



A Weight *Off Your* Mind

Activity pack

Puzzles, colouring sheets and simple exercises

let's all go veggies



1 P _ _ _ _



2 _ _ _ _ I _ _ _



3 _ _ _ _ _ E _ _ _



4 C _ _ _ _ _



5 _ _ _ _ _ E _ _ _



6 S _ _ _ _ _

7 _ _ _ _ _ O _ _ _



8 _ _ _ _ _ F _ _ _ _



9 F _ _ _ _ _ _ _ _



10 _ _ _ _ _ R _ _ _ _

11 _ _ _ _ _ U _ _ _ _

12 _ _ _ _ _ I _ _ _ _



13 T _ _ _ _ _ _ _ _



14 _ _ _ _ _ A _ _ _ _

15 _ _ _ _ _ N _ _ _ _

16 _ _ _ _ _ D _ _ _ _

17 V _ _ _ _ _ _ _ _



18 _ _ _ _ _ B E _ _ _

19 _ _ _ _ _ G _ _ _ _



20 _ _ _ _ _ E _ _ _ _



21 _ _ _ _ _ T _ _ _ _

22 _ _ _ _ _ A _ _ _ _



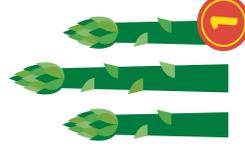
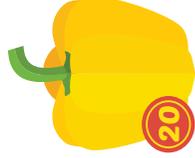
23 B _ _ _ _ _ _ _ _

24 L _ _ _ _ _ _ _ _



25 _ _ _ _ _ E _ _ _ _

26 _ _ _ _ _ S _ _ _ _

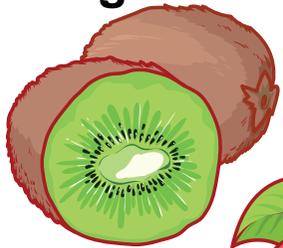


WORD SEARCH PUZZLE

fruits



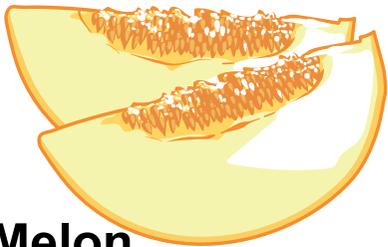
Orange



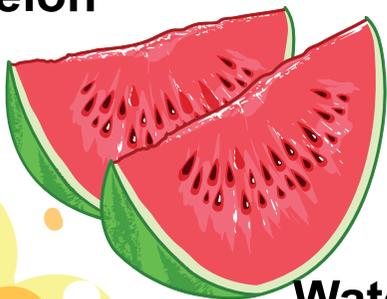
Kiwi



Apple



Melon



Water melon

A	S	T	R	A	W	B	E	R	R	Y	O
K	J	F	O	S	A	Q	L	Z	V	X	A
W	Y	D	C	A	T	B	M	E	A	K	J
H	A	P	P	L	E	O	D	P	F	I	H
V	B	J	L	O	R	A	T	S	M	W	R
O	P	G	L	E	M	O	N	A	J	I	D
G	E	F	W	Q	E	I	L	N	D	E	P
E	A	Q	M	E	L	O	N	J	S	P	I
I	C	Q	X	L	O	R	A	N	G	E	J
G	H	K	B	A	N	A	N	A	W	A	D
A	J	H	P	L	C	B	R	D	S	R	B
O	R	A	S	P	B	E	R	R	Y	F	L



Pear



Raspberry



Peach



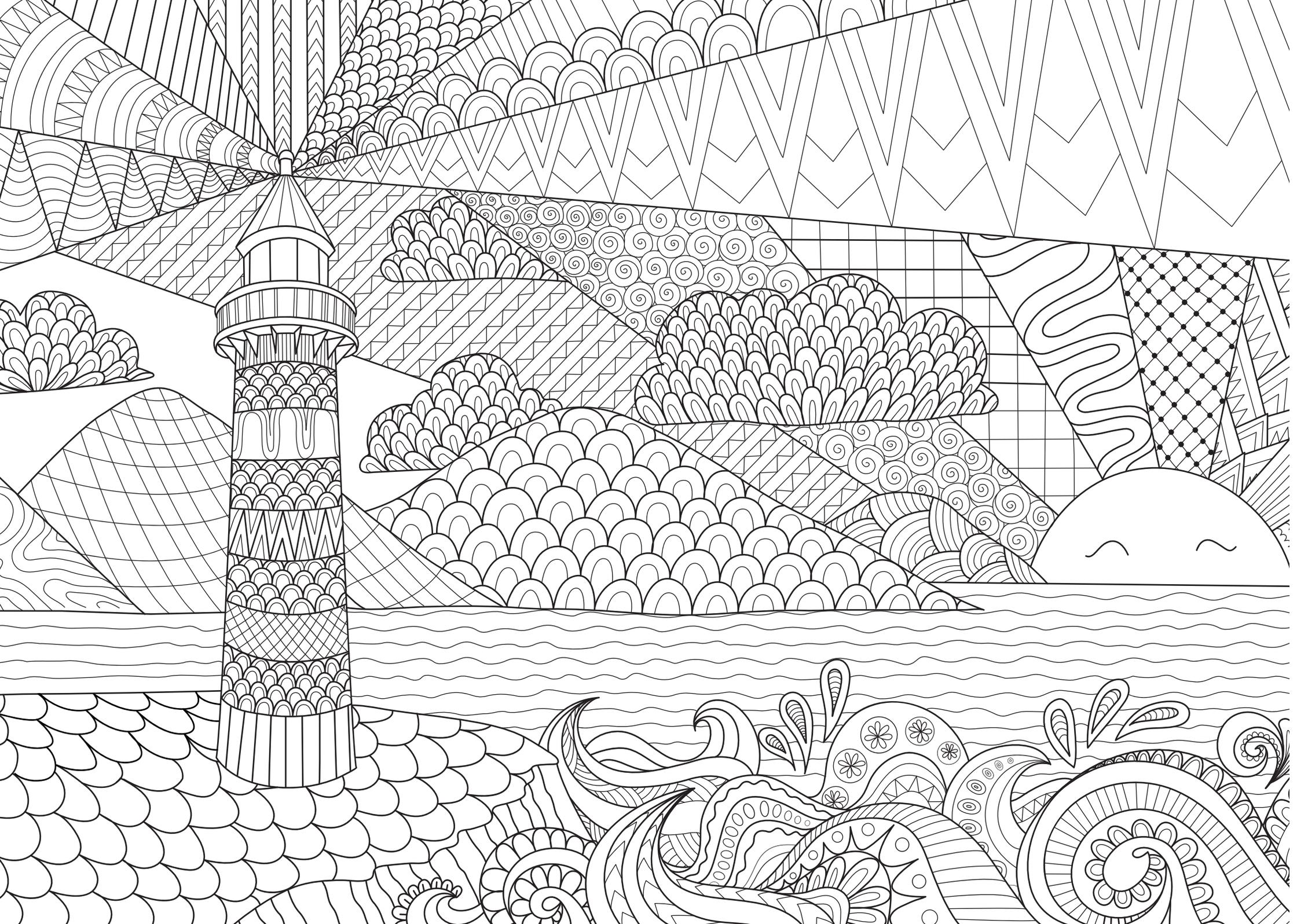
Banana



Strawberry



Lemon



Flexibility exercises

These flexibility exercises can be done at home to help improve your health and mobility.

Don't worry if you haven't done much for a while – the exercises are gentle and easy to follow.

Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each exercise over time.

Neck rotation

Improves neck mobility and flexibility



- A.** Sit upright with shoulders down. Look straight ahead.
- B.** Slowly turn your head towards your left shoulder as far as is comfortable.

Hold for 5 seconds and return to the starting position.

- C.** Repeat on the right.

Do 3 rotations on each side.

Neck stretch

Good for loosening tight neck muscles



- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down.
- C.** Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.

Sideways bend

Helps restore flexibility to the lower back



- A.** Stand upright with your feet hip-width apart and arms by your sides.
- B.** Slide your left arm down your side as far as is comfortable.

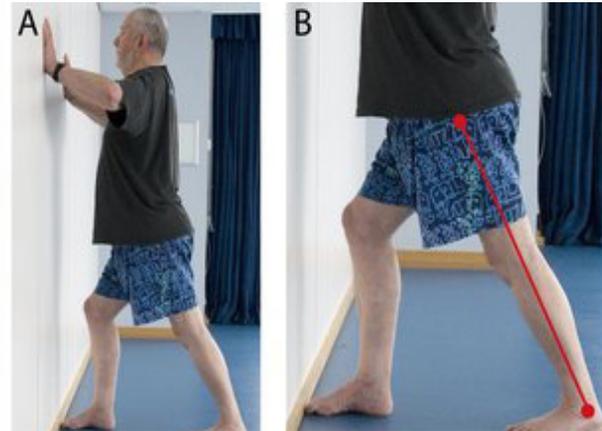
As you lower your arm, you should feel a stretch on the opposite hip.

- C.** Repeat with your right arm.

Hold each stretch for 2 seconds and perform 3 on each side.

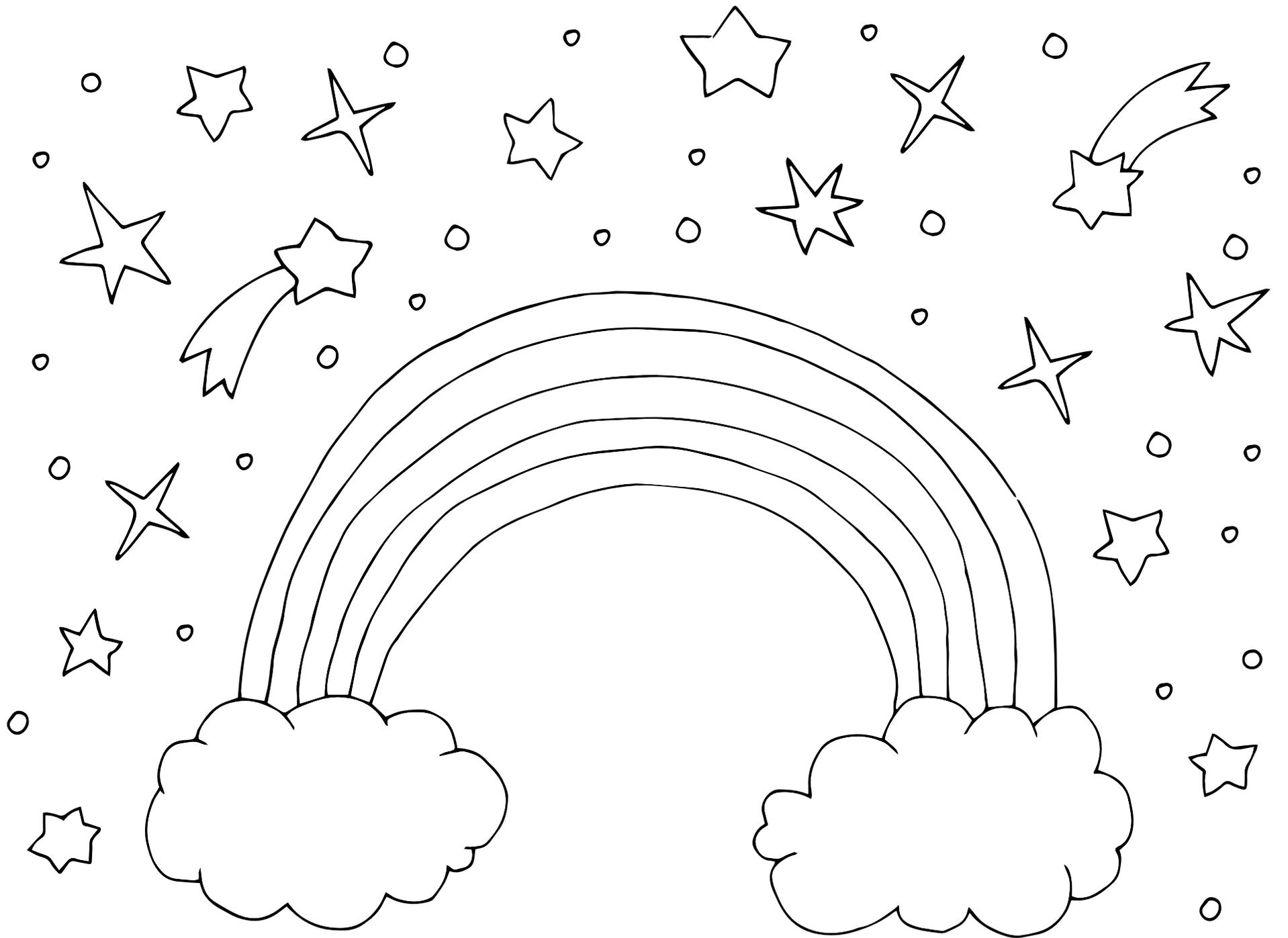
Calf stretch

Good for loosening tight calf muscles



- A.** Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.
- B.** The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.
- C.** Repeat with the opposite leg.

Perform 3 on each side.



3-minute Seated Yoga

www.nhs.uk

NHS

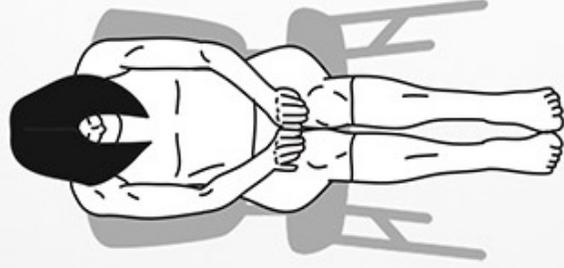
choices

OFFICE-FRIENDLY WORKOUT

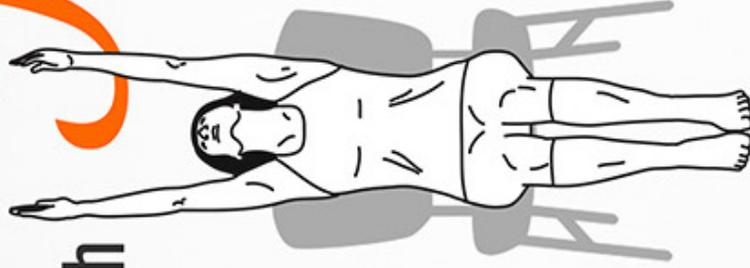
© darebee.com

30 seconds each

Yoga



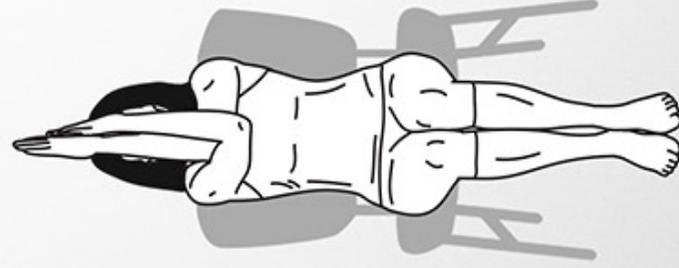
body fold



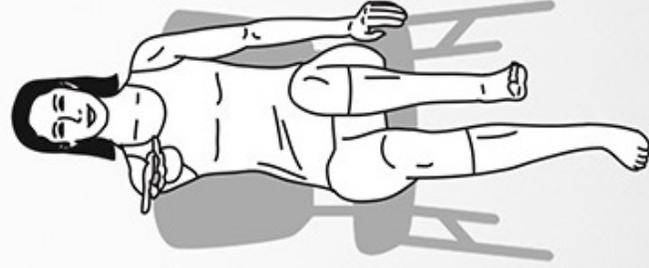
stretch up



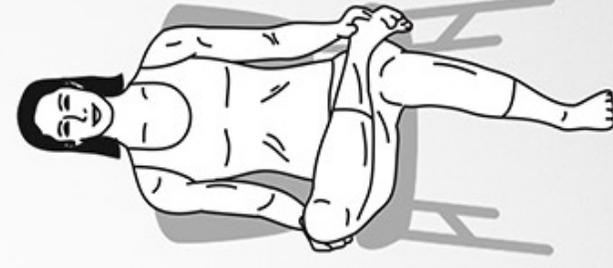
alternating side stretch



alternating lotus twist



alternating lift & reach



alternating half lotus

V	E	G	T	A	B	L	E	S	Q	W	E	R	T	Y	U	I	O
P	G	I	E	I	K	O	O	Y	A	W	A	E	K	A	F	P	F
L	O	S	E	W	E	I	G	H	T	T	Y	B	E	T	R	O	O
E	I	P	U	G	M	O	P	I	L	L	Y	M	O	T	U	L	O
A	W	E	I	G	H	T	O	F	F	Y	O	U	R	M	I	N	D
V	A	X	E	A	B	S	R	T	W	E	S	W	E	R	T	F	S
B	L	E	T	N	E	U	T	C	F	R	U	S	E	P	T	E	R
T	K	R	Y	F	E	P	I	W	F	R	U	Y	T	H	T	U	W
S	N	C	W	O	R	K	O	U	T	F	G	N	I	Y	W	I	P
S	W	I	B	D	I	P	N	O	R	S	I	Z	N	E	A	S	S
E	X	S	W	A	P	S	S	U	P	P	O	R	T	I	C	U	F
W	E	E	R	C	I	N	I	N	P	I	N	A	O	C	N	P	R
R	O	P	S	E	A	D	Z	W	E	V	E	G	U	A	K	G	U
W	O	F	A	K	E	W	E	I	C	A	T	T	T	A	L	O	G
Y	U	Y	T	I	V	I	T	C	A	L	A	C	I	S	Y	H	P
H	E	A	L	T	H	Y	E	A	T	I	N	G	T	O	F	R	N



A Weight *Off Your* Mind

A weight off your mind

Exercise

Fakeaway

Food swaps

Fruit

Healthy eating

Lose weight

Physical activity

Portion size

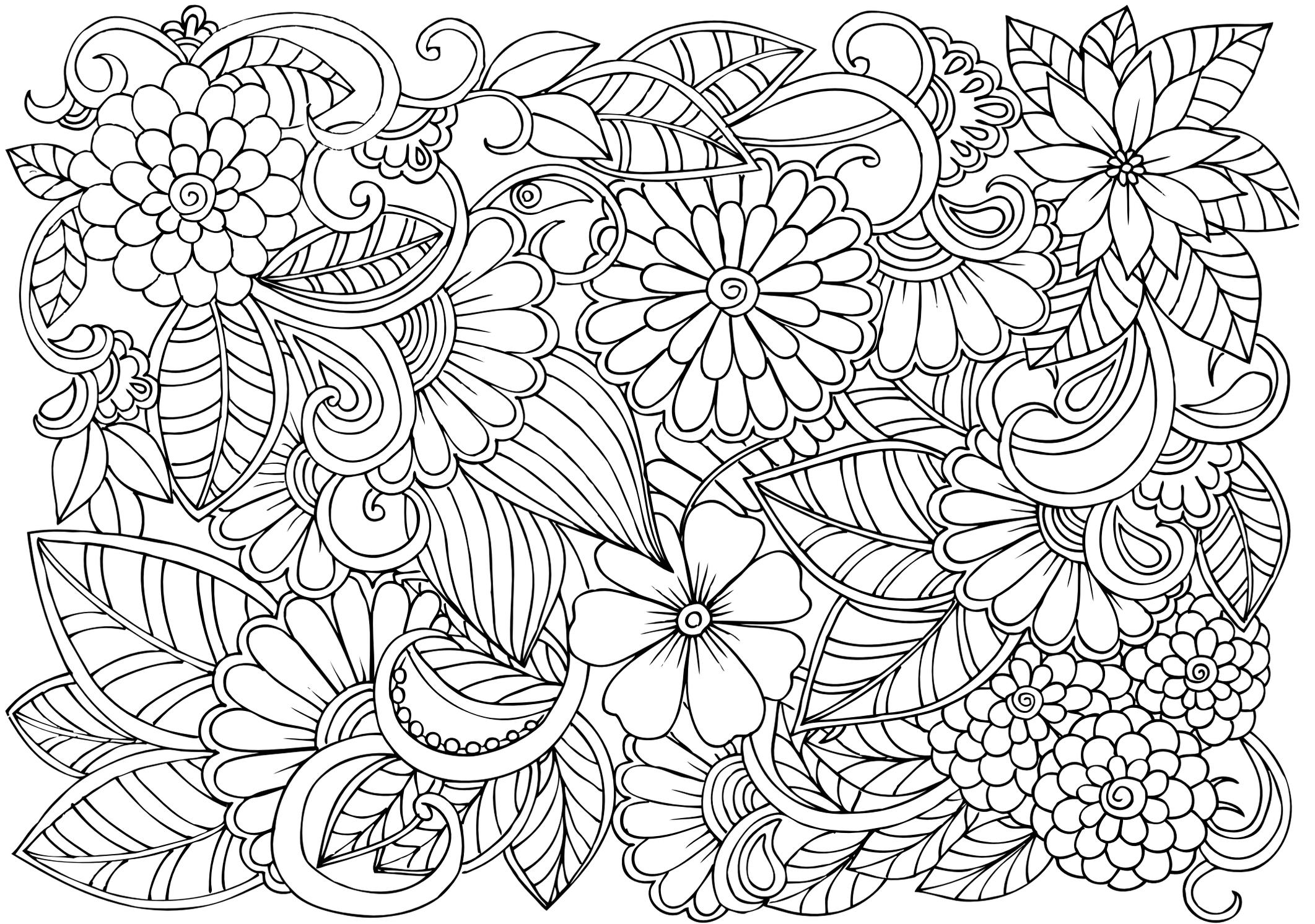
Running

Support

Vegetables

Walk

Work out





A Weight *Off Your* **Mind**

www.cntw.nhs.uk/awoym

Support with healthy eating, being more active
and making healthy lifestyle choices.