



# Self-Help Support for getting active or achieving healthy weight in Bracknell Forest

## Contents

1. Background .....	2
Summary of Provision.....	2
2. Healthy eating tips.....	2
3. Getting Active .....	2
4. Free online exercise classes.....	2
5. Getting active with a disability/with a long-term condition.....	3
6. More ways to kickstart your health and move more .....	3
7. Further Local Support .....	3
8. QR Codes to Public Health services .....	4

## 1. Background

There is a range of digital support available in relation to getting active and achieving a healthy weight across Bracknell Forest.

This information pack outlines the early help support offer from prevention and self-help support for staff/residents to ensure people get the right help with eating well, getting active and achieving a healthy weight at an early stage.

This pack gives a range of different options for eating well, achieving a healthy weight, and getting active.

## Summary of Provision

### 2. Healthy eating tips

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

Below are local/national Information and support for yourself or for the whole family:

- For simple healthy eating tips, top recipes, and guidance, visit the NHS Live well – eat well webpage via this [link](#).
- [Change4Life](#) is here to help you and your family be healthier and happier by eating well and moving more. The website includes a range of quick and healthy recipe ideas.
- Bracknell Forest Council [Public Health Portal](#) provides a range of Information on eating healthily, staying hydrated along with local and online resources to support your healthy eating journey.
- [Bracknell Forest Council Recipe Booklet](#) have some tasty recipes to support local residents with healthy eating tips and portion size guide.
- If you are trying to lose weight as a beginner, try the [NHS Free 12 weeks weight loss and exercise plan](#)
- You can also download the [Free NHS apps](#) to support your healthy eating journey

### 3. Getting Active

[Public Health Portal](#) includes a range of self-help options to help you get active in the way that best suits you. You will find a number of beginner friendly, sociable, and fun opportunities locally. This includes local and national support such as:

- Walking groups
- Traffic free cycle routes
- Local clubs and activities via the community map
- And One You lifestyle apps

Want to stay active while at home, visit [Public Health Portal - Health at Home - Keeping Active page](#) – to explore the benefits of keeping active while at home.

[Public Health England Active at Home Booklet](#) also have a range of information to help you move more at home

### 4. Free online exercise classes

There are a variety of free online exercise classes available for beginners to help you get active from your own home. This includes:

- [Free Couch to fitness](#) 9-weeks home exercise plan and classes for beginners.
- [Join the Movement](#) provides online classes, tips, advice, and guidance on how to keep or get active in and around your home including support for families.
- [InstructorLive](#) have a range of workouts available. You can access 10 programmes on-demand free for 3 months if you are a beginner.

## 5. Getting active with a disability/with a long-term condition

There are a variety of national support and guide to help you get active if you have a disability or long-term health condition. For more information visit the NHS page [here](#). The guide includes information that will help you:

- Search for activities or classes
  - Build activity into your day
  - Browse activities and sports
- [Parasport](#) provides a range of online home workout videos for people with disabilities and can be access in your own pace.
  - [We Are Undefeatable](#) is a movement supporting people with a range of long-term health conditions. They also provide a range of free exercises and inspiration information to help you stay active.
  - [Making Walks Sensory toolkit](#) includes advice on planning walks, tips on encouraging mindfulness and suggested sensory activities. The toolkit is primarily designed for all people who support disabled people, whether they are parents, siblings, carers, support staff, volunteers or walk leaders. The toolkit also includes step-by-step instructions and activity cards including games that can be enjoyed with little or no equipment, or in any sized space.

## 6. More ways to kickstart your health and move more

If you want to improve other aspects of your wellbeing, the NHS have further great free tools to support you move more.

[NHS Free lifestyle apps](#) includes Active 10 app, Couch to 5K app and many more.

[Better Health page](#) – has a range of resources and information to support your healthy lifestyle journey including information on achieving a healthy weight, getting active, quitting smoking, drinking less etc.

### Further Local Support

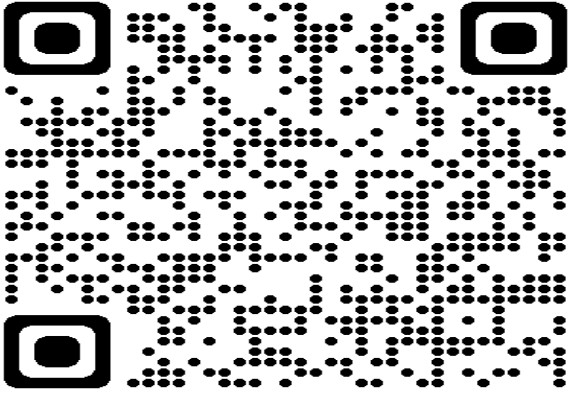
Our **Social Prescribers** can help you stay connected, offer peer support, signpost to community assets and support you with practical issues including access to online resources and to identify and explore home/community-based activities and goal setting. For more information visit our [Social Prescribing webpage](#).

Interested in finding out what is available in your local area? The [Community Map](#) shows community groups, clubs, societies, events, and activities you may be interested in.

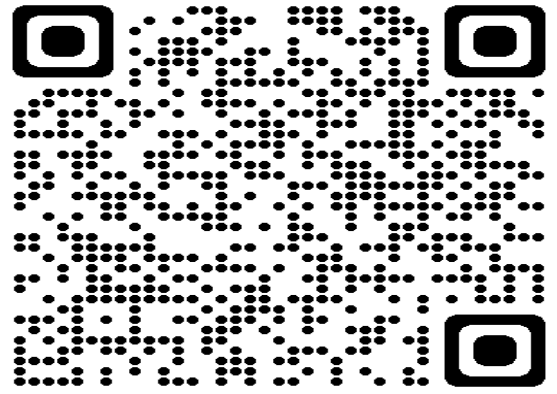
[Frimley ICS Healthy Apps Library](#) – has a range of resources and self-care support for both staff and residents to ensure people have the skills, confidence and support they need to stay healthy.

## 7. QR Codes to Public Health services

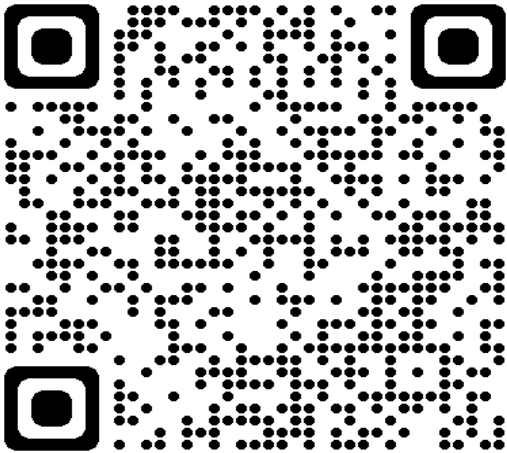
Use the QR codes below for quick access to Public Health services including physical activity, healthy eating, mental health, drugs and alcohol, stop smoking and many more!



**Scan the QR for quick access to the Community Map**



**Scan the QR for quick access to our social prescribing page**



**Scan the QR for quick access to all Public Health services including mental health support etc**