

# Prediabetes online programme



## Waterside PCN

Created by the Waterside Primary Care Network  
Health and Wellbeing Team

*Some information taken from: [diabetes.org.uk](https://www.diabetes.org.uk)*

# Part 2 - Weight Management and Physical Activity



## Part 2 content:

- Energy balance
- Calories and portion sizes
- Types of physical activity
- The benefits of physical activity
- Resistance training benefits
- How can we monitor physical activity
- Useful online links
- Focus of the week

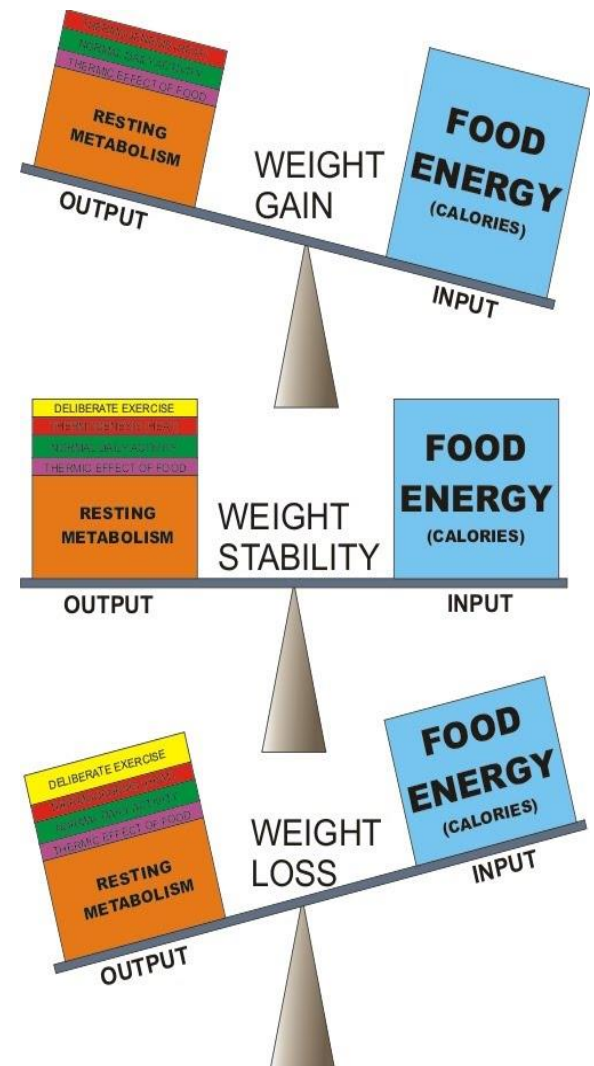
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# Weight Management & Physical Activity



# Energy Balance

- *If you are eating more than you are burning, your weight will increase (top scale).*
- *You can't out train a bad diet.*
- *Ideally, you need to be aiming for the bottom scale.*



# Calories per portion sizes

## Pasta Meal (chicken, broccoli & mascarpone)





# Guess the calories per gram

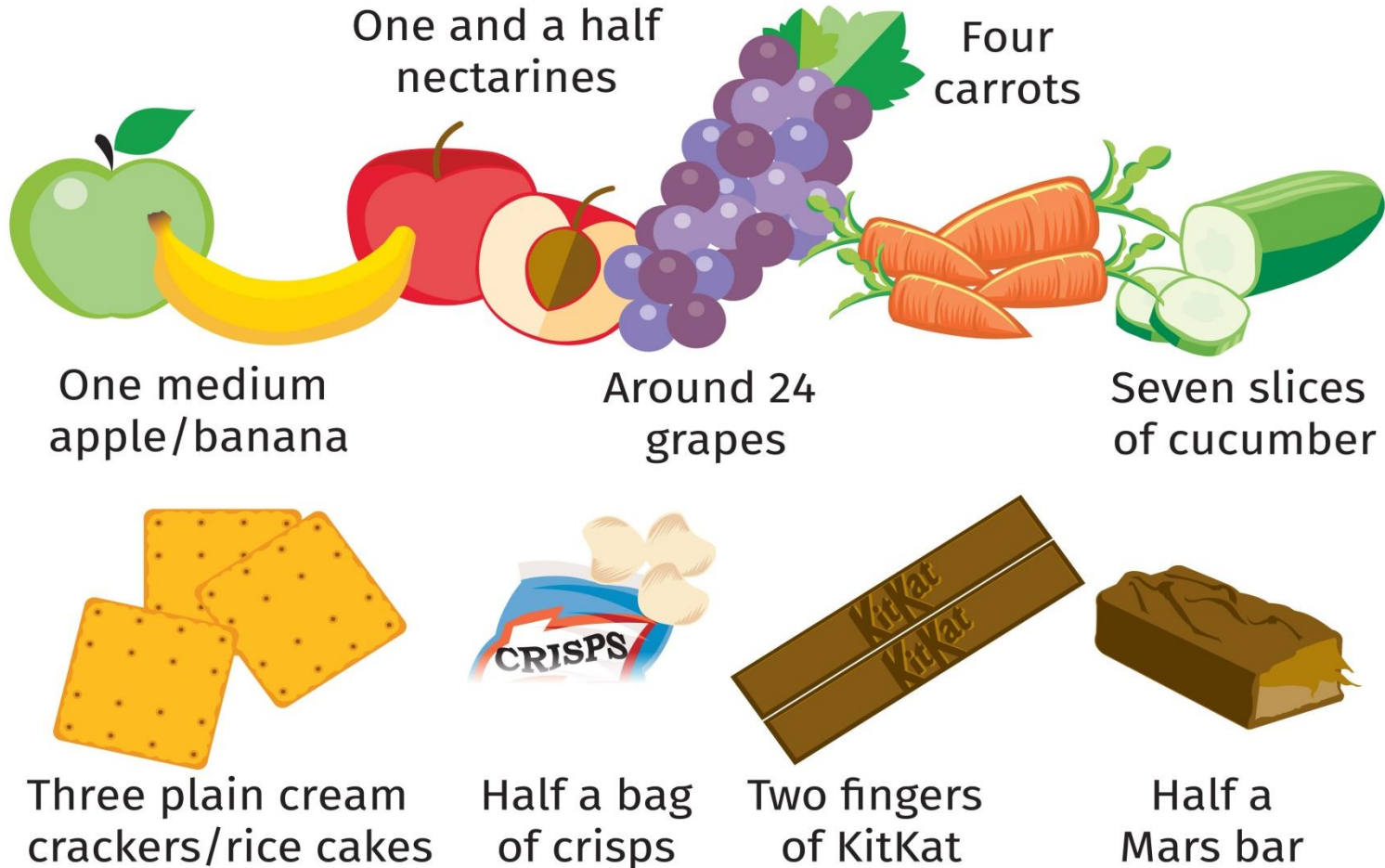
- **1g of Carbohydrates = (how many calories?)**
- **1g of Protein = (how many calories?)**
- **1g of FAT = (how many calories?)**
- **1g of Alcohol - (how many calories?)**

- 1g of Carbohydrates = 4 calories
- 1g of Protein = 4 calories
- 1g of FAT = 9 Calories
- 1g of Alcohol = 7 calories

Fats and alcohol (per gram), carry double the amount of calories per gram compared to carbs and protein.

# Which do you think has the most calories, and why?

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Source: Public Health England/product information. All values approximate



# Believe it or not

They are all 100 calories!

Does that mean they all  
have the same health  
benefits?

Of course not – an apple  
has more nutritional  
value than a Mars bar,  
but you already knew  
that, didn't you?



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# Useful Online Links for healthy recipes, calorie and weight management information

- Diabetes UK Healthy Recipes:  
<https://www.diabetes.org.uk/guide-to-diabetes/recipes/chicken-tikka-masala>
- NHS Calorie Checker:  
<https://www.nhs.uk/live-well/healthy-weight/calorie-checker/>
- NHS Weight Loss Plan:  
<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>
- Carbs and Cals:  
<https://www.carbsandcals.com/healthy-eating/healthy-eating>

# What is Physical Activity?

Any bodily movement that works muscles and requires energy expenditure.



*Physical activity includes all activities undertaken when working, playing, travelling, exercising, doing household chores and engaging in recreational activities.*

*Some is good, more is better!*

# Recommendations – every minute counts



# Physical Activity Guidelines

- 150 mins of moderate intensity physical activity per week or 75 mins of vigorous activity.
- Those with Hypertension in particular are recommended to perform a minimum 30 mins moderate physical activity daily, focussing on aerobic exercise, e.g. (walking, swimming, jogging, skipping, aerobics, water aerobics)

# benefits of physical activity



helps maintain a healthy body weight



lowers blood pressure



decreases the risk of heart disease



lowers the risk of type 2 diabetes



reduces the risk of certain cancers



increases muscle strength & function



improves bone health & strength



helps to promote positive mental health



reduces the risk of dementia

# Benefits of physical activity

- Improves body composition - in physical fitness, body composition is used to describe the percentages of fat, bone, water, and muscle in human bodies. Because muscular tissue takes up less space in the body than fat tissue, body composition, as well as weight, determines leanness.
- Reduces risk of developing diseases such as type 2 diabetes, cancer & cardiovascular disease.
- Improves mood and emotional wellbeing.
- Improves & maintains mobility – you're able to move easier.
- High levels of physical activity are associated with decreasing your risk of developing Hypertension.

Improved  
**balance &  
coordination**

**Boosted  
energy  
levels**

**Reduced risk  
of diabetes**

**Reduced risk  
of depression  
& anxiety**

  
**Resistance  
Training  
Benefits**  


**Reduced risk  
of heart  
disease**

Improved  
**sleep quality**

Improved  
**bone health**

Increased  
ability to do  
**daily tasks**



# Preventing type 2 diabetes

By making changes to diet, increasing physical activity and losing weight, about half of type 2 diabetes cases can be prevented or delayed in some people.

Being at risk doesn't mean you will develop type 2 diabetes. Now is a great time to start making healthy changes to your lifestyle to reduce your risk of type 2 diabetes. Your healthcare team can support you in making these changes.

# What can you do?

## Manage your weight

- If you are living with overweight or obesity and are at high risk of type 2 diabetes, losing just 5% of your body weight can significantly reduce your risk. There are lots of ways you can lose weight and it's about finding what works best for you.
- Making healthier food choices and being more active are both positive ways to start making these changes. If you need help with managing your weight, a dietitian can help you. Your Health and Wellbeing team can also help you find weight management services in your local area.

# Types of Physical Activity

## Occupational

- Walking to another building
- taking the stairs
- walking on lunch break

## Travelling

- Walking,
- cycling,
- running or jogging

## Recreational/leisure

- Playing sports
- Hiking
- Playing with children
- Rowing
- Playing Nintendo Wii
- Walking the dog
- Bowling
- Dancing
- Swimming
- Skiing
- Shopping

## Household

- Doing the dishes
- Gardening
- Hoovering
- Dusting,
- Mowing the lawn

## Structured – Exercise

- Playing sports,
- Weight training,
- Attending gym classes,
- Aerobic exercise

# Physical Activity Tips

Leave the car - walk or cycle

Find an exercise buddy

Dance whilst listening to music

Get an activity monitor/smart watch/pedometer

Get off the bus a stop earlier

Park car further away from shop entrance

Set an alarm every 30mins to get up and move

Stretch first thing in the morning

Get up during TV adverts

Take the stairs

Do an activity you enjoy

Start small – try adding just 250 steps to your day

Make walking more fun, listen to a podcast or your favourite album

# Physical activity tips

- If starting from sedentary (being totally inactive), start by standing more and sitting less
- Start by focusing on steps – try adding 500 steps a day to your daily step count and gradually increase your goal by 1,000
- (10,000 steps = roughly 1hr 40mins of walking)
- Start small – split your 30mins into 3 x 10 mins or 2 x 15 mins
- Build activity into your day
- Aim to reach 1,000 steps in 10 mins
- Move whilst the kettle is boiling
- Do calf raises whilst brushing your teeth (raise your heels off the ground)
- Make walking more fun – listen to a podcast, music or challenge your friends to beat your step count

Most of all - do activities you enjoy!

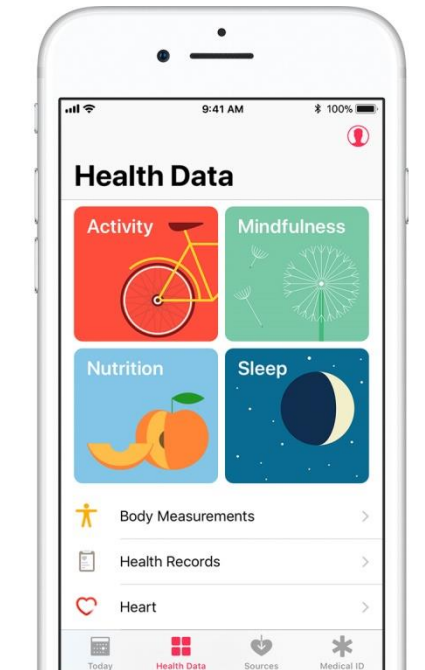


# How can we monitor Physical Activity Levels?

- Pedometers
- Fitness trackers (FitBit, apple watch etc.)
- Smart phones (health apps)
- Workout logbook
- Step log

1,000 steps = roughly 10 mins

10,000 steps = roughly 1hr 40mins





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# Useful Online Links For Physical Activity

## **NHS Strength Exercises**

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

## **Thera Band Exercise Video**

<https://www.youtube.com/watch?v=OrR6PTSF9Y0>

## **Ramblers Walking Group (Hampshire)**

<https://www.ramblers.org.uk/go-walking/group-finder/areas/hampshire/groups/new-forest.aspx>



# Focus of the week

Think about your activity levels ....

Are you active?

What kind of physical activity are you doing?

How often are you active during the day, or week?

Ask yourself ... is it enough, what changes can I make?