



Online Healthy Lifestyles Programme

Barking & Dagenham

LEAN Living

‘Helping you to lead a healthier lifestyle’

Day	Time	Facilitator	How to join	Session Information
Monday	6pm	Seun	Join Microsoft Teams Meeting	12 Week Programme, you can join in on any session.
Tuesday	10.30am	Julian	Please register by emailing healthy.lifestyles@lbbd.gov.uk	Starts 12 January 2021 8 Week Programme Must join on week 1
Thursday	1pm	Simon	Join Microsoft Teams Meeting	12 Week Programme, you can join in on any session
Friday	10am	Nazia	Join Microsoft Teams Meeting	Getting Started Session – this gives you information about the programme and a chance to meet the Facilitators
Saturday	10am	Simon	Join Microsoft Teams Meeting	12 Week Programme, you can join in on any session
Sunday	11am	Julian	Please register by emailing healthy.lifestyles@lbbd.gov.uk	Starts 10 January 2021 8 Week Programme Must join on week 1
Sunday	3pm	Julian	Please register by emailing healthy.lifestyles@lbbd.gov.uk	Starts 17 January 2021 8 Week Programme Must join on week 1

Session Topics:

Week	12 Week Programme - Topics	8 Week Programme – Topics
1	Key to Healthy Eating	Goal Setting and Motivation
2	Get your HR up	Sugars and Fats
3	Food is fuel	Food Groups and Exercise
4	What are your external triggers?	Eating Patterns and the importance of breakfast and water
5	Build your strength	Triggers and Rewards
6	Breakfast Benefits	Physical Activity
7	Fats under the spotlight	Dinning Out and Setbacks
8	Understand your internal triggers	Programme recap and Looking Ahead
9	Make every day active	
10	Make meals matter	
11	Sugars under the spotlight	
12	Eat out and party	