

ACTIVE 8



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Activity Journal



Contact Details:

Health Promotion Department
HSE South
Eye, Ear & Throat Hospital
Western Road
Cork
Tel: 021 4921641
Fax: 021 4921655
email: hp.d.south@hse.ie
web: www.hse.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive





What is Active8?

Active8 is a partnership between the Health Promotion Department HSE South and your school that looks to encourage you to take part in some form of physical activity you enjoy. You know an active lifestyle is important but sometimes it's hard to motivate yourself – we hope this 8-week activity journal will help you to get active and stay active.

Your Mentor will tell you more...

Best of luck from

The Health Promotion Physical Activity Team!



From this logbook I hope to:

4

Name

School

Class



Record my past and present physical activities



Discover which types of physical activities I enjoy the most and why



Learn how to make positive changes by getting more active every day



Learn more about physical activity to achieve a healthy lifestyle



Meet some new friends



Make a start at getting fit



Ready to make a change?

5

Select one of the statements below by ticking ✓ the box that best describes how you feel about your level of physical activity.

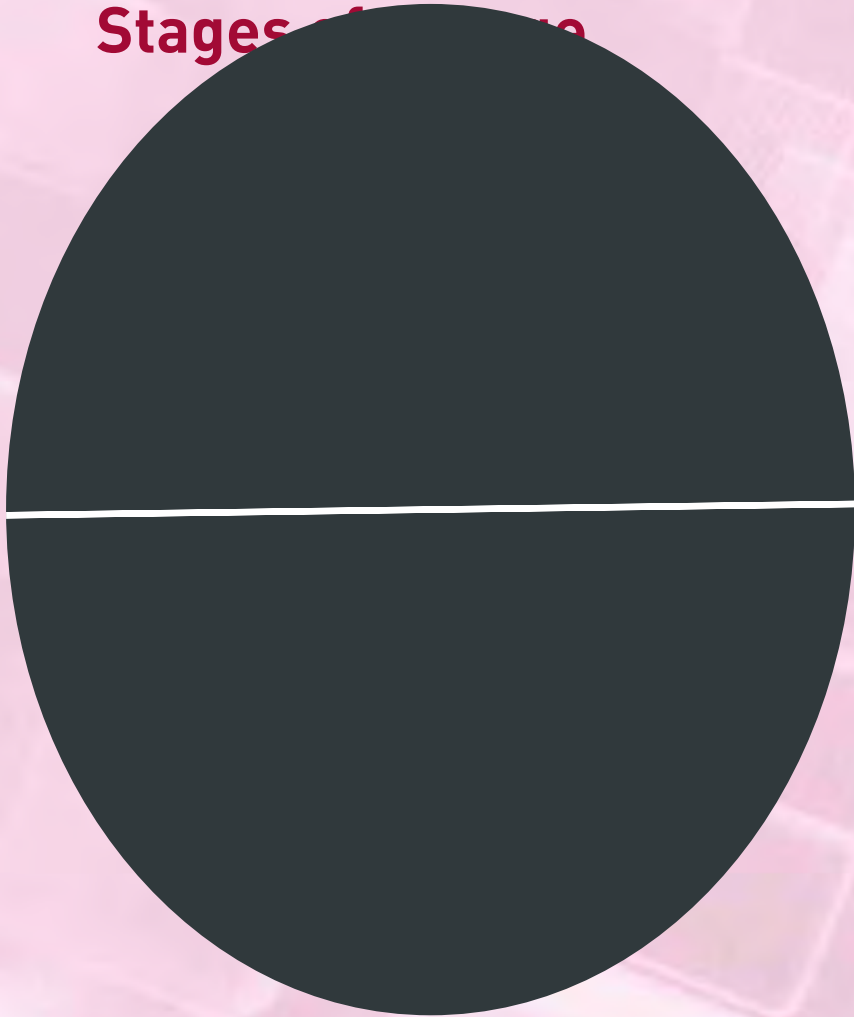
Tick ✓

1. I am not very physically active and I do not intend becoming more active in the next 6 months.
2. I am not very physically active, but I am thinking about getting more active in the next month.
3. I am not very physically active but I am determined to get more active in the next month.
4. I am quite physically active, but I have only begun to be so in the last six months.
5. I am quite physically active and I have been so for longer than six months.
6. I used to be quite physically active a year ago, but in the last few months I have been less active.



Stages of Change

6



My Physical Activity Contract

I will record all my activities
over the next 8 weeks and keep in touch
with my peer mentor.

My Start Date is

My Finish Date is

Signature (participant)

Signature (mentor)



The following 3 pages are designed to help you assess what physical activities you have done in the past, look at what activities you enjoy doing the most and to record why you enjoy physical activity. The activities you enjoy most may be the activities you take up for the next 8 weeks and beyond!

My Physical Activity History

8

At Primary School
eg: playing in the yard

At Secondary School
eg: basketball

With family
eg: swimming on holidays

**Hobbies, sports, activities,
clubs etc** eg: Irish dancing

With friends
eg: walking to town

Did you know?
Being active helps you
deal with stress and
worries!



Choose your activity

9

Rate each activity using the scale below, making sure to identify the activity you enjoy the most in each group.

**1= Enjoy the most 2= Enjoy a lot 3= Enjoy
4= Unsure 5= Dislike**

Active Living	Outdoor Activity	<input type="radio"/>
	Take stairs instead of lift	<input type="radio"/>
	Help around the house	<input type="radio"/>
	Walk the dog	<input type="radio"/>
	Walk/cycle to school	<input type="radio"/>
	Other	<input type="text"/>

Physical Education	Athletics	<input type="radio"/>
	Dance	<input type="radio"/>
	Team sport	<input type="radio"/>
	Gymnastics	<input type="radio"/>
	Fun games (chase, tag)	<input type="radio"/>
	Other	<input type="text"/>

Aerobic Activities

Cycling	<input type="radio"/>
Fast walking	<input type="radio"/>
Jogging/running	<input type="radio"/>
Swimming	<input type="radio"/>
Martial arts/kickboxing	<input type="radio"/>
Rollerskating/blading	<input type="radio"/>
Dancing	<input type="radio"/>
Other	<input type="text"/>

Recreational Activities

Basketball	<input type="radio"/>
Hockey	<input type="radio"/>
Going to the gym	<input type="radio"/>
Tennis	<input type="radio"/>
Outdoor pursuits	<input type="radio"/>
Water sports	<input type="radio"/>
Rugby	<input type="radio"/>
Other	<input type="text"/>

TIP! Regular exercise improves overall well-being and quality of life



Physical Activity

10

Read through each statement and circle your response

When I am active a lot.....						
1.	I enjoy it	1	2	3	4	5
2.	I feel bored	1	2	3	4	5
3.	I dislike it	1	2	3	4	5
4.	It's no fun at all	1	2	3	4	5
5.	It gives me energy	1	2	3	4	5
6.	It makes me depressed	1	2	3	4	5
7.	It's very pleasant	1	2	3	4	5
8.	My body feels good	1	2	3	4	5
9.	I get something out of it	1	2	3	4	5
10.	It's very exciting	1	2	3	4	5
11.	It frustrates me	1	2	3	4	5
12.	It's not at all interesting	1	2	3	4	5
13.	It gives me a feeling of success	1	2	3	4	5
14.	It feels good	1	2	3	4	5
15.	I'd rather be doing something else	1	2	3	4	5

1. Disagree a lot

2. Disagree

3. Undecided

4. Agree

5. Agree a lot



Why be more Physically Active?

11

Read through each statement and circle your response

Physical Activity...

- (a) puts me in a positive mood
- (b) puts me in a bad mood
- (c) doesn't affect my mood

Physical Activity...

- (a) helps me to sleep & relax
- (b) does little to relax me
- (c) keeps me awake

Physical Activity makes...

- (a) me feel better physically and mentally
- (b) me feel worse physically and mentally
- (c) me feel no difference physically and mentally

Physical Activity...

- (a) gives me more energy
- (b) uses up loads of my energy
- (c) has no effect on my energy

Physical Activity...

- (a) increases my self-esteem and self-confidence
- (b) reduces my self-esteem and self-confidence
- (c) has no effect on my self-esteem and self-confidence

Physical Activity...

- (a) can get rid of my stress
- (b) makes me feel more stressed
- (c) has no effect on my stress

Physical Activity....

- (a) helps me to sleep better
- (b) keeps me from sleeping
- (c) has no effect on my sleep

Physical Activity makes...

- (a) me feel good
- (b) me feel exhausted
- (c) me feel no different

Total:

A's

B's

C's

<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------

Mostly A's: It looks like you are doing the right amount of physical activity and feeling the benefits both mentally and physically. Well done, keep it up!

Mostly B's: It seems like you are not doing enough physical activity to get any health benefits. This programme is a good idea for you, well done for getting involved. Make sure to fill in your journal to record your activities and talk to your mentor about getting more active.

Mostly C's: You have low energy levels and are not sleeping very well. This may be because of the times you exercise or the types of activity you choose. Talk to your mentor about an exercise that will suit you.



Setting your goal



12

Why are goals important?

Because without them you don't go anywhere!

By setting goals you can;

- Keep focused on a purpose
- Increase your motivation to achieve
- Achieve more

TIP!

1 hour of exercise most days of the week is enough to get health benefits!

When setting your goals remember **SMARTS**

Specific

Be specific about the goals you want to achieve.

Measure

How much activity can you do?

Agreed

Who do you need to agree your goals with?

Realistic

Your goals should be realistic or you will get frustrated if you do not achieve all of them. Try to fit your goals into your daily life.

Time

How long will your activity be for?

Support

Support from family, friends and mentor is important but you must also believe in yourself.



Example

My overall goal is to increase my activity to 1 hour a day during the week and to more than 1 hour on Saturday and Sunday

My Plan: What I need to do to achieve my overall goal.

Specific

walk the dog , take up swimming

Measure

walk the dog for 1 mile, swim the width of the pool 10 times

Agreed

with my mentor, my family (will need lifts to swimming!)

Realistic

dog needs to be walked everyday, the pool is only a 15 min drive away

Time

build my activity up to 1 hour every weekday, build my activity up to more than 1 hour on Saturday and Sunday

Support

from my mentor, friends and family

TIP!
Walking is ideal and can be part of your routine without any special equipment



Your goal

14

My overall goal is: _____

My Plan – What I need to do to achieve my overall goal

Specific

Measure

Agreed

Realistic

Time

Support

TIP!

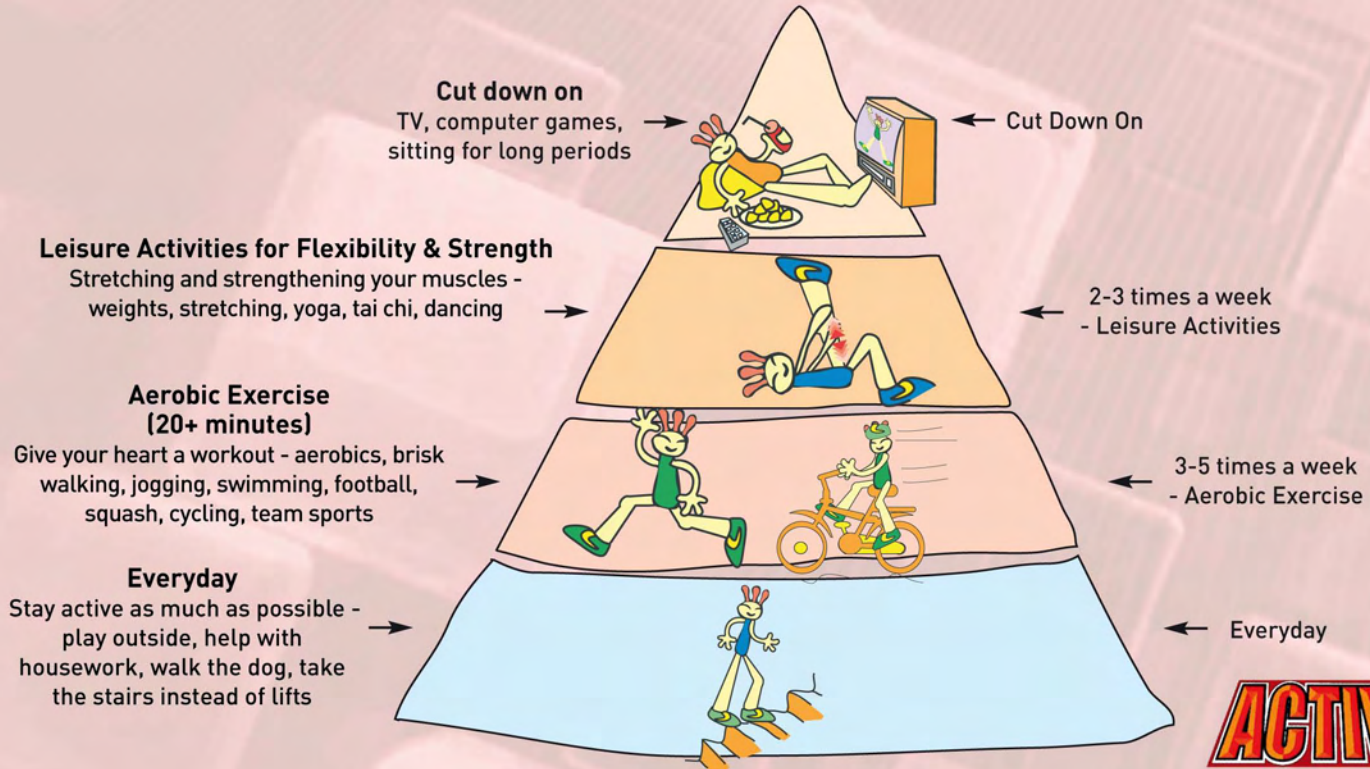
Get into the swim of thingsswimming can improve your fitness and flexibility



Physical Activity Pyramid

15

Aim for a total of 1 hour of physical activity everyday.



Your Blank Physical Activity Pyramid

16

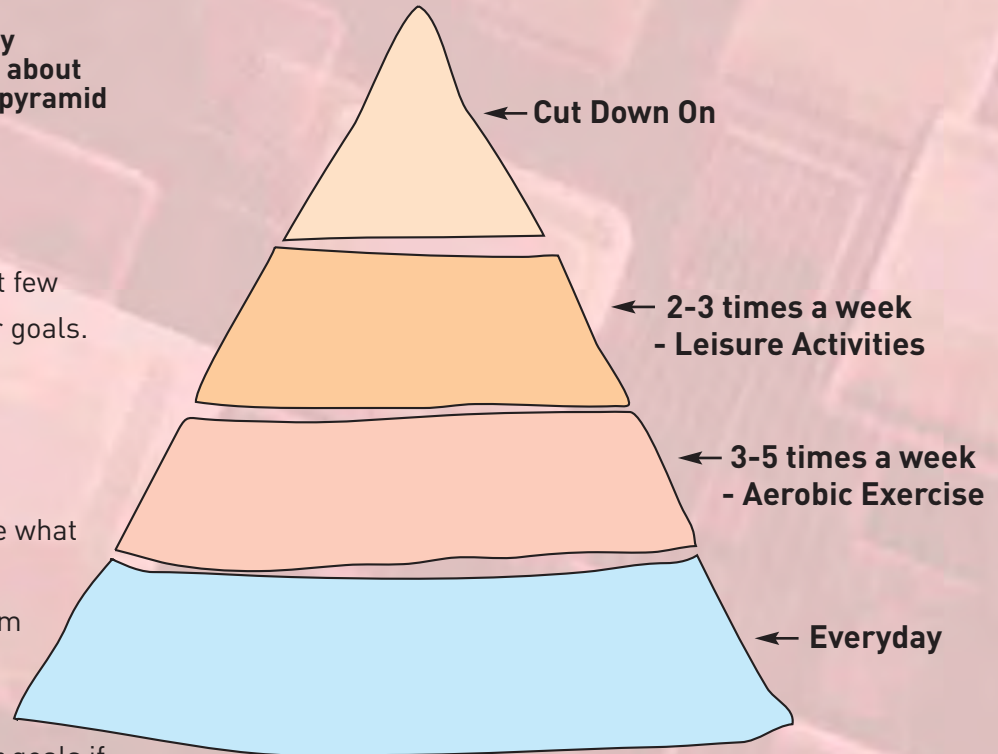
Fill in this blank Physical Activity Pyramid by drawing and writing about what you do at each level of the pyramid

Activity Pyramid

- Fill in your daily activities
- Note the time spent on each
- Use the Activity Log on the next few pages to help you to reach your goals.

Activity Log (pages 17 -24)

- Write how you felt while doing your activities
- At the end of each week decide what you hope to improve on
- Are you meeting your goals from week to week?
- Write in the lines provided how you could improve to meet your goals if they are not being met



Activity Log: Week 1



17

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

I felt...

I would change...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
I felt...							
I would change...							

ACTIVE 8

Activity Log: Week 2



18

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

--	--	--	--	--	--	--

I felt...

--	--	--	--	--	--	--

I would change...

--	--	--	--	--	--	--

ACTIVE 8

Activity Log: Week 3



19

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

--	--	--	--	--	--	--	--

I felt...

--	--	--	--	--	--	--	--

I would change...

--	--	--	--	--	--	--	--

ACTIVE 8

Activity Log: Week 4



20

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

I felt...

I would change...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
I felt...							
I would change...							

ACTIVE 8

Activity Log: Week 5



21

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

--	--	--	--	--	--	--	--

I felt...

--	--	--	--	--	--	--	--

I would change...

--	--	--	--	--	--	--	--

ACTIVE 8

Activity Log: Week 6



22

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

I felt...

I would change...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
I felt...							
I would change...							

ACTIVE 8

Activity Log: Week 7



23

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

--	--	--	--	--	--	--	--

I felt...

--	--	--	--	--	--	--	--

I would change...

--	--	--	--	--	--	--	--

ACTIVE 8

Activity Log: Week 8



24

Goal for the week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

--	--	--	--	--	--	--

I felt...

--	--	--	--	--	--	--

I would change...

--	--	--	--	--	--	--

Warming up

25

Warm up by doing whole body movements such as walking briskly or skipping for 5-10 minutes followed by stretches at the beginning of every activity.

Warm up stretches

(hold all stretches for 8-10 seconds)

Full body stretch

Stand with your feet apart. Stretch arms overhead and hold. Then spread arms out to a V shape. Raise heels off the ground and hold.



Hamstring stretch (back of upper leg)

Place right leg slightly in front of the left. Keep the right leg straight & bend the left leg. Place hands on thighs/hips for balance. Sit back towards rear leg. Should feel stretch along back of right thigh.



Calf stretch (back of lower leg)

Place right leg forward & bend the knee. The left leg should be kept straight. Press the heel of the left foot into the ground. Keep lower back straight.



Quadriceps stretch (front of upper leg)

Stand on right leg. Clasp left foot behind hip with left hand. Use wall/partner for balance if necessary. Pull foot slightly upwards. Should feel stretch on front of left thigh.



Did you know? A gradual warm-up leads to better calorie burning and prevents injuries.

ACTIVE 8

Cooling down

26

Cool down with stretches at the end of every activity.

Cool down stretches

(hold all stretches for 15 seconds or longer)

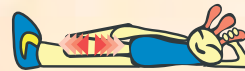
Calf stretch (sitting position)

Bend one knee to the side of the body. Gently lean towards the toes of the straight leg and hold position.



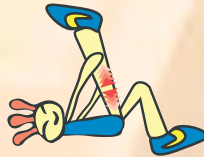
Quadriceps stretch (lying on your side)

Bend leg on the floor forward.
Pull top foot behind & towards buttocks.



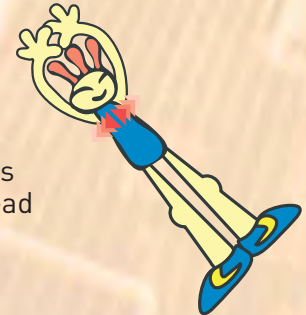
Hamstring stretch (lying position)

Bend both knees with feet flat on the floor. Bring one knee up towards chest. Place hands behind thigh to support leg. Then straighten leg up towards the ceiling. Bend knee to chest & return foot to floor.



Full body stretch (lying position)

Lie on your back with your legs together. Stretch arms overhead and point toes away and hold.



Did you know? Stretching regularly can help to improve your flexibility – hold for slightly longer for even better results!!

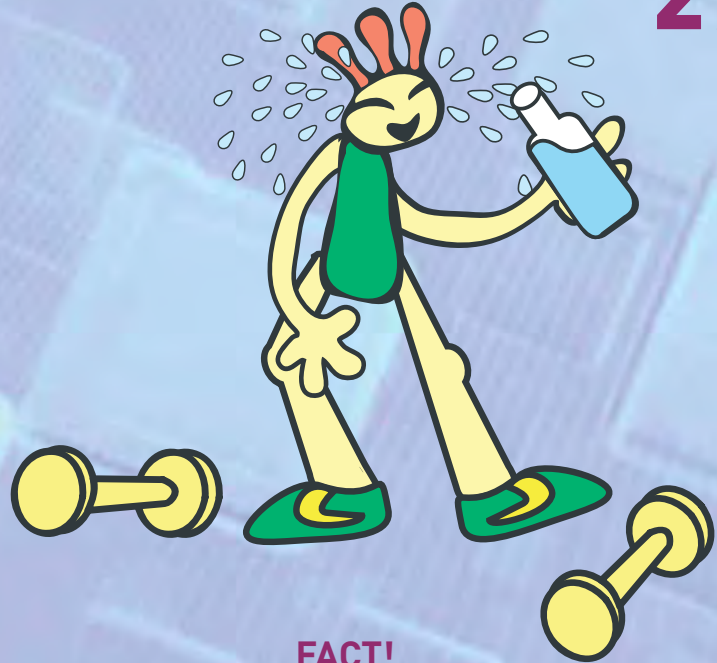


Drinks

During physical activity the body produces heat.

To prevent your body from becoming overheated, you lose heat through sweating. You can lose a lot of fluid by sweating especially if you are doing vigorous physical activity and/or in hot conditions. You must replace this lost fluid to prevent dehydration.

- Thirst is not a good indicator of when you need to drink. By the time you are thirsty, you are already dehydrated.
- Fizzy drinks will fill you with gas and could make it very uncomfortable to perform physical activity.
- Water is an ideal fluid to keep you hydrated during physical activities.
- Drink before, during (every 15-20 mins) and especially after any physical activity.



FACT!

In 1 hour of exercise the body can lose more than 25% of water, depending on exercise intensity and air temperature.

Safety

1 Never push your body too much. Stop your activity if you feel unwell, have pain or dizziness.



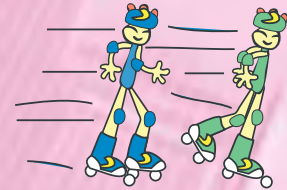
2 Wear comfortable and appropriate clothing and footwear that are specific to your chosen physical activity.



3 When outdoors, choose a safe, well-lit and well-used area to carry out your chosen physical activity.

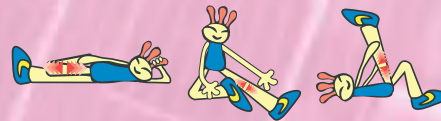


4 Wear the appropriate safety gear e.g. elbow, knee, wrist guards and helmet for rollerblading.



5 When cycling, always wear a helmet

6 Warm up at the beginning and cool down at the end of any physical activity.



Sleep

29

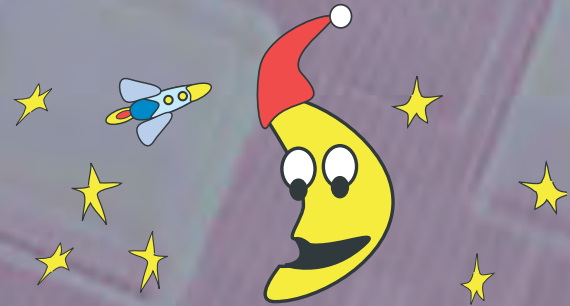
Ways to help you sleep better

1. Keep to a regular bedtime routine.
2. Avoid coffee & drinks that contain caffeine from late afternoon onwards.
3. Don't do intense physical activity just before bed.
4. Leave yourself some time to unwind.
5. Keep your bedroom at a comfortable temperature.
6. Try to avoid bright light in the evening as it signals the brain that it's time to wake up.

Sleep is one of the deepest forms of rest and your body needs it to function. After a good nights sleep, you feel refreshed, full of energy and are able to think and concentrate. When you don't sleep enough at night, you get up tired and are likely to be irritable, drowsy and unable to think or concentrate. School studies suffer - this is a loss that cannot easily be made up.

FACT!

Most people need between 7.5 and 8.5 hours sleep a night



Facilities - Kerry

30

Recreation Centres

- **Abbeydorney Sports Complex**
- **Aquadome**
- **Killorglan Sports and Leisure Centre**
- **Listowel Sports Centre**
- **Tralee Regional Sports and Leisure Centre**

- **Killarney Aura Sports and Leisure Centre**
- **Ballybunion Sports and Leisure Centre**

Abbeydorney. Tel (066) 713 5275
Dan Spring Road, Tralee. Tel (066) 712 8899
Killorglin. Tel (066) 976 1755
Town Park, Listowel. Tel (068) 22244
(including swimming facilities), Cloualour,
Oakpark, Tralee Tel (066) 7126442
Bypass Rd., Killarney. Tel (064) 36554
Sandhill Park, Ballybunion. Tel 068 28111

Walks

- **Arthur Young's Walk & The Old Boathouse Nature Trail,**
- **Knockreer**
- **Slí na Sláinte route (9.9km)**
- **Sli na Slainte route (3.3km)**
- **Canal bank walk**
- **Ballyseedy Wood**

Muckcross, Killarney
Killarney National Park, Killarney
Town Centre Tralee
Dingle Town
Tralee
Tralee

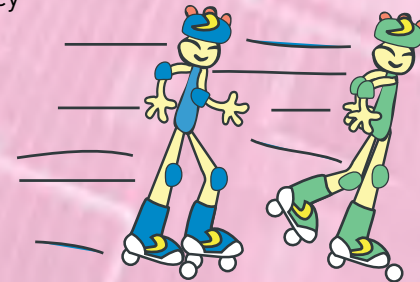
Blue Flag Beaches

- **Ballybunion • Inch • Kells • Rossbeigh • Waterville • Banna Strand**
- **Ceann Trá • Castlegregory • Derrynane • Ballyheigue**

Parks

- **Killarney National Park**
- **Town Park**
- **Reenagross Public Park**
- **Town Park**
- **Town Park/Garden of Europe**

Killarney
Denny Street, Tralee
Kenmare
Green Street, Dingle
Listowel



ACTIVE 8

Facilities - Cork

31

Recreation Centres/ Swimming Pools

- Bishopstown - Leisureworld
- Knocknaheeny Sports Centre
- Tramore Road Sports Centre
- Mayfield - Mayfield Community School
- Churchfield - Leisureworld
- Douglas - Gus Healy Pool
- Mallow Swimming Complex
- Fermoy - Leisure Complex
- Dunmanway - Swimming Pool
- Rosscarbery - Celtic Ross Hotel
- Cobh - Aura Sports and Leisure Complex
- Youghal - Aura Sports and Leisure Complex

Rossa Ave., Bishopstown, Cork. Tel (021) 4346505, (021)4346506, (021)4346507.

Terence McSweeney Community College, Harbour View Road, Knocknaheeny Road, Cork. Tel (021)4397740.

Scoil Stiofan Naofa, Tramore Road, Cork. Tel (021)4961029.

Old Youghal Road, Mayfield, Cork. Tel (021)4506232, (021)4505284.

Knockfree Ave. Churchfield, Cork. Tel (021)4397868.

Nursery Drive, Douglas, Cork. Tel (021)4293073

New Road, Mallow, Co. Cork. Tel (022) 21863.

Town Park, Fermoy. Tel (025) 33272

Bantry Road, Dunmanway. Tel (023) 45349

Conference & Leisure Centre, Rosscarbery, Tel (023) 48722

Tel (021) 4201696

Tel (024) 91614

Parks

- Ballincollig Regional Park
- Farran Forest Park
- Fitzgeralds Park
- Lee Fields
- The Lough
- Castletownroche
- Doneraile Forest Park
- Millstreet Country Park
- Castlefreke
- Glengariff Forest Park
- Gougane Barra Forest Park

Annes Grove Gardens

Dromilihy, Cononagh or Rineen Woods,
Rosscarbery

5km west of Ballineary.



Facilities - Cork Continued

32

Slí Na Sláinte (Designated Walkways)

- **Ringaskiddy** - 3km • **Rosscarbery** - 3.7km • **Kilbrittan** - 4km (recommended as a daytime walk)
- **Kinsale** - 4km • **Blarney Walk** - 3km (Recommended as a daytime walk) • **Kilworth** - 4.2kms & 3.1km
- **Bere Island** - 5km (recommended as a daytime walk) • **Glengarrif** - (6.3km) [also around the lookout walk (3.1km)]
- **Mallow Town** - (3.4km) (recommended as a daytime walk) • **Youghal** - (4km return) (recommended as a daytime walk)
- **Knocknaheeny** - (3 km) (recommended as a daytime walk) • **Mayfield/The Glen** - 2.5km (5km return) recommended as daytime walk only

Brochures on all of the above walks are available from The Irish Heart Foundation.

Walks

- **Bandon**
- **Kinsale**
- **Skibbereen**
- **Lissard Experience**
- **Creagh Gardens**
- **Timoleague Castle Gardens.**
- **Fermoy Riverside Walk**
- **Forest Walk**
- **Blarney Walkway**
- **Mitchelstown Way**
- **Ballyhoura**

Railway Walk
looped walks from town centre
forest walks in the Lough Hyne area
includes gardens and walkways
Skibbereen/Baltimore road

by the Blackwater River
at Corrin Hill near Fermoy Golf Club

marked loop walks from the town

Beaches

- **Myrtleville** - Crosshaven • **Garretstown** - Kinsale • **Garryvoe** - Castlemartyr
- **Fountainstown** - Carrigaline • **Inchydoney** - Clonakilty • **Youghal** - Barleycove
- **Reerour Strand** - Bantry • **Tragumna** - Skibbereen • **Toormore Beach** - Schull
- **Old Head of Kinsale** - Garrylucas • **Rosscarbery** - Owenahinch • **WhiteStrand**
- **Warren** • **Castletownbere** - Ballydonegan • **Garnish** • **Cahermore**



Useful Websites

www.hse.ie	HSE website with link to Health Promotion Department HSE South.
www.healthpromotion.ie	HSE Health Promotion Website
www.irishheart.ie	Irish Heart Foundation website with sections on getting fit and eating healthily.
www.spunout.ie	A new Irish youth-led media initiative covering all aspects of youth information, health, lifestyle and activism.
www.teenspace.ie	Dept. of Health and Children youth information website
www.faceup.ie	Monthly magazine aimed at 14-18 year olds - "For Teens Who Want Something Deeper".
www.bhf.org.uk	The British Heart Foundation's website –includes a section for teenagers.
www.teenagehealthfreak.org	The brainchild of Drs Ann McPherson and Aidan Macfarlane this site provides web-based health information to teenagers in a contemporary, cringe-free, entertaining and informative way.
www.kidshealth.org	Created by the Nemours Foundation for Children in the USA this site offers in-depth features, articles, animations, games, and resources on health.
www.nrgize.co.uk	Website that gets you on the move!
www.smartplay.net	Information on recreation and sports injuries and how to prevent them.
www.lifebytes.gov.uk	Gives information to help you make your own choices about health.
www.youthhealth.com	Animated website that provides health information for young people
www.4girls.gov	Supported by the US Department of Health and Human Services this site aims to provide current health information to girls aged 10- 16.
www.gurl.com	Internet magazine on being a girl, range of topics covered from sport to spirituality.
www.sistagirls.org	Provides resources, information and stories about teenage girls.
www.beinggirl.co.uk	Website designed to answer any questions or queries you might have.
www.cosmogirl.com	Online version of magazine for teenage girls.
www.girlpower.gov	Information on health, fitness, nutrition, self-confidence and careers.
www.irishhealth.com	Nutrition for teenage girls.
www.cyh.com.au	South Australian website providing information on youth health.

Always be careful when using the internet. Only visit sites you know and trust. Never give your personal information to strangers online.
For more advice on internet safety contact: internetsafety@ncte.ie

Acknowledgements

We would like to thank all those who contributed to the development of this journal

- Health Promotion Department, HSE South
- The students of Health and Leisure studies in the Institute of Technology Tralee
- Colleagues from the Department of Education
- The County Cork and Kerry Local Sports Partnerships

Thank you.





Reithneamach na Seirbhíse Sláinte
Health Service Executive



Contact Details:

Health Promotion Department
HSE South

Eye, Ear & Throat Hospital
Western Road

Cork

Tel: 021 4921641
Fax: 021 4921655

email: hpd.south@hse.ie

web: www.hse.ie