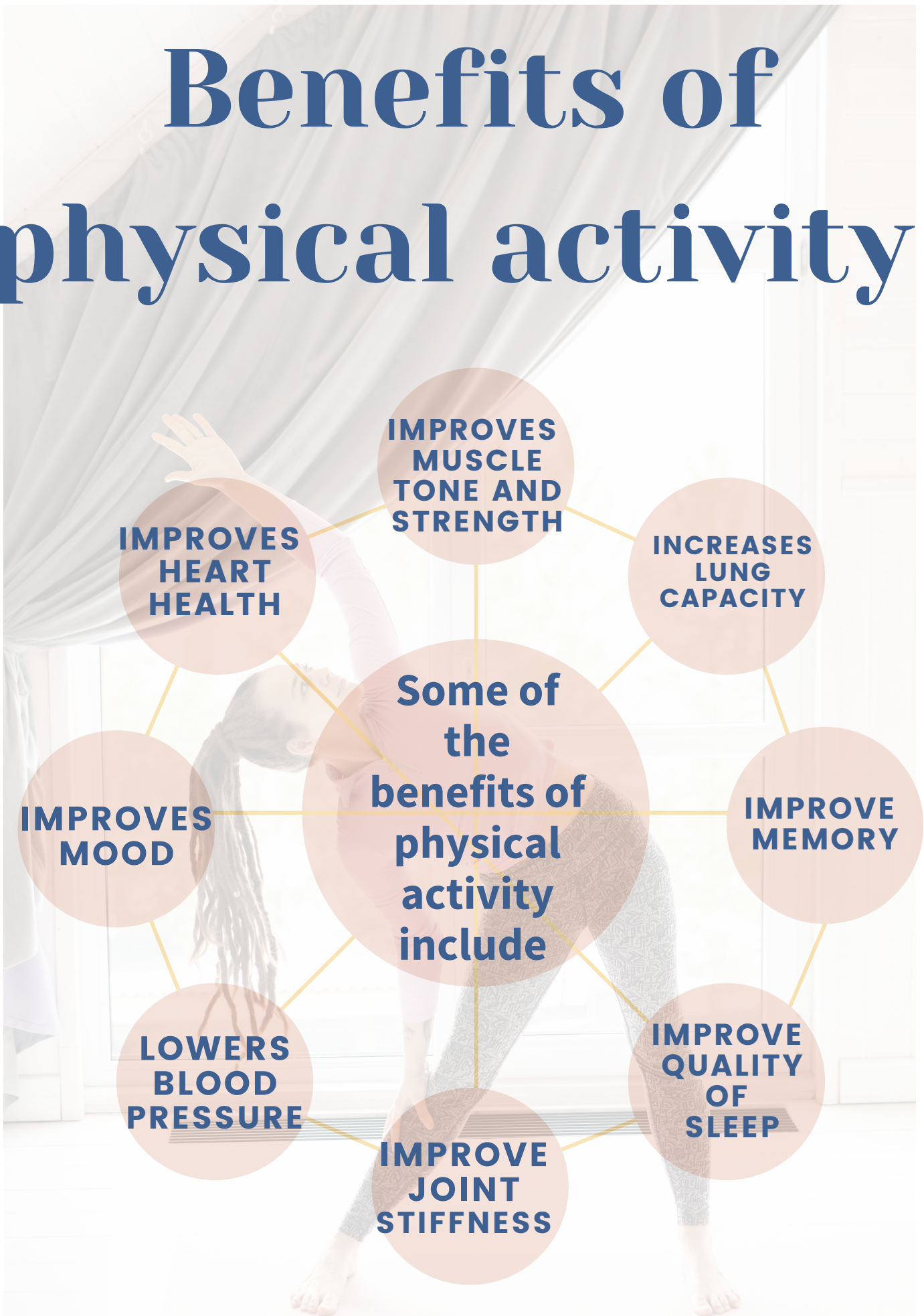
**IMPROVE
MEMORY**

**IMPROVES
MOOD**

**IMPROVE
QUALITY
OF
SLEEP**

**LOWERS
BLOOD
PRESSURE**

**IMPROVE
JOINT
STIFFNESS**



Module 4

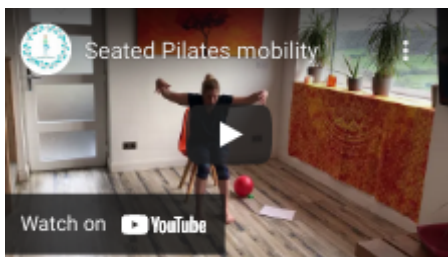
Beginners exercise

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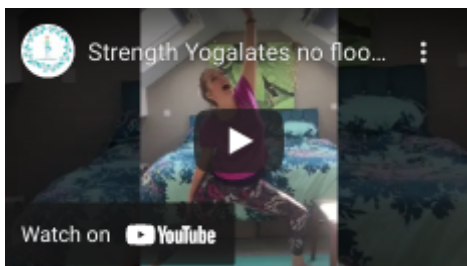
<https://youtu.be/jZQjyC5HGDk>

Standing Pilates
Traditional Pilates moves
performed all standing



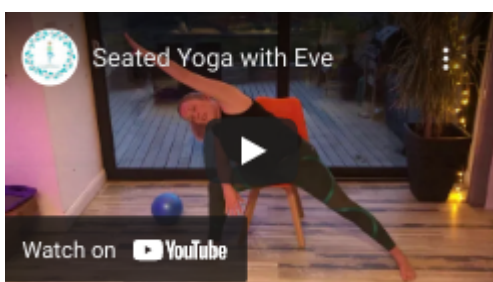
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Seated Pilates
Adapted Pilates performed
seated



https://youtu.be/UB48IGUc_c8


Standing Yoga
Adapted studio Yoga using
a chair as aid



<https://youtu.be/I7NJWjpRhFA>

Seated Yoga
moves adapted to be
performed in a seated
position





module five

Meditation
and breathing techniques



SPINE ERECT

**EYES CLOSED
FOCUSING ON
THE MIDPOINT
BETWEEN THE
EYEBROWS**

**PALMS FACE
UPWARD**

**FEET ON THE
FLOOR, LEGS
AT 90 DEGREES**

Meditation posture

Benefits of meditation



Reduces stress

Stress can in turn create other problems that lead to difficulty sleeping, which can cause a cyclical effect. Any form of reducing stress can be life-saving, and many studies done on meditation have even noted that reduced stress has a powerful effect on diseases like IBS.

Reduces Anxiety

The combinations of deep breathing, and slow self-consideration help to reduce the negative responses that shallow fast breathing can trigger. That can have a range of benefits for multiple type of anxiety disorders and panic attacks.

Improves Your Attention Span

When you meditate, one of the key factors that you will see is a noticeable increase in your ability to observe, record and recall information. These three factors are at the forefront of being sure that you can complete tasks without being constantly distracted by things.

Breathing



”

**Energy
breathing
makes me
feel
energised
and awake**

Energy breathing is a great way to create energy when you are feeling tired.

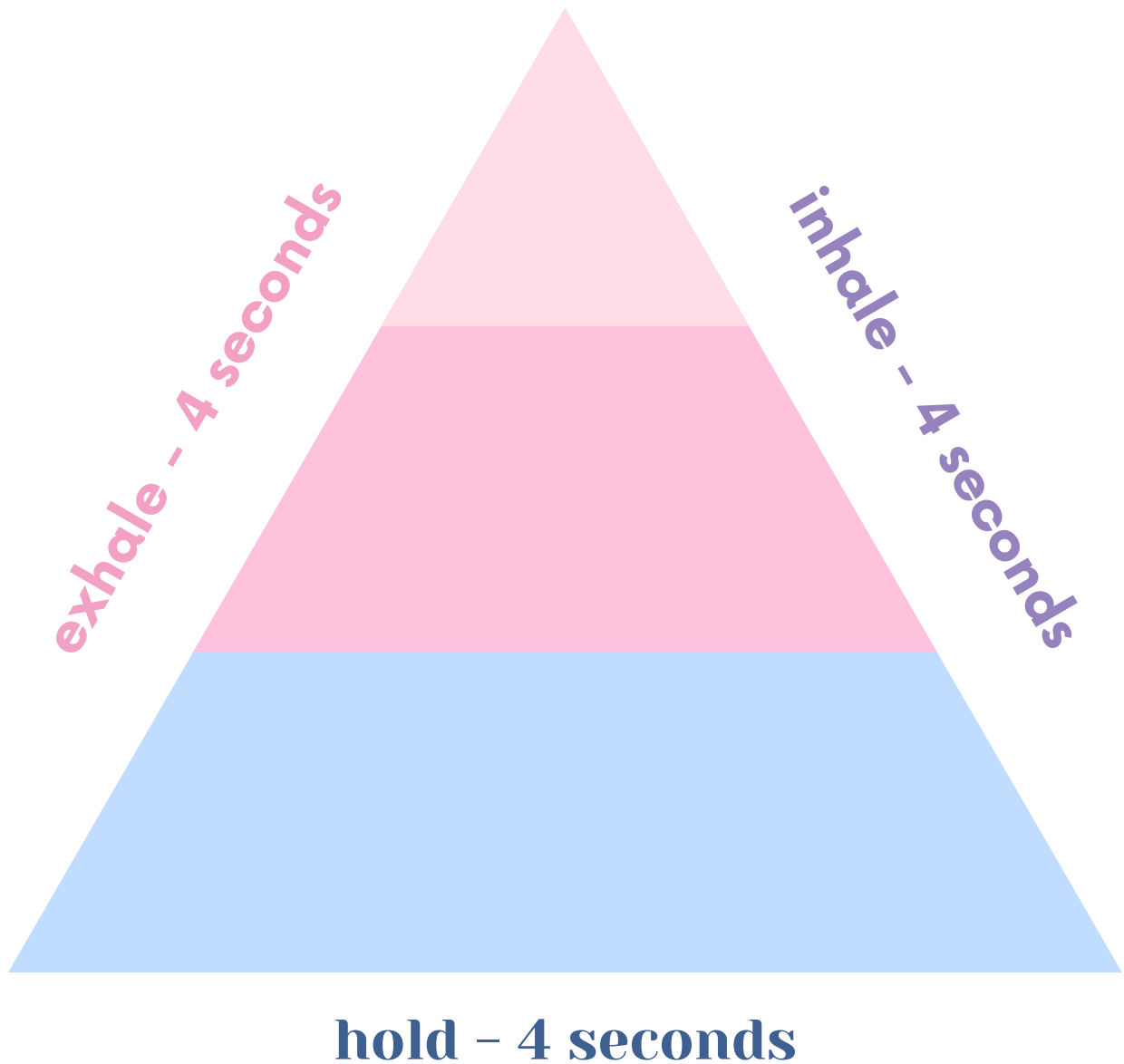
This exercise is good when you get up on a morning. Open a window or go outside. Breathe in the fresh air.

Getting started

We recommend standing up for this exercise.

- Breathe in for 5 seconds
- Hold for 10 seconds
- Breathe out for 10 seconds
- Try and repeat 3 times

triangle breathing



to calm the mind

Breathing to help panic attacks



<https://youtu.be/8vkYjf8DOsc>

Sleep

Looking to improve your night-time routine?

When you put emphasis on the right things, you can have a nightly ritual that not only helps you get ready for bed, but actually improves your sleep. Here are some nightly ritual routines that allow you to create the most effective routine possible.

Always start with your way

- Think about why you want to change your routine
- Write down your reason next to it

Make better sleep your priority

- What would help your sleep? Maybe turning off the TV and putting your phone away
- Try meditation or focusing on your breathing
- Journaling your thoughts before bed to clear your mind

How to fall asleep faster

Feel your entire body and face relax

The first trick to falling asleep faster is to lay on your bed and start envisioning your body relax. Start with the top of your head and your face, and work your way down your body.

Use Visualisation

Visualisation is another great trick for getting you to fall asleep faster. While feeling your body relax is one good way to practice visualisation, there are many more ways to use this technique. What you want to do is create images in your mind while your eyes are closed about scenes that are relaxing to you.

Get Ready for Bed Sooner

Experiment with getting ready for bed about an hour earlier to start with. This should include only relaxing activities, not a lot of excitement or stimulation. It might include taking a soothing bath, listening to soft music in your bedroom with the lights off, writing in a journal, or just closing your eyes and giving your body time to relax.

Relaxing exercises before bedtime

To create a night-time routine that helps you get better quality sleep, adding some light exercise is a great option. It really should only take a few minutes, and can help your body and mind get into a more restful state. Here are some exercises that are relaxing and can help you sleep.

Yoga or Pilates

A common exercise to do before bed is Yoga or Pilates. Both of these are quiet activities that focus on stretching your body and your breathing, so they help to reduce your stress. Not only do people find benefits of doing them in the morning, but the evening as well.

They are particularly useful if you struggle with a lot of anxiety, depression, or your stress levels have been high. Between the slow, steady movements to the focus on your breathing, they end up being relaxing, even while helping to increase your strength and flexibility.

Evening Walks

Walking is a wonderful way to relax before bed, especially if you can walk outside in a safe place. Think about this as your gentle, slow walk for the day, not speed walking or going for a run, but a walk to just clear your head and relax. It might be a family walk after dinner, walking your dogs before bed, or just walking on the treadmill while you listen to a podcast or some music. Make it part of your evening routine.

Your bedtime routine



Write down your new bedtime routine below.

HOW WAS
YOUR NIGHTS
SLEEP?

- _____
- _____
- _____
- _____
- _____

Yoga For Relaxation



SEATED TWIST



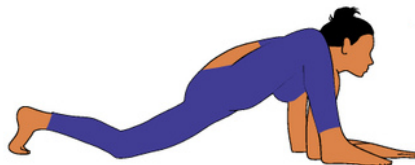
COBBLER'S POSE



PUPPY POSE



SEATED FORWARD FOLD



DRAGON POSE



RAG DOLL



HALF WIND RELIEVING POSE



LEGS IN THE AIR



thank you

**Thank you for taking the time to
read and be involved in our programme.
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please visit our website**



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