

livewell

my livewell journey



A Derby City Council Project



LOTTERY
FUNDED



SPORT
ENGLAND

the start of your positive lifestyle journey

welcome – you’ve taken the first steps towards changing your life for the better!



Livewell is a personal and unique approach to healthy living, developed especially to fit around your busy lifestyle. It combines ongoing one-to-one support with well-being advice to help you enjoy life to the full and stay motivated.

With your flexible plan you’ll learn how to make gradual changes and develop healthy habits into your daily routine, whatever your situation.

Livewell gives you the confidence to achieve your goals.

get ready to start your livewell adventure!

my livewell advisor is:

my advisor’s contact details:

it’s all about you

this is your journey book to support you through your 12-month plan. it’s important that you bring it to every appointment with your livewell advisor. use it with your advisor and independently to set goals, track your progress and look back on when things might be tough. there are charts at the back to record weight measurements, carbon monoxide readings (for smokers) and to capture thoughts and notes.

your personal livewell plan is tailored to your specific needs, whatever they might be.

You may want to improve your heart health, lower your cholesterol, get in shape, lose weight to ease joint problems or kick a smoking or drinking habit. Your Livewell advisor is there to support you whatever change you want to make.

think about what it is you want to change.

how important is it for you to enjoy a healthy lifestyle?

circle a number from 0 to 10 below:

Not important

Very important

0 1 2 3 4 5 6 7 8 9 10

what are your reasons for choosing this score?

get smart

what do you want to achieve on your livewell journey?

setting long-term goals will give you something to aim for.

setting some short-term goals will get you on the right track to help achieve those long-term goals.

smart goal planning can help you develop sensible, practical and reasonable goals.

Specific

What exactly do you want to achieve? Say I'm going to eat two additional portions of vegetables every day rather than I'm going to eat healthier.

Measurable

Put a number to it and you'll focus much better. "I'm going to walk for 10 minutes more every day" is better than "I'm going to walk for a bit longer every day."

Achievable

Start small and easy, then you'll be more motivated to succeed.

Relevant

Ask yourself, do I truly believe I can achieve this goal? Don't say you'll give up smoking altogether when you feel you can only manage to cut down.

Timed

Give yourself a clear deadline for when you want to reach your goals.

Set your goals

Set and manage your goals with your advisor to start with and then independently when you become more confident.

my long-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this?	
how i felt?	

my long-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this?	
how i felt?	

my long-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this?	
how i felt?	

my long-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this?	
how i felt?	

Week 1

During your first meeting with your advisor, you'll set your first short-term goal to help reach your long-term goals. At week 2 you'll review your progress.

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

lose weight the right way with livewell's lose weight feel great 12-week programme

Through Livewell's practical and fun weekly sessions, you'll discover ways you can eat more healthily while steadily sheeding the pounds. Livewell's sensible plan means you're much more likely to keep the weight off unlike other quick fix diets.



book on for free through your livewell advisor...

my livewell check score

Height	
Weight	
BMI	
Body fat	
Systolic blood pressure	
Diagnostic blood pressure	
Heart rate	

my plan for the next week is:

confidence scale

circle a number from 0 to 10 below:

Not confident

012345678910

Very confident

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

take part in livewell's community activities to meet other people on the programme and share experiences.

share your achievements through facebook and twitter, we love to hear how you're getting on.

your possible future

Now you've had your first meeting, think about what makes you want to participate in the Livewell programme. Before your second meeting, think how you'll feel, what you'll look like and what you'll be able to do that you can't do now. Also, think about what might happen if you choose not to make any changes.

what are the three most important benefits you would hope to gain from leading a healthier lifestyle?

1. _____

2. _____

3. _____

imagine you have completed your livewell plan and you maintained a healthier lifestyle for the next 1–2 years. what would that be like for you? how might things be different?

if you decided not to make any changes and stay as you are, how do you think things would be in 1-2 years' time? what will life be like then?

check your responses often to remind yourself why this is important to you.

Week 2

During your second advisor meeting, you'll set your next short-term goal to help reach your long-term goals.

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

my plan for the next week is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

0

1

2

3

4

5

6

7

8

9

10

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

Week 3

Continue to set weekly goals from week three until month three.

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

bring a friend or family along
to a livewell activity to help
and encourage you.

my plan for the next week is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

0

1

2

3

4

5

6

7

8

9

10

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

use the members' area on the livewell website – it's full of practical resources and you can manage your goals on there too!

don't forget to use the diary section at the back of this book to record your thoughts and feelings.

Week 4

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

my plan for the next week is:

confidence scale

circle a number from 0 to 10 below:

Not confident

012345678910

Very confident

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

don't forget you can add to or update your long-term goal(s) on page 5/6.

Week 5

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 6

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 7

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 8

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 10

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 9

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Week 11

my goal(s) is/are	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Month 3

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

have you seen your advisor? book your 3-month review by contacting your advisor or the customer contact team (details on reverse).

my livewell check score

Height	
Weight	
BMI	
Body fat	
Systolic blood pressure	
Diagnostic blood pressure	
Heart rate	

my plan for the next 3 months is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

0

1

2

3

4

5

6

7

8

9

10

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

think positive – try to see the glass
as half full rather than half empty.

reward yourself for reaching your
goals – go on, there must be
something you fancy!

having a tough time? tweet or post a
facebook message to get support
from us and fellow clients.

Month 4

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

visualise the new you – where do you hope your goals will take you?

Month 5

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

remember your advisor is available between meetings if you need extra support – just call or text them.

Month 6

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

have you seen your advisor? book your 6-month review by contacting your advisor or the customer contact team (details on reverse).

my livewell check score

Height	
Weight	
BMI	
Body fat	
Systolic blood pressure	
Diagnostic blood pressure	
Heart rate	

my plan for the next 3 months is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

0

1

2

3

4

5

6

7

8

9

10

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

you're doing great. it's normal to find things difficult at this stage. look in the livewell members' area for ways to keep going.

don't beat yourself up if you don't achieve your goal. reset it for another time or speak to your advisor about getting back on track.

everyone has bad days or difficult weeks, we're only human!

Month 7

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Month 8

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

tell your family and friends about your goals, a pat on the back works wonders for motivation.

Month 9

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

have you seen your advisor? book your 9-month review by contacting your advisor or the customer contact team (details on reverse).

my livewell check score

Height	
Weight	
BMI	
Body fat	
Systolic blood pressure	
Diagnostic blood pressure	
Heart rate	

my plan for the next 3 months is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

0

1

2

3

4

5

6

7

8

9

10

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

look back through your journey to see how far you've come.

Month 10

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

Month 11

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

your journey with livewell is nearly over but your life-long journey to live better is only just starting...

Month 12

my next short-term goal(s) is/are	
i want to achieve this by	
how i plan to achieve this	
have i achieved this? <small>complete at next meeting</small>	
how i felt?	

have you seen your advisor? book your 12-month review by contacting your advisor or the customer contact team (details on reverse).

my livewell check score

Height	
Weight	
BMI	
Body fat	
Systolic blood pressure	
Diagnostic blood pressure	
Heart rate	

have you achieved the long-term goal(s) you set on page 5/6. well done if you have but don't worry if you're not quite there yet. carry on setting smart goals until you get where you want to be. remember, your livewell journey continues beyond the 12-month programme.

my plan for the next few months is:

confidence scale

circle a number from 0 to 10 below:

Not confident

Very confident

012345678910

how i will do this...

where i will do this...

when i will do this...

to do this i will need...

i will get support from...

what might get in the way...

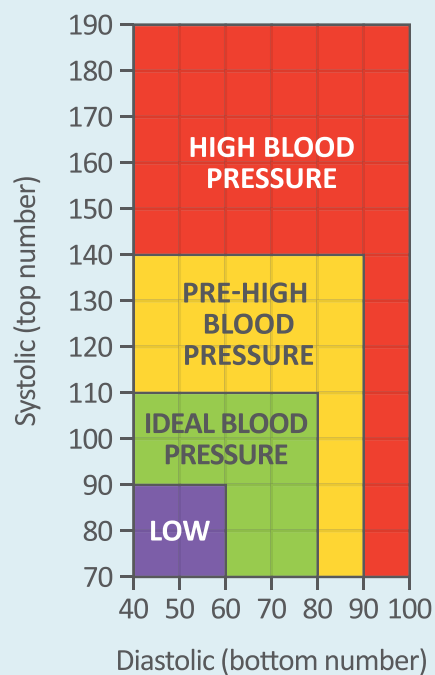
i could manage this by...

if i lapse i will get on track by...

how i know i'm being successful...

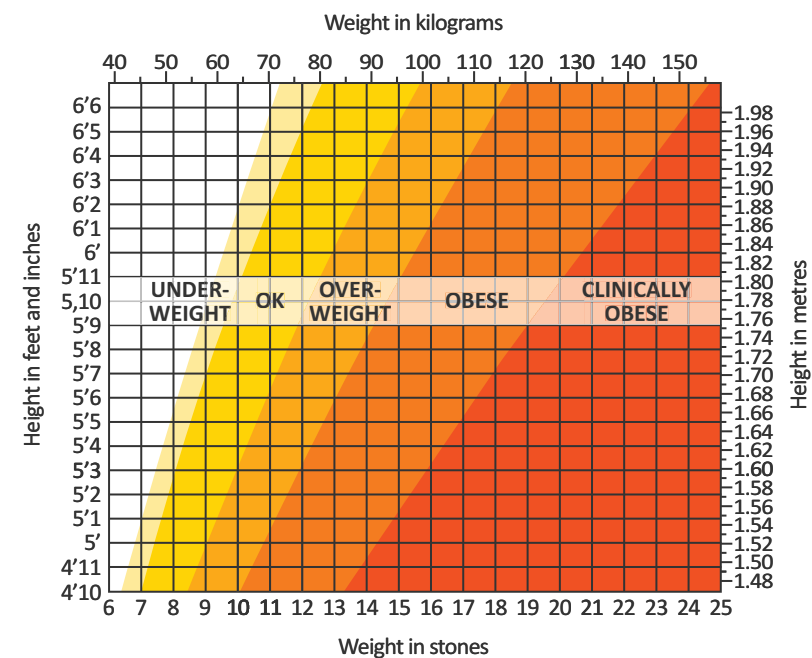
blood pressure test

To work out what your blood pressure readings mean, just find your top number (**systolic**) on the left side of the blood pressure chart and read across, and your bottom number (**diastolic**) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.



managing my weight

Body mass index (bmi) is a measurement used to find out if you are the right weight for your height. Use this table to record your weight and BMI on the following page.



bmi	what this means...
less than 18.5	Underweight – you may need to gain weight.
18.5-24.9	Ideal – you are a healthy weight and should aim to maintain it.
25-29.9	Overweight – it's a good idea to lose some weight or at least try to stop further weight gain.
30 +	Obese – losing weight may improve your health. livewell can help.

managing my weight

my height: _____

	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	wk 8	wk 9	wk 10	wk 11	nth 3	nth 6	nth 9	nth 12
weight															
bmi															

stopping smoking

how much carbon monoxide (CO) is in my lungs and blood?

Good news

When you stop smoking the level of carbon monoxide in your blood falls almost immediately.

my CO readings

wk1 _____

wk 2 _____

wk3 _____

wk 4 _____

wk 5 _____

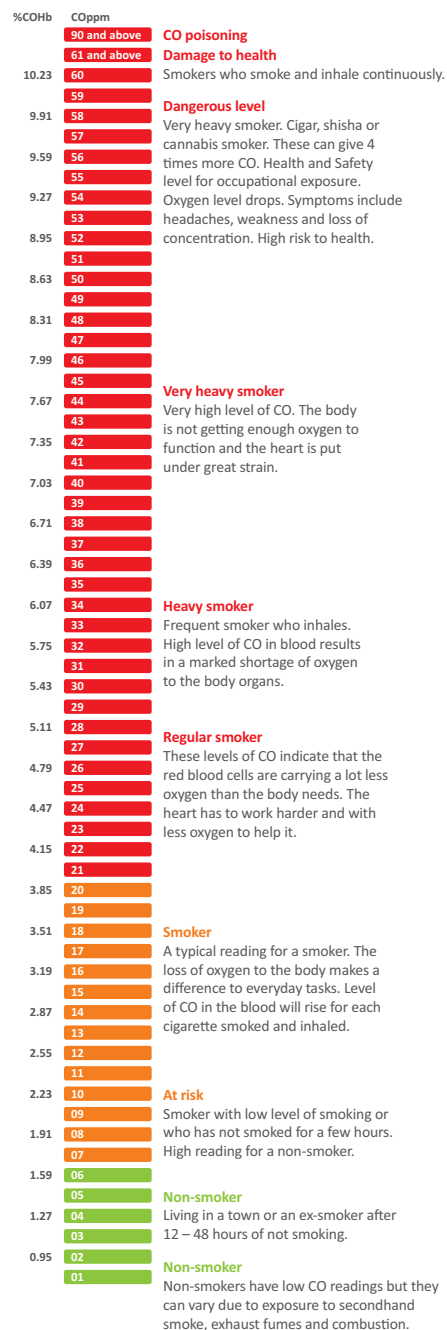
wk 6 _____

mth 3 _____

mth 6 _____

mth 9 _____

mth 12 _____



my livewell journey

think about how your life has changed since you started your livewell programme. what effect has this had on you and your family?

Use this space to record your thoughts and look back on if you find things tough at any time.

how i feel after...

2 months

[illegible]

3 months

6 months

9 months

1 year

notes

notes



livewellderby.co.uk

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 facebook.com/livewellderby



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