



# Online Healthy Lifestyles Programme

# Barking & Dagenham

## Week Commencing – 15 June 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Physical Activity and Exercise Sessions</b>	Online workouts with Jason, Barbara & Karl <a href="#">Join Here</a> go to Get Active section	11.30am to 12.30pm Supple Strength with Jason <a href="#">Join Here</a> 12.45pm to 1.30pm Kickboxing with Jason <a href="#">Join Here</a>	Street Tag Health Tag Challenge / Street Tag Activity <a href="#">Health Challenge Join Here</a>	12pm – Instagram live with Be Fit Today <a href="#">Join Here</a>	9.30am to 10am HiIT class with Jason <a href="#">Join Here</a> 11.30am to 12.30pm Total Body Workout with Jason <a href="#">Join Here</a>
<b>LEAN Living (Adults)</b>	10am Everyday Active with Seun <a href="#">Join Here</a>	10am Eat Out & Party with Nazia <a href="#">Join Here</a>	2pm Get Your Heart Rate Up with Muktadir <a href="#">Join Here</a>	1pm Build your Strength with Simon <a href="#">Join Here</a>	10am Getting Started / Intro to MS Teams <a href="#">Join Here</a>
<b>LEAN Beans (Families)</b>				<b>*NEW*</b> 10am Introduction to Healthy Eating with Pete <a href="#">Join Here</a>	
<b>Stop Smoking Support</b>	2pm Stop Smoking Peer Support <a href="#">Join Here</a>			4pm Stop Smoking Peer Support <a href="#">Join Here</a>	
<b>Play and Communication</b>		10.30am to 11am Little Rhyme Makers with Susan <a href="#">Join Here</a>		10.30am to 11am Little Rhyme Makers With Emma <a href="#">Join Here</a>	1pm to 1.30pm Little Rhyme Makers with Nikki <a href="#">Join Here</a>
<b>Young at Heart (YAH)</b>	1pm to 2pm Basic Mobile Phone advice <a href="#">Join Here</a>	10.30am to 11.30am Coffee morning <a href="#">Join Here</a>		1pm to 2pm YAH Quiz <a href="#">Join Here</a> 2.30pm to 3.30pm	<b>GREAT GET TOGETHER!!</b> 12.45pm to 1.30pm Chair Based Exercise <a href="#">Join Here</a> 4pm to 5pm

		11.30am to 12.30am Supple Strength with Jason <a href="#">Join Here</a>  Knit & Natter 1.30pm to 2.30pm <a href="#">Join Here</a>		Get Crafty Ideas for Recycling <a href="#">Join Here</a>	Sunset Dance with Ken <a href="#">Join Here</a>  5pm to 6pm Great Get Together Quiz <a href="#">Join Here</a>  6pm to 6.30pm Great Get Together sing-along <a href="#">Join Here</a>
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For more ideas for Physical Activity sessions please click [here](#)

## Programme Descriptions

PHYSICAL ACTIVITY	
<b>Supple Strength</b>	Help increase flexibility and strengthen muscles using your own body weight and moves from the holistic worlds of Yoga & Pilates.
<b>Kick Boxing</b>	Using drills and techniques straight out of the world of the martial arts learn to punch, kick and strike your way to fitness.
<b>Street Tag Health Challenge</b>	Need motivation to maintain a healthy lifestyle? Commit to monthly physical activity challenges for a small fee and help to raise money for local charities
<b>Hiit Sessions</b>	Using body weight exercises that work a lot of the muscles at once, this class will help you burn more calories in less of the time.
<b>Total Body Workout</b>	This fun and dynamic class will keep your whole body fit and strong.
<b>Chair Exercise</b>	Join in with basic exercises, using a chair, to keep you fit and active.
HEALTHY EATING	
<b>LEAN Living</b>	Learning, Exercise and Nutrition! Adult weight management, the programme is 12 weeks/topics and include: <ul style="list-style-type: none"> <li>• Key to Healthy Eating</li> <li>• Get your HR up</li> <li>• Food is fuel</li> <li>• What are your external triggers?</li> <li>• Build your strength</li> <li>• Breakfast Benefits</li> <li>• Fats under the spotlight</li> <li>• Understand your internal triggers</li> <li>• Make every day active</li> <li>• Make meals matter</li> <li>• Sugars under the spotlight</li> <li>• Eat out and party</li> </ul>

<b>LEAN Beans</b>	<p>Learning, Exercise and Nutrition! Aimed at families with children aged 5 to 12 years.</p> <p>6 week family healthy lifestyles programme, with the following topics:</p> <ul style="list-style-type: none"> <li>• What it means to be healthy - <a href="#">Food is Fuel</a> / <a href="#">Food &amp; Activity Diary</a></li> <li>• Portion Sizes and Wholegrains</li> <li>• Sugars</li> <li>• Fats and Snacks</li> <li>• Physical Activity</li> <li>• Quiz</li> </ul> <p>Fact sheets and worksheets will be available for each session which will support your families learning.</p>
<b>Getting Started</b>	Introduction session to the LEAN Living programme with an overview of the topics. The session will also cover general advice and guidance on how to use Microsoft TEAMS.
<b>STOP SMOKING</b>	
<b>Peer Support</b>	If you would like the chance to have a chat or just listen to other people who are trying to become healthier and change their smoking habits, we will talk about things that have worked for other people, and discuss ideas how to over-come, challenges and triggers.
<b>PLAY AND COMMUNICATION</b>	
<b>Little Rhyme Makers</b>	0-5 years - Music and movement group for children and their mums, dads and carers to sing, share music, make friends and learn language together.
<b>YAH SESSIONS</b>	
<b>Basic Mobile Phone Advice</b>	Bring your mobile phone and ask away about the basics of your mobile phones i.e. sending messages, accessing emails, whatsapp queries.
<b>Coffee Morning</b>	Join our coffee morning, have a catch up with a cuppa, chat to old friends and make new ones.
<b>Knit &amp; Natter</b>	Bring your knitting/crochet needles with your cuppa and learn basic skills, share ideas and have a chat with friends and or make new ones
<b>YAH Quiz</b>	Join our Young at Heart quiz every week there is something different, get your thinking caps on and give it a go
<b>Get Crafty Ideas for Recycling</b>	Making things from recycled goods that are in your home, come and get crafty with us and create something special.
<b>Great Get Together</b>	In memory of former MP Jo Cox, a range of activities bringing the community together during the Great Get Together Weekend