

Walk + Talk

for your life.



Instructor's Manual Walk + Talk 10-week Course

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1. Instructions

This manual is intended to act as a framework, guide, and reference to support you, the instructor, in leading a Walk + Talk 10-week course. Section 2 of this manual is an example 10-week (20 session) Walk + Talk protocol. Section 3 provides pre-emails, resources, session outline, and post-emails to guide you in delivering key teaching points of the example Walk + Talk protocol. The pre-emails not only help remind participants to join the session, but also include relevant links and information such as a TED talk to help generate discussion. Resources can be included as attachments in the pre-email to provide participants additional information to reference before and after the session. Next, the session outline included in Section 3 is intended to help you generate discussion surrounding the topic of the day. Lastly, example post-session emails are included which help summarise the key points discussed during the session, answer questions, and provide links for further learning.

What makes Walk + Talk unique, however, is the flexibility and adaptability to meet the needs and skills of yourself and the curiosity of your participants. This means that the emails you send out to participants before and after class are customised in your voice and specific to your audience. Next, if you find a newer video or TED talk to share before class, which you feel is better at communicating the lesson plan for that day, feel free to swap it out. Take time to edit the session outline before class and think about what questions you'd like to ask and who to ask based on your participants unique life experiences. Lastly, the protocol itself is an example so feel free to swap out topics and customise the order. While there is a level of flexibility and adaptability within the programme, you should keep a balanced, holistic approach, not favoring one pillar of health over any other.

While delivering the protocol remain open to other perspectives and present both sides of controversial subjects. When a participant suggests something that may be unhelpful, for example, instead of disagreeing with them directly ask another participant what their views are on the subject. The other participant will often present the counter argument for you. After all, while there are learning objectives related to health that you wish to teach your participants, your priorities are to:

- 1) Build confidence in your participants
- 2) Develop their sense of belonging and connection within the group
- 3) Empower them to make the changes in their life they feel they need to improve their health and support their happiness

Finally, in Section 4 of this manual you are given example exercises to help you curate appropriate workouts for older adults. The intention of your workouts should be to increase the strength and balance of your participants. Additional training and support is available for you and don't hesitate to contact nick@walkandtalkcic.com to answer any of your questions.



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3. Emails, Resources, and Session Outline

Week 1, Session 1 Introductions



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Introductions

Good afternoon everyone,

And what a lovely afternoon and weekend it is set to be.

I just wanted to check in and confirm with you all that we will be starting up our Walk + Talk course together on Monday the 26th from 1:00-2:30pm. Our 10-week course will then be held twice per week on Mondays and Thursdays until July 1st.

I have again attached a proposed discussion topic list for us as well as the course's code of conduct for your review.

I also wanted to include the link to our meeting again below, which will be the same link for every class. If you could copy and paste this link and details somewhere accessible, like a word document, it would help you tremendously in accessing the links to class.

[Link to Class --](#)

> <https://us02web.zoom.us/j/89682413042?pwd=YnNKUHh2NzJQbkRodlp0SURkM2p4UT09>

Meeting ID: 896 8241 3042

Of course, I'll also send out reminder emails before and after every session, but just in case I forget or your email isn't working for some reason, you have a back-up.

Really looking to having all of you in class and beginning this health journey together. If you have any questions, dont hesitate to reach out :)

Thanks again for your participation and we'll see you Monday at 1pm!

To your health,
Nick

Session Outline: Introductions

The first class tends to go long, especially if there is a full course (i.e. 10 participants). Therefore, instead of taking too much time during the first 20 minutes of class, after the first 5-minutes of pleasantries, jump into introductions, so that the second half of class does not go too long. Have 3 or 4 participants introduce themselves during the first 20 minutes of socializing before beginning the exercise.

1. Create a welcoming and inclusive environment, bringing everyone into the conversation
2. Stick to script – 20-30 min of intros, meditation & exercise, followed by more intros.

Ask for a bit of background information, (e.g. are you retired, maybe what they did for a living, what part of London they are from, why they wanted to join the course, what they are hoping to achieve?)

3. Talk through how they should approach the exercise classes. First rule: Trust your instincts and ensure the movement is safe for you, that you have a safe environment around you, no tripping hazards. Take each exercise to only to a 7 out of 10 in terms of difficulty (or uncomfortableness) where 0 is complete comfort and 10 is your maximum effort.

4. “Speaking of exercise, lets gets started today, with first a bit of breathwork. To ensure we don’t hold our breath while we are exercising, we like to begin every session by practicing breathing in through the nose and into the belly. Place one hand on the chest and one hand on the belly to notice if you are breathing into your chest or your belly.”

(Introductory Exercise – Strength, Balance, and Cardio) – taking time to introduce yourself, explaining the exercises with depth

5. Break for 2min for water, toilet etc.. before coming back into the conversation with intros.
6. Admin and Announcements can often be covered in an email, but you may want to briefly touch on:
 - a. Code of Conduct, general respect, confidentiality, talk about oversharing vs under sharing, talk about mute function, and the ability to cut me (the instructor) off at any time, to ask a question or share. Cover the late policy, showing up late is no big deal, even if you make it for the last 15 minutes
 - b. Cover the flow of the class (e.g. watch the video and a review PDF resource before class) Any Holidays, bank holidays, covering any questions with the schedule
9. Thank everyone for joining the course and looking forward to our health journey together

Example Post-Email: Introductions

Good afternoon everyone,

So good to see you all again today and to have everyone meet one-another. I am so looking forward to our next 10-weeks together.

Hopefully the exercises challenged you at the right pace and you won't be feeling too sore tomorrow.

Of course, if there were any other questions you forgot to ask or things you wanted to mention always feel free to send me an email.

Thank you all again for your involvement and participation. Have a lovely week and we'll see you on Thursday at 1pm :)

To your health,
Nick

Week 1, Session 2
**Finding Connection in a Disconnected
World**



Walk and Talk for Your Life
10-week Course

Example Pre-Email: Finding Connection

Good morning everyone,

If coronavirus has taught us anything it's this: building a social network, cultivating social connection, and building and fostering a feeling of community are so vital and important to our health and wellbeing. In today's class I'd like to dive into the very healthy habit of socialising, connection, and how we might create it while living in, what may be, a disconnected world.

I have attached a PDF for our reference, but it simply acts as a rough outline (at best) for the discussion.

[Link to Class --](#)

> <https://us02web.zoom.us/j/89682413042?pwd=YnNKUUh2NzJQbkRodlp0SURkM2p4UT09>

Meeting ID: 896 8241 3042

Also, if you'd like, feel free to check out this talk by Kio Stark on the importance of social connection:

https://www.ted.com/talks/kio_stark_why_you_should_talk_to_strangers#t-196799

Looking forward to seeing you all at 1:00pm!

To your health,
Nick

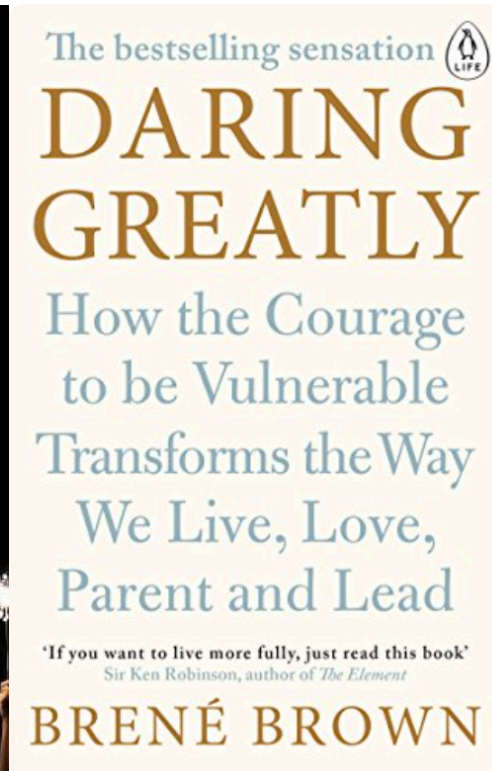
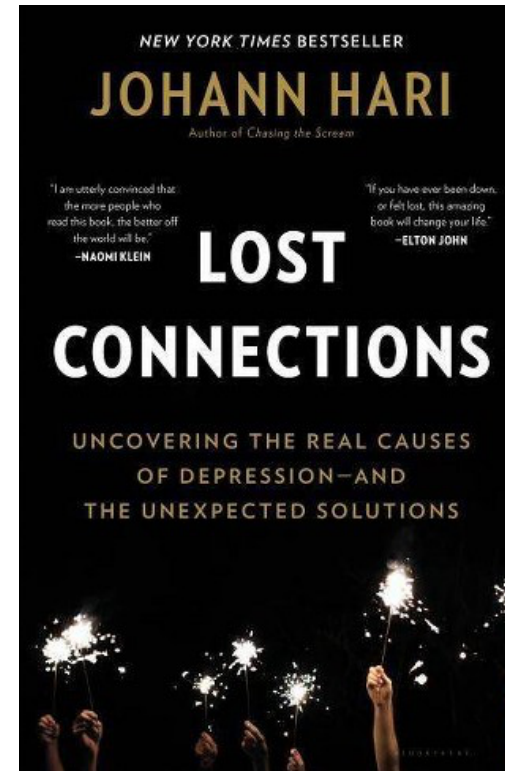
Finding Connection in a Disconnected World

Walk + Talk for Your Life



Definitions and Causes

- ▶ **Connection** - the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement.
— Brené Brown
- ▶ **Empathy** - the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner
— Merriam-Webster
- ▶ **Lost Connections** - Johann Hari
 - 1) A disconnection from meaningful work
 - 2) A disconnection from other people
 - 3) A disconnection from meaningful values
 - 4) A disconnection from childhood trauma
 - 5) A disconnection from status and respect
 - 6) A disconnection from nature
 - 7) A disconnection from a hopeful and secure future



Connection to Self

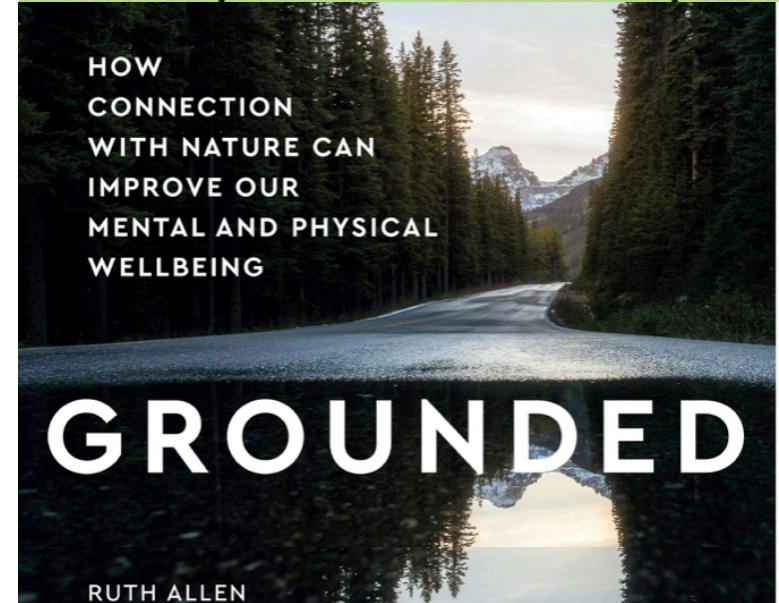
- ▶ To feel more connected to others it's important that we first connect to ourselves. Take some time to self-reflect and notice your thoughts, feelings, and behaviours both the positives and negatives. This practice can help us understand and accept ourselves.
- ▶ Engage in enjoyable, solo activities that frame aloneness as something to be grateful for. For example: take a hike, a drive in the country, meditate, read, take a bath, go to a spa etc.. just carve out some me-time for number 1
- ▶ Appreciate those things that you do well, the good experiences you've had, and the things you can look forward to. Cultivating the emotion of gratitude can make us happier, and helps release more oxytocin, serotonin, and dopamine. This improves our sleep, can lower blood pressure and decrease inflammation.
- ▶ Try new things, hear other opinions, meet new people. You may surprise yourself.
- ▶ Work toward purpose and think through your values. What is the change in the world that you want to see? What are those values that when broken make you angry?

Connection to Nature

- ▶ The presence of potted plants in your home has been shown to help reduce blood pressure, lower anxiety levels, boost productivity, and improve well-being.
- ▶ Looking at nature paintings and pictures can help you recover from a stressful experience
- ▶ Access to nature promotes health through reduction in stress, depression, pain, fatigue, aggression (Cooper Marcus & Sachs, 2014)
- ▶ Grounding/Earthing by having your bare feet on the ground may have great benefits



Therapeutic Landscapes



Connection to Others

▶ The Lost Art of Listening - Dr. Michael P. Nicholas

- 1) Not listening to each other separates us and not being heard can trigger a sense of rejection.
- 2) Most people do not listen with the intent to understand; they listen with the intent to reply.
- 3) Be fully available to someone who is speaking, don't switch the conversation to yourself.

▶ How to Win Friends and Influence People - Prof. Dale Carnegie

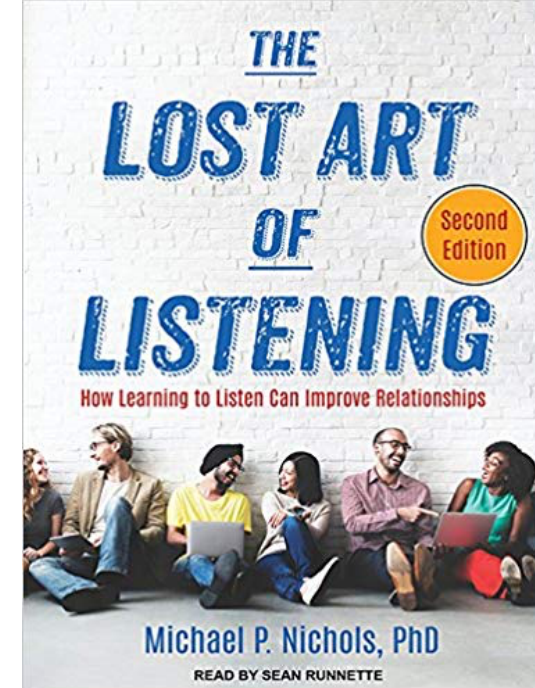
- 1) If you want to be interesting, be interested. Make people feel important with curiosity.
- 2) Don't criticize, condemn or complain. Never say, "You're wrong"
- 3) Genuinely smile. Remember people's names. Encourage others to talk about themselves.

▶ We Need to Talk: How to Have Conversations That Matter - Celeste Headlee

- 1) Enter every conversation like you have something to learn. Everyone that you ever meet knows something you don't. Everyone has some interesting, amazing thing about them. Find it.
- 2) Go with the flow. If the moment passed to interject just let it pass. Stay present.
- 3) Be brief. Find a graceful way to exit a conversation at the right time.

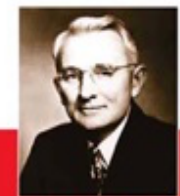
▶ Connection to Animals: Pet ownership reduced loneliness in older adults who enjoyed pets. Even 30 minutes of 'animal-assisted therapy' once per week was effective at reducing loneliness (Banks and Banks, 2002).

▶ Should we disconnect from our toxic connections and toxic people?



INTERNATIONAL BESTSELLER

HOW TO
WIN
FRIENDS &
INFLUENCE
PEOPLE



by **DALE**
CARNEGIE

Session Outline: Finding Connection

1. Introduce anyone who missed the first day – follow-up on questions about someone who may not have shared as much on the first day.
2. Ask how people how they are feeling after day 1 of exercise. Any part of their body bothering them and reassuring them to take it slow and at their own pace.
3. Did anyone get a chance to watch the video about talking to strangers? What did you think about how her story - the one in which a stranger asked her to stand back on the curb in NYC so she didn't disappear – how she felt noticed and worth saving by a stranger. Can anyone relate to that feeling?

Key Points from [TED Talk by Kio Stark](#)

- a. People often feel more comfortable talking being open an honest about the inner selves with strangers than they do with close friends or family. That people often feel more understood by strangers. – What are your thoughts on that?
 - b. Smiling at strangers, giving them a compliment, noticing their shoes or talking to a person's dog or baby, these are social conduits, she says, and are all great ways that may lead to a conversation. –Anyone have an example of when they struck up a conversation with a stranger?
 - c. We tend to meet disclosure with disclosure, even with strangers. She shared about how she's honest with people when they ask about her father who died when she was young and finds that the stranger responds with their experience of loss. – Have you ever experienced that before? Where a stranger or someone you don't know that well opens up to you and in turn you open up to them about something meaningful?
4. Around the 15-20min mark "Lets continue this conversation following some exercise." Focus the first 5 minutes on breathwork. Holding the ribs this time to feel the lower back expand, encouraging nasal and belly breathing.

(Cardio Based Exercise) followed by 2-min break for water, tea, toilet etc..

6. Open ended questions to ask: So going back to our previous discussion, I was wondering, in the past, did we talk to strangers more frequently? On the train to work, in the tube, before phones. How about listening? Have listening skills declined since you were younger? Has that led to us feeling more disconnected?
7. Lastly, spend the last 10min talking about what tips they have for building connection? Any communities you're apart of, volunteering, calling friends and family regularly, talking with strangers?

Example Post-Email: Finding Connection

Good afternoon everyone,

Really enjoyed our class today and discussion. So good to have such a great group where the art of listening is still very much alive, even with the difficulties of communicating through Zoom.

I also wanted to mention that in the future, I'll do my best to send out our PDF resource and typically a video on the subject, the day before our class. By no means do you need to prepare for the discussion, but these resources can help enhance the course as you can reflect on them long after the discussion is finished.

Next, I wanted to share the site the YouTube channel that (Participant 1) mentioned called SilverFit who offer loads of great exercises classes for free

<https://www.youtube.com/channel/UCzG9yqTx20nbmv0nbYHJJ7w>

Goldster, linked below was the other resource mentioned by Amanda, I believe?

<https://www.goldster.com/all-classes/>

Feel free to also let me know of any other classes, youtube channels, or programmes that also help either with fitness for middle age/older adults or for socialising. All tips are welcome so we can share them with the group.

Again it's so great to have such a good group and I'm excited for our course ahead.

Have a lovely weekend and see you all on Tuesday :)

To your health,
Nick

Week 2, Session 3
Managing Stress in a Modern World



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Managing Stress in a Modern World

Good afternoon everyone,

I hope everyone had a lovely weekend!

I wanted to send out a reminder for class along with a PDF resource for us all about stress. With the pandemic, the economy, and a 24-hour news cycle constantly reminding us of our impending doom, how do we escape? Tomorrow, I'd like to take a deeper dive with you all on how you've been handling and managing your stress during the pandemic and tips for others on how to improve this vital area of health.

To help understand this topic, check out this TED Talk by Kelly McGonigal about stress. Have a watch :)

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

Looking forward to it. See you all tomorrow at 1:00pm!

[Link to Class --](#)

> <https://us02web.zoom.us/j/89682413042?pwd=YnNKUHh2NzJQbkRodlp0SURkM2p4UT09>

Meeting ID: 896 8241 3042

To your health,
Nick

Managing Stress in the Modern World

Walk + Talk for Your Life



Definitions

Stress def. - There's no medical definition of stress, and health care professionals often disagree over whether stress is the cause of problems or the result of them (Mind, 2017).

- ▶ **Sympathetic - (Stress)** - speeds up your heart, pumps blood into your muscle, pauses all long-term projects in your body, and prepares to run for your life.
- ▶ **Parasympathetic - Peace** - slows the heart rate, increases intestinal and gland activity, and relaxes sphincter muscles in the gastrointestinal tract.
- ▶ **Cortisol** - primary stress hormone, central to the complex natural alarm system that communicates with the brain regions that control mood, motivation and fear.



SYMPATHETIC



PARASYMPATHETIC

Stress Response

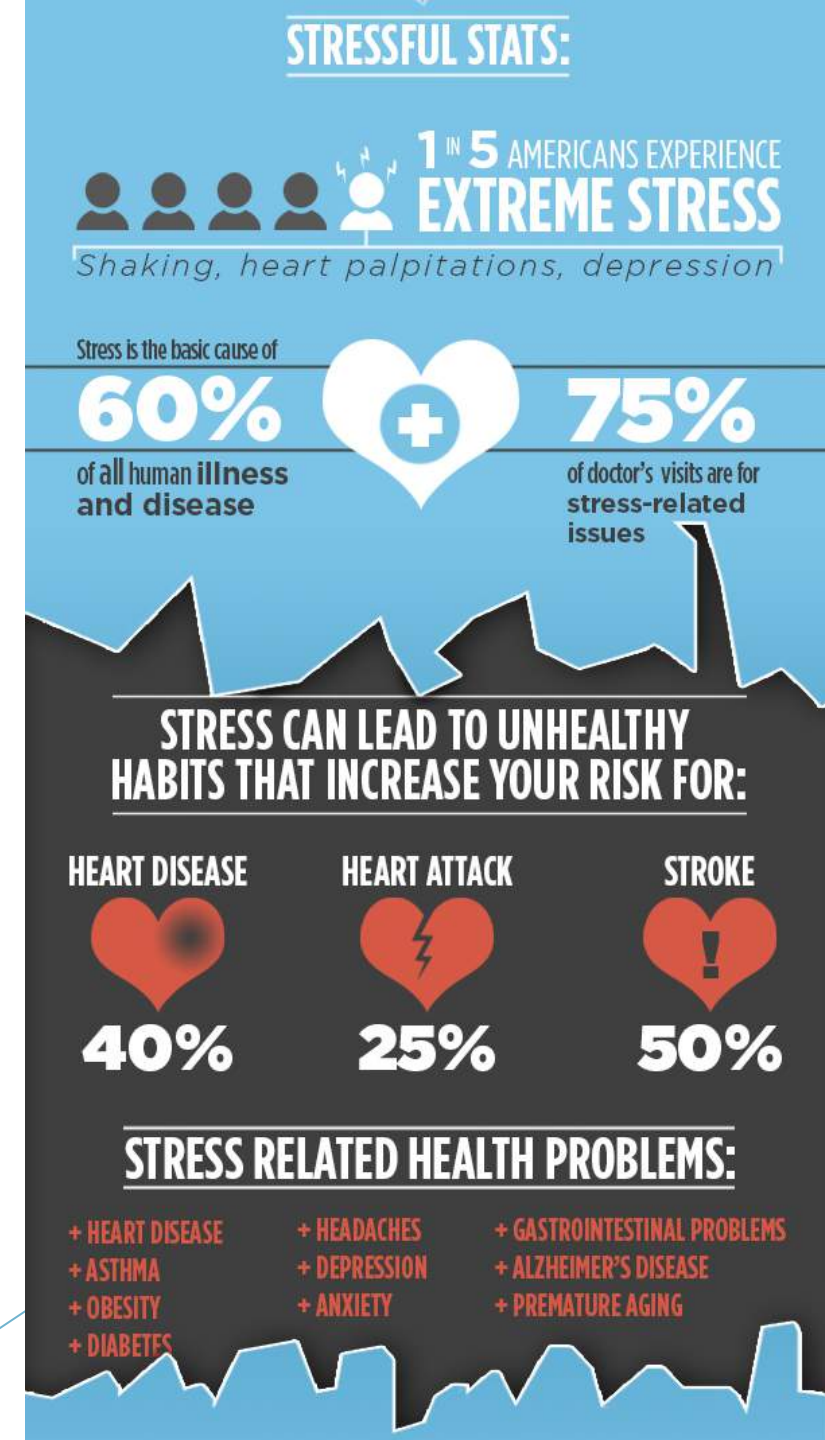
1. Blood pressure, blood flow, breathing, and heart rate increase.
 2. Blood Sugar increases to give muscles energy.
 3. Digestion is put on hold.
 4. Immune System heightens, and pain tolerance is increased.
- ▶ The stress response is beneficial if you are about to be attacked by a tiger for example, but not advantageous for 2021 related stressors.
 - ▶ Chronic stress causes your immune system to chronically be elevated leading to chronic levels of inflammation
 - ▶ Acute Inflammation is not dangerous (e.g. a cut or injury followed by local swelling), but when inflammation is chronic it can contribute to the formation of chronic diseases such as diabetes, heart disease, cancers, and more. (Khan Academy, 2014)



THE CHALLENGE OF MAKING DECISIONS WHEN EXPERIENCING POST-TRAUMA STRESS OR CHRONIC STRESS

Outlining the Issue

- ▶ 34% of UK older adults say their anxiety is worse or much worse than before the start of the pandemic (AgeUK, 2020)
- ▶ 74% of people in the UK have at some point felt so stressed that they felt overwhelmed or unable to cope (MHF, 2018)
- ▶ About 75% of cases of insomnia are triggered by some major stressor (Sapolsky, 2004)
- ▶ Stress disrupts sleep, poor sleep activates more stress-response, which leads to even worse sleep, it goes on in a vicious cycle. (Han et al., 2012)
- ▶ Those who sleep less than 8 hours per night reported higher stress levels, were more likely to have feeling anger, overwhelmed, and lack of motivation. (MHF, 2018)
- ▶ #1 cause of stress for adults aged over 55 (44%) is personal long-term health conditions and/or those of close family and friends. (MHF, 2018)



Tips and Techniques

- 1) Identify your triggers
- 2) Review your lifestyle, are you taking on too much, not enough?
- 3) Build supportive relationships and social networks
- 4) Eat healthy foods
- 5) Be aware of your smoking, drinking, and caffeine intake
- 6) Exercise
- 7) Take time out (Have some ME TIME)
- 8) Practice Mindfulness or Meditation
- 9) Get Restful Sleep
- 10) Don't be too hard on yourself, keep life in perspective (MHF - Stress: Are We Coping, 2018)
- 11) Give yourself permission to relax
- 12) Everyday for at least 15 minutes, be selfish, and enjoy some me time
- 13) Music - sing, dance, play or listen to music
- 14) Screen-Free Sabbath: every Sunday, turn-off your screens and live your day offline
- 15) Keep a gratitude journal - everyday write down 1 thing you are grateful for and 1 thing that went well for you that day
- 16) Practice Stillness Daily: meditation, mindful stillness, 3-4-5 breathing, alternate nostril breathing, coloring, and listening to music fully focused
- 17) Have at least 1 meal a day at your dining table, with someone (if possible), without your devices
- 18) Sauna and massage are also great ways to relieve stress



GO FOR A WALK

Feel the air or the warmth of the sun.



TAKE A BREATH

Take a pause with some deep breaths.



YOGA MOMENT

At your desk or in your living room, do some relaxing moves.



TAKE A WARM BATH

This is also a way to take a digital break from your phone and/or computer.



CALL A FRIEND

Catch up and share the latest. This will boost your happiness and it's a natural way to destress.

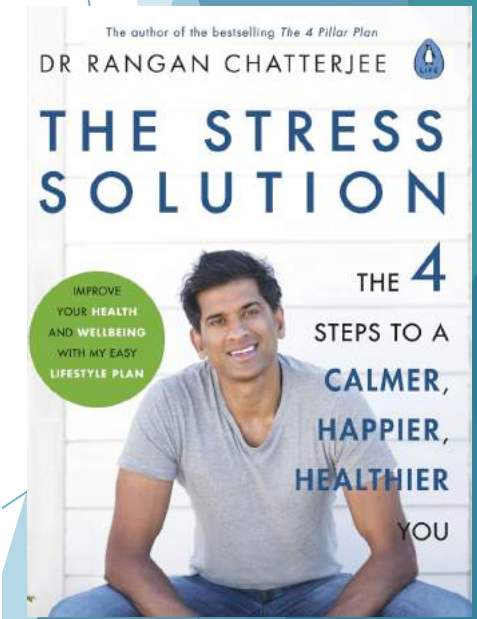
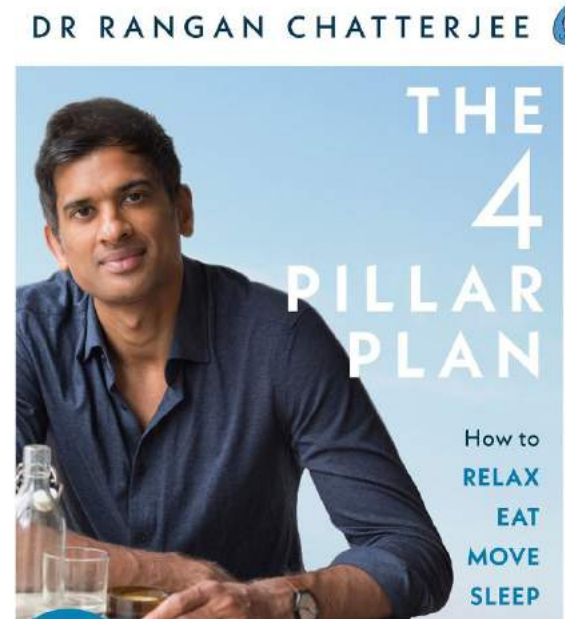
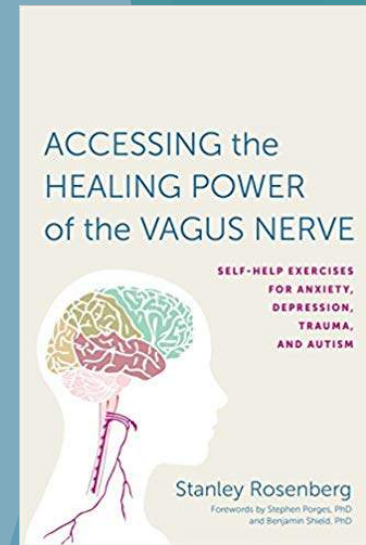
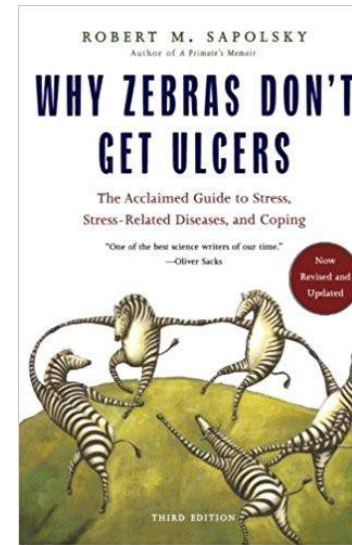


SLEEP

Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

Conclusion

- ▶ Stress can affect mood and depression is a likely outcome of chronic stress
- ▶ Chronic stress seems to trigger headaches, increase joint and muscle pain and seems to intensify arthritis and back pain
- ▶ Stress is normal, and many kinds of stress are good especially in small doses like exercise, work, even certain vegetables stress the body which can improve health.
- ▶ Take a look at your life, and identify what's causing you chronic stress
- ▶ Pay attention to your moods, and try to identify the thoughts and beliefs that may be contributing to them. Make time to engage in pleasantly challenging activities, exercise and connect with others. Prioritize and delegate (Dr. Axe, 2018)



Resources:

- ▶ How to Manage Stress: Mind 2017
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>
- ▶ AgeUK, 2020.
https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/the-impact-of-covid-19-on-older-people_age-uk.pdf
- ▶ Mental Health Foundation - Stress, 2018.
<https://www.mentalhealth.org.uk/sites/default/files/stress-are-we-coping.pdf>
- ▶ Sapolsky, R.M. (2004) *Why Zebras Don't get Ulcers*. Third Edition. New York: St Martin's Griffin.
- ▶ Han, Kim, and Shim, 2012.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3538178/pdf/en-21-141.pdf>
- ▶ Dr Axe, 2020. <https://draxe.com/health/chronic-stress/>
- ▶ Khan Academy, 2014
<https://www.youtube.com/watch?v=oUqJ-AKSsuE>

Session Outline: Managing Stress in a Modern World

1. General Questions: How the weekend has been for everyone? Any questions about our previous talk? All good still in terms of exercise and soreness?

2. What did you think about the video from Kelly McGonigal about making stress your friend? I thought this talk tied in well with our discussion on the importance of social connection and how interesting that these two pillars of health interact.

Key Points of [TED Talk by Kelly McGonigal](#):

a. Stress makes us social? Oxytocin (the cuddle hormone) is released during the stress response just as much as adrenaline. Our stress response has a built-in mechanism for coping with stress, which is the release of oxytocin, nudging us to seek help and social connection. Oxytocin lowers blood pressure, is anti-inflammatory, and, therefore, this stress hormone can reduce the harmful effects that stress has on your heart.

b. What did you think about the study which found the more people give to others, in terms of social connection, the more healthier their stress response? Study which asked participants, 1) How much stress do you have in your life and 2) How much time do you spend helping out friends, neighbors, people in your community? Those that spent more time helping others reduced the negative health effect of stress. "Caring created resilience," she concludes.

c. What about the concept she mentioned about our beliefs about stress, be it harmful or helpful, can change our life expectancy? But in the PDF resource, you can see that stress is the basic cause of 60% of all human disease and there are other estimates which place this figure at over 90%. What do you think?

3. Anyone experience a stress lately? Like the loss of a passport, etc.. what was happening in your body? What happens when you feel stressed?

Stress Response – Kelly McGonigal is saying this is my body rising to the challenge. Except in many ways your body is not helping you. Its helping you to run away from a tiger, not necessarily to help you cope with the 24/7 news cycle, social media, and work stress.

5. Well we've already learned that reaching out to others and seeking social support is a built-in coping strategy that our body encourages us to do, but another coping strategy to stress is through mindfulness. Instead of breathwork today, let's try 5 minutes of mindfulness where we focus on the sensation of our breath and see how we feel.

(Strength and Balance)

5. Break for 2min for water, toilet etc.. before coming back into the conversation on stress.

6. Use the last 10 minutes to ask about what coping strategies they use? Tips to deal with their stressors?

Example Post-Email:
Managing Stress in a Modern World

Good morning everyone,

Really enjoyed our bank holiday class yesterday and lovely to see many of you.

I wanted to follow-up yesterday's session where we talked about developing new tools and techniques to view and manage our stress. One of those techniques was mindfulness, which we will cover in future classes, but just in case you'd like to give a guided session a try ahead of time, feel free to take 3 minutes today with the link below:

3 minute mindfulness meditation --> <https://www.youtube.com/watch?v=DK73PIJzCTc>

Gerry was also kind enough to share the book she mentioned set in the Isles of Scilly that I believe she finished after class yesterday.

<https://www.waterstones.com/book/ruin-beach/kate-rhodes/9781471165467>

Lots of great advice shared yesterday for coping with and managing stress such as reading, going for a walk in nature, and, in line with the theme of the TED talk, socialising and sharing with others.

Thank you all again for your continued participation and looking forward to seeing you all on Thursday :)

To your health,
Nick

Week 2, Session 4
How to Move



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

How to Move

Good evening everyone,

Sorry about the delay with today's email. I was taking a bit more time this session on our PDF resource about movement and physical activity, which is attached.

Movement is vital to health, regardless of weight loss. Moving our bodies helps with digestion, literally helping shake and move our food through our stomach. It helps move lymph through our bodies which is vital to our immune system and movement even helps push nutrients into our joints, which have limited blood flow.

Tomorrow, I'd like to talk about all things movement and answer any questions you have about our exercises. We can also brainstorm ways to make our lives more active, by creating 'movement snacks', stacking exercise on top of some of your existing habits, and perhaps even starting a virtual walking challenge for us to have some fun with.

Wendy Suzuki, a neuroscientist, turned exercise enthusiast, delivered a great talk all about the brain benefits of exercise. So even if you're not losing weight, or not trying to lose weight, movement is vital to our health and ultimate happiness. See the link below for her talk:

<https://www.youtube.com/watch?v=BHY0FxoKZE>

Looking forward to seeing you all tomorrow at 1:00pm!

[Link to class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

To your health,
Nick

How to Move: The Benefits and Impact of Physical Activity.

Walk + Talk for Your Life



The Benefits of Exercise



- ▶ Prevalence of Alzheimer's disease is inversely associated with amount of muscle mass and strength a person has, this is likely due to the many benefits exercise has on the brain (Hurley, 2011)
- ▶ A study on bed rest found that within 14 days of complete inactivity, muscle mass was reduced by 5%. By day 23, muscle mass was reduced by over 10% (Parry, 2015).
- ▶ Higher levels of physical activity are linked to lower risk of several types of cancer (cancer.gov, 2020)
- ▶ Physical activity boosts self-esteem, mood, sleep quality, and alleviates stress and depression (NHS, 2021)
- ▶ Strength training twice per week can increase bone density of the spine in postmenopausal women after just one year (Hong and Kim, 2018)



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls

What to do?

1. Walk , 2. Weight / Wait, 3. Wobble

- ▶ ‘Walk’: Do any heart-beat raising activity like cycling, swimming, rowing, shadow boxing, or dancing nearly every day. Tracking steps is a great way to measure this.
- ▶ Use ‘Weights’ 2x per week such as cans, books, wine bottle, shopping bags, or invest in a kettlebell, medicine ball, or resistance bands to overload your muscles and make them stronger.
- ▶ ‘Wait’ i.e. start slow! Build-up your step count or exercise time over the span of weeks to months
- ▶ ‘Wobble’: Do balance exercises like we do in class 2x per week, but don’t just go through the motions, ensure you are challenging yourself enough to ‘wobble’

Physical activity benefits for adults and older adults

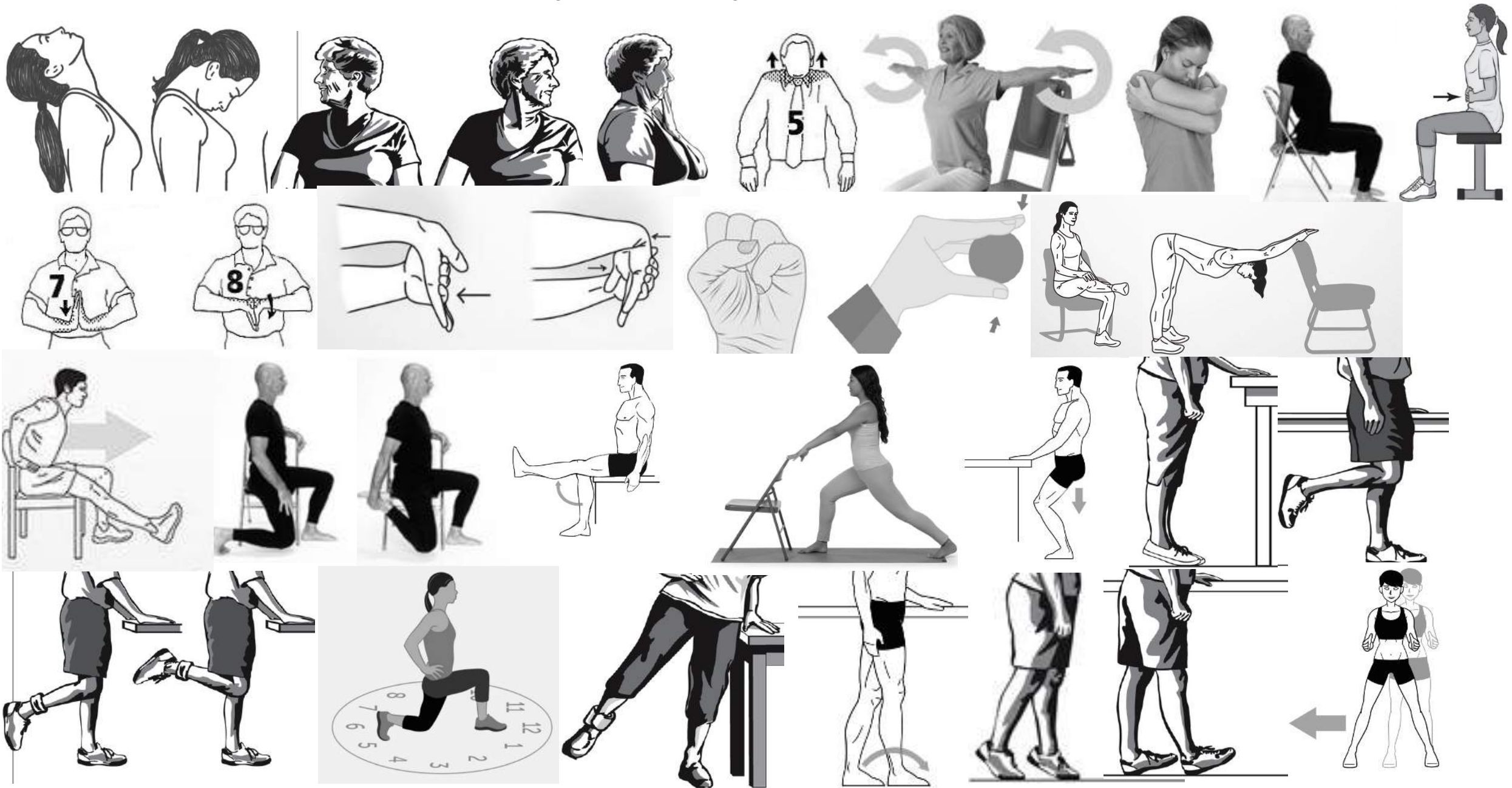
- + BENEFITS HEALTH
- Zzz IMPROVES SLEEP
- 📦 MAINTAINS HEALTHY WEIGHT
- 🌿 MANAGES STRESS
- 😊 IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF	
Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?



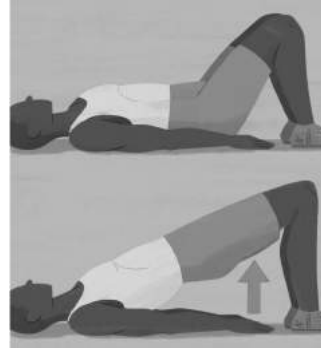
Walk + Talk Exercises



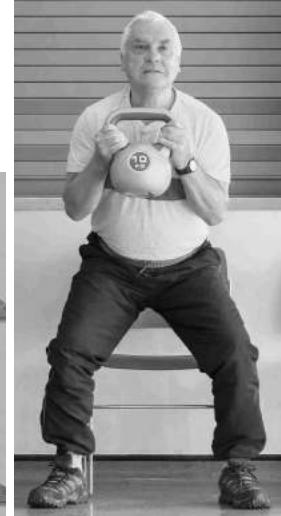
'Walk' Exercises



'Weight' Movements



Bridge



Squat



Press



Pull-Down



Lunge



Step-Up



Carry



Row



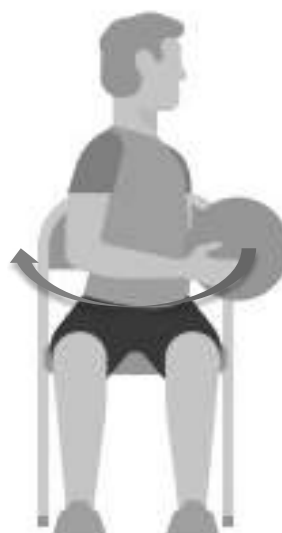
Push



Deadlift



Bend



Twist

How Intense Should The Exercise Be? What if I feel pain?

Comfortable

Uncomfortable

Pain/Fear

- ▶ To become more 'fit' we must venture into the zone of uncomfortableness. During any movement or exercise, know your limit, and only go to a '7 out of 10' in terms of difficulty.
- ▶ Trust your instincts and don't exert more energy than you think your joints can handle. If you ever feel pain stop and regress the exercise in the future.
- ▶ Beginning an exercise programme, has been shown to reduce lower back pain and alleviate arthritis, so stick with it! (Gordon and Bloxham, 2016) (Petrella and Bartha, 2000)
- ▶ Certain exercises like The Otago Exercise Programme can reduce your falls risk by 32% and reduce the risk of death by 55% (Thomas, 2010)

Supplements for Joint Pain

- ▶ Glucosamine-Chondroitin
- ▶ Turmeric
- ▶ MSM
- ▶ Fish Oil
- ▶ Pycnogenol (Pine Bark Extract)
- ▶ Arnica Gel
- ▶ Boswellia Extract
- ▶ Type II Collagen

Conclusion

- ▶ Movement, regardless of weight loss, improves bone health, brain function, moves nutrients through the body, improves the lymphatic system of our bodies and is fundamental to the health of our bodies.
- ▶ To improve: venture into the zone of uncomfortableness
- ▶ 1. Walk, 2. Weight/Wait, and 3. Wobble
 - ▶ 'Walk' - track your steps and aim for a target each day such as 3k steps. Build from there.
 - ▶ 'Weight' train! Focus on multi-joint movements like squats, pressing, and pulling. (They work more muscles in less time!)
 - ▶ 'Wait' Start slowly and progress slowly at your own pace!
 - ▶ 'Wobble' - Try balance exercises, such as one-legged stand, walking heel to toe and toe to heel, and walking backwards to improve balance.



94 Years Old



86 Years Old

Resources:

- ▶ Hurley, 2011
<https://pubmed.ncbi.nlm.nih.gov/21425888/>
- ▶ Parry, 2015
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600281/pdf/13728_2015_Article_36.pdf
- ▶ Exercise Guidelines for Older Adults NHS
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>
- ▶ Hong and Kim, 2018
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6279907/pdf/enm-33-435.pdf> Han, Kim, and Shim, 2012.
- ▶ Gordon and Bloxham, 2016
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/pdf/healthcare-04-00022.pdf>
- ▶ Petrella and Bartha, 2000
<https://pubmed.ncbi.nlm.nih.gov/10990236/>
- ▶ Thomas, 2010
<https://pubmed.ncbi.nlm.nih.gov/20817938/>

Session Outline: How to Move

1. What were your thoughts on the video about the brain benefits of exercise? Better mood, better memory, better attention? The idea that exercise is the most transformative thing you can do for your brain.

Key Points from [TED Talk by Wendy Suzuki](#):

a. Immediate effects on boosting neurotransmitters dopamine, noradrenalin, serotonin. Improves focus for at least 2 hours following a workout. Exercise creates new brain cells and can increase the size of your hippocampus – the area of our brain responsible for memory.

b. Protects the prefrontal cortex, which is most susceptible to neurodegeneration and cognitive decline with aging.

c. Wendy Suzuki's Minimum Effective Dose for brain benefits = 3-4x a week (e.g. brisk walking) for 30 minutes. To get the brain benefit effects of exercise, she says, we need to get the heart rate pumping.

2. Of course, that minimum effective dose is specific for the brain and cardiovascular system. To see significant improvement in joint and bone health we need to do strengthening exercises 2x per week. You also need balance specific exercises to see improvements in balance, and flexibility for a well-rounded movement prescription.

3. Segway into doing some exercise, which is more cardio focused to help us get those brain boosting effects. Tie into the previous session on stress, not only will we boost our brain, but we'll also manage stress with exercise.

Practice mindfulness again as another way to manage stress.

(Cardio Based Exercise) followed by 2 minute break for tea, toilet etc.

5. But let's rewind. What was your experience with physical education? How did those experiences shape your attitude toward exercise? What are your thoughts and beliefs about muscle strengthening exercises? What are some barriers? Gym experiences?

6. To help simplify things: my exercise prescription for you is to 1) 'Walk' (swim, cycle, row etc..) every single day, walk briskly somedays, up hills, take a long walks, and other days take multiple short walks. Play with distance and intensity. But we also need to 2) 'Weight/ Wait', (strengthening muscles 2x per week, but taking it at our own pace, nice and slow), and lastly 'Wobble' or engage in balance exercises twice per week.

1. Walk, 2. Weight/Wait, 3. Wobble

7. But all this is difficult to implement and behavior change is hard. What ways in the past have helped you to become more active? Taking the last 10 minutes for tips and strategies.

8. Introduce the virtual walking challenge idea. One way for me to help you 'Walk' more is with our virtual walking challenges..

Example Post-Email:

How to Move

Good evening everyone,

Really enjoyed our session today on movement. It's great to hear your insights and learn about your experiences with exercise and physical activity.

As mentioned, I wanted to give you all a bit more information about our virtual walking challenges. We'll talk more about it in class on Monday, but essentially, we, as a group, track our steps, I'll then convert the steps into miles (e.g. 2,000 steps = 1 mile), and all along our route, I'll send out markers and photos of where we are 'virtually' along our route. We can even compete against other Walk + Talk classes to give ourselves a bit of nudge to get out at least once a day for a walk. Perhaps we'll start this challenge next Thursday if we're all up for it.

Next, for other bits of encouragement on becoming a bit more active, I have also attached a list of other online exercise classes for us to try. If you have found any other YouTube channels or other local groups, do let me know so I can add them to our growing list!

I believe (Participant 11) mentioned the Leslie Sansone YouTube Channel which I've linked to below for at home walking workouts. Great for when the weather doesn't cooperate with our plans.

<https://www.youtube.com/channel/UCVl6ZdslZz2Zj-34bMJFPbg>

Lastly, [VersusArthritis.org](https://www.versusarthritis.org) has some great examples of exercises, many of which we use in class, and the [NHS website](https://www.nhs.uk) also has great exercise references including their 5-week exercise programme called Strength and Flex that you can check out [here](#).

Have a lovely weekend and happy walking :)

To your health,
Nick

Week 3, Session 5
The Power of Sleep



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
The Power of Sleep

Good evening everyone!

I hope everyone at least enjoyed the lovely weather today and got moving! Looking forward to talking more in class tomorrow about our upcoming virtual walking challenge to encourage us to get up and out more often for movement snacks.

Also, I'm looking forward to talking more about sleep, which is an area of health far too many of us struggle with for various reasons. Tomorrow, we'll dive into some tactics and techniques to help you improve the quality of your sleep, even if you think you're a hopeless case. For tips, check out the PDF resource attached.

Next, to learn more about the power of sleep, check out the TED talk, linked below, by Dr. Matthew Walker, author of the book *Why We Sleep*. However, fair warning, the talk uses a bit of scare tactics, which may not be helpful for everyone as we try to relax our way into a nice slumber.

<https://www.youtube.com/watch?v=5MUIMqhT8DM>

Looking forward to seeing you all tomorrow at 1pm and until then hope you all get a good night's sleep!

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

To your health,
Nick

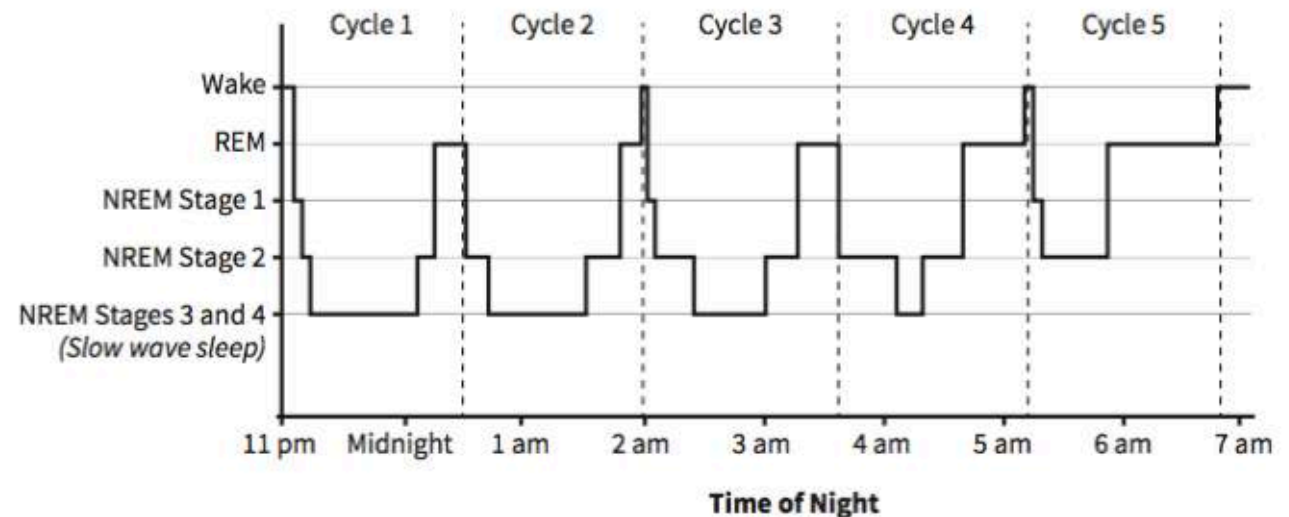
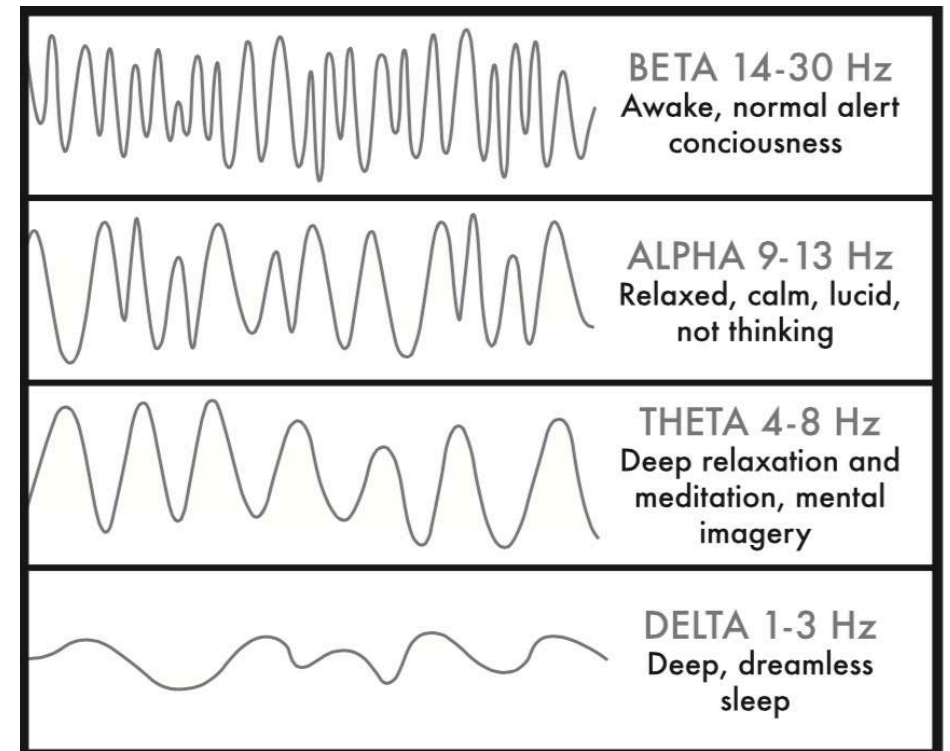
The Power of Sleep and Proven Tips to Help

Walk + Talk for Your Life



Definitions

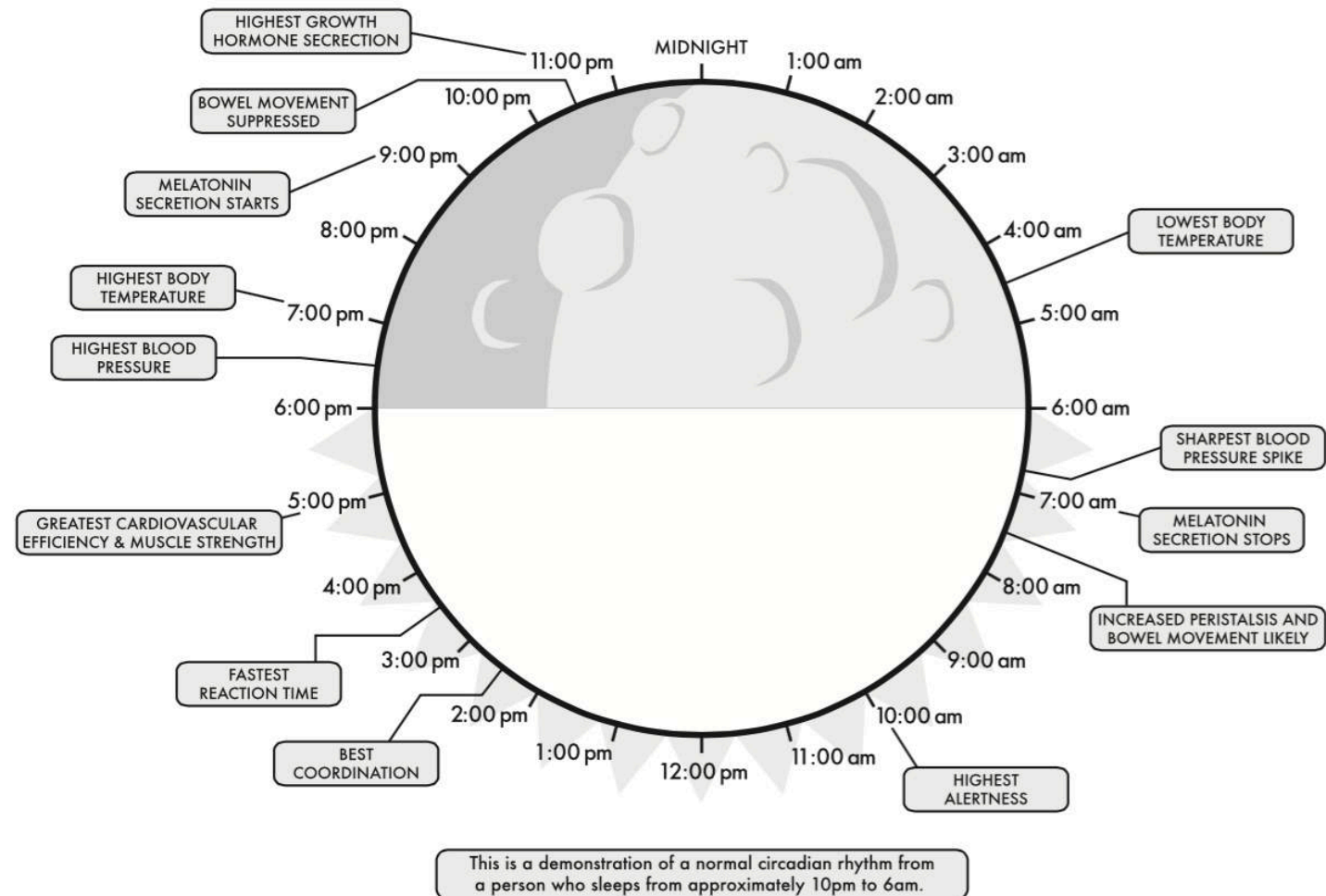
- ▶ **Quality Sleep** - you are falling asleep in 30 minutes or less, sleeping soundly through the night with no more than one wake-up, and if you do wake up, you fall back asleep within 20 minutes or less ([National Sleep Foundation, 2017](#))
- ▶ **Deep Sleep** - (i.e. non-REM delta wave, slow-wave sleep) is the most regenerative stage of sleep. Quality of deep sleep can be affected by light, noise, alcohol, and poor breathing technique.
 - ▶ Deep sleep triggers currents of cerebrospinal fluid to wash through the channels between brain cells, carrying away the debris from the day's activity, and leaving it clean like the beach after high tide



Circadian Rhythm

- ▶ **Definition:** The natural cycle of physical, mental, and behavior changes that the body goes through every 24-hour cycle.
- ▶ Controlled by a combination of light and dark cycles which signal a small area in the middle of the brain called the suprachiasmatic nucleus, which regulates our body temperature.
- ▶ Your circadian rhythm is your body clock, but it is a clock that needs to be set every day when you wake up.
- ▶ To set your body clock you need to get sunlight into your eyes and move. Therefore, get out for a short morning walk and ditch the sunglasses.
- ▶ Abnormal circadian rhythms may be linked to obesity, diabetes, depression, bipolar disorder, and seasonal affective disorder ([Walker et al., 2020](#))

GENERAL CIRCADIAN RHYTHMS IN HUMANS



the Power of Sleep

7 side effects of sleep deficiency

1

Long-term mood disorders

Chronic sleep debt can lead to disorders like depression and anxiety.

3

Diabetes

Studies suggest people who sleep less than five hours a night have an increased risk of having or developing diabetes.

2

Sickness

Prolonged lack of sleep can disrupt your immune system, making it harder to fend off bugs. And once you're sick, lack of sleep can make it harder to recover.

4

Infertility

Sleep disruptions can reduce the secretion of reproductive hormones, resulting in trouble conceiving.

5

Weight gain

Studies show people who sleep less than seven hours a day are 30 percent more likely to be obese.

6

Low libido

Men and women who don't get quality sleep have a decreased interest in sex.

7

Heart disease

Long-term sleep deprivation is associated with an increased heart rate, blood pressure issues and higher levels of chemicals that are linked to inflammation.

So, how many hours should you be getting?

Newborns



16-18
hours a day

Pre-school children



11-12
hours a day

School-age children



10
hours a day

Teens



9-10
hours a day

Adults



7-9
hours a day



At least **100,000 crashes**, **71,000 injuries** and **1,550 deaths** each year in the United States are related to **falling asleep while driving.**

Recommended Sleep Durations for Adults

- ▶ Adults 45-64 should sleep for 7-9 hours, not more than 10 hours ([NSF, 2017](#))
- ▶ Older Adults 65+ should sleep 7-8 hours, not more than 9 hours for optimum health ([NSF, 2017](#))
- ▶ However, with the advent of the 24/7 society with non-stop entertainment at our fingertips (e.g. night time TV, internet and mobile phone use) sleep durations are becoming shorter and shorter
- ▶ Some data suggest that there has been a decline in sleep duration over the past 30 years ([Rowshan et al., 2010](#))
- ▶ 1 in 3 people suffer from poor sleep in the UK ([NHS, 2019](#))
- ▶ Sleeping 6 hours or less (i.e. short sleep) increases risk for obesity by 21%, Diabetes by 25%, and heart disease by 35% ([American Academy of Sleep Medicine, 2019](#))

Top Tips for Better Sleep

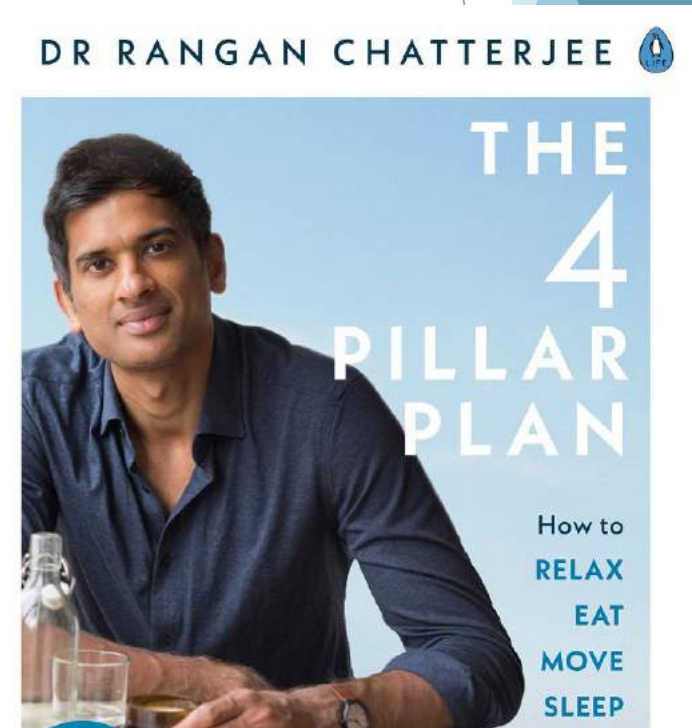
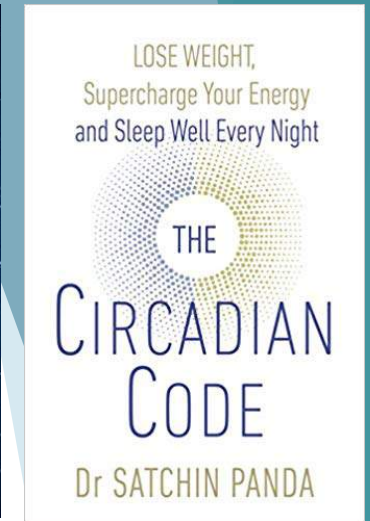
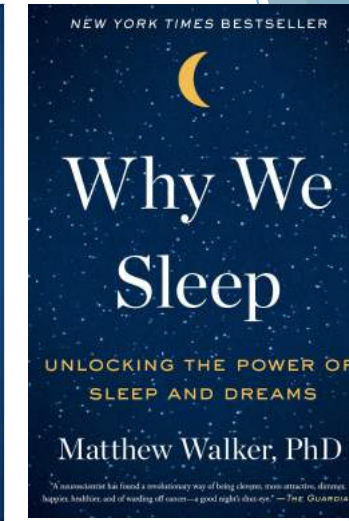
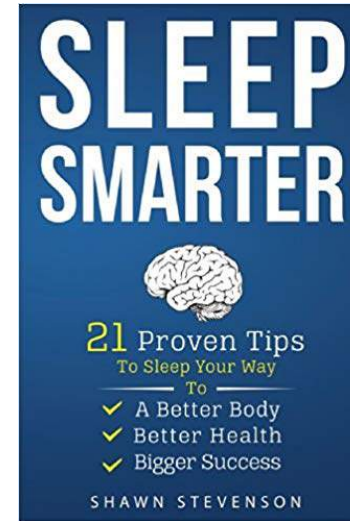
- 1) Sunlight into your eyes in the morning helps set your circadian rhythm
- 2) Get moving! A morning walk also helps set your circadian rhythm
- 3) No caffeine 10 hrs before bed and try to have 1-day/wk caffeine-free
- 4) Give yourself permission to do the to do list, tomorrow
- 5) Avoid your phone and other screens 1-hour before bedtime
- 6) Implement a no-phone in the bedroom 2-week challenge
- 7) Make it colder, crack a window, use a fan, gel pads etc.. The ideal temperature to promote good quality sleep is 17 - 18.5 C
- 8) Black out your windows and tape over any small lights like those found on many laptop chargers, TV boxes, other other electronic device
- 9) Avoid the mid-night snack. It may tell your body clock its morning time
- 10) Research and ask your GP about the [benefits of melatonin](#)
- 11) Other sleep supplements to research include: [L-Theanine](#), [magnesium](#), zinc, tryptophan, Vitamin D3, chamomile tea, lavender essential oil, CBD.
- 12) Use a sleep mask, try sleep sounds, or YouTube '[meditation to help fall asleep](#)' or '[meditation to help get back to sleep](#)'

10 TIPS FOR *Better Sleep*

1.  MAINTAIN A CONSISTENT **DAILY SCHEDULE**
2.  **REDUCE YOUR DAILY CAFFEINE INTAKE**
3.  **TURN OFF THE COMPUTER OR TELEVISION**
4.  **DONT GO TO BED ON A FULL STOMACH**
5.  **DONT GO TO BED ON AN EMPTY STOMACH**
6.  **ENGAGE IN REGULAR EXERCISE**
7.  **LIMIT BEVERAGE CONSUMPTION BEFORE BED**
8.  **KEEP YOUR BEDROOM DARK & QUIET**
9.  **INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
10.  **GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**

Conclusion

- ▶ Make sleep a priority with a consistent routine, a consistent bedtime, and a consistent effort to try the tips mentioned to improve your sleep quality.
- ▶ Finally the ‘10-3-2-1 Rule’
 - ▶ 10 - The hours prior to sleep in which you will not drink caffeine.
 - ▶ 3 - The hours prior to sleep in which you will not eat or drink anything other than water.
 - ▶ 2 - The hours prior to sleep in which you will not work or watch the news.
 - ▶ 1 - The hours prior to sleep in which you will not be exposed to screens.
 - ▶ 0 - The number of times you hit the snooze button.



Session Outline: The Power of Sleep

1. General Questions: How has your week been? Any walks? Any good night's sleep? Bad sleep?

2. What were your thoughts on the video from Dr. Matthew Walker, from the man who always looks like he gets incredible sleep.

Key Points from [TED Talk by Matthew Walker](#)

a. That you need sleep before and after learning. And how important sleep is, particularly deep sleep, is for memory. So if you don't sleep well are you doomed for dementia? As we get older our deep sleep quality worsens and why we need to focus on making improvements in getting into deep sleep.

b. Shift work is a carcinogen.

c. Short sleep predicts a short life. To push back on this, we also have to talk about unhealthy user bias and that this statement is something called a correlation. Short sleep may also mean high stress, a busy job, alcohol consumption, multiple jobs, poverty and the health inequalities associated with that.

3. My problem, however, when trying to fall asleep is my monkey brain. Full of thoughts and solving problems as soon as my head hits the pillow. My favourite way to address my monkey brain is through breathing and a bit of mindfulness. There is even a connection with poor breathing and sleep quality. For example, if you are snoring, one reason may be due to bad breathing technique. Those who snore actually wake themselves up more frequently, often without them realizing it. And this is why we practice breathing: Focus on breathing technique - using the diaphragm, breathing through the nose, hands under the ribs for feedback.

(Strength and Balance)

5. Break for 2min for water, toilet etc.. before coming back into the conversation on sleep.

6. Now Dr. Matthew Walker, likes to think that our problem is simply not prioritizing sleep. Where factors like staying up too late bingeing on Netflix, screen time, 24/7 entertainment is keeping you awake? Is that the case with any of you?

7. Taking the last 10 minutes to cover strategies for improving sleep. Ask "What are your strategies for improving sleep?" Matthew Walker mentioned regularity, keeping a cool temperature, caffeine – any tips that work for you, or any you want to try and implement?

Example Post-Email: The Power of Sleep

Good afternoon everyone!

Great to see you all today. I'm really enjoying our classes. There is so much expertise in the room with every topic and I appreciate everyone reading through the PDF or checking out the video ahead of time before class.

I wanted to follow-up our conversation with a few more resources beginning with the Cognitive Behaviour Therapy for Insomnia (CBTi) that (Participant 12) had experience with. You don't need to have insomnia to be given the treatment. You qualify if you have had a sleep problem for more than a month. Even if you've tried CBT before and haven't found it useful, it's not to say that CBTi won't work for you. For more information about the therapy and ways to access CBTi through the NHS check out the link below.

<https://www.sleepstation.org.uk/articles/sleep-clinic/nhs-options-for-insomnia-treatments/>

Next, I wanted to link to Michael Mosley's podcast that (Participant 2) mentioned called Just One Thing. Really useful resource that dives into various topics about improving health.

<https://www.bbc.co.uk/programmes/p09by3yy/episodes/downloads>

For the crazy expensive sleep system that helps control your body temperature check out the [Ooler sleep system by ChiliSleep](#). It's essentially a way to AC your bed. There are similar, perhaps cheaper alternatives, but a cold water bottle like (Participant 3) mentioned or [gel pads](#) can also be effective.

To summarise, try building in a bedtime routine, perhaps adding in a bedtime alarm clock if you're guilty of watching late night Netflix and reduce screen time close to bedtime anyway. Often, however, our biggest problem falling asleep is the active mind, when our body wants us to fall asleep, but the brain is pumping out high alert beta brain waves. To help transition our brains to the relaxed alpha brain waves, meditation or mindfulness are great practices to introduce as part of a bedtime recipe or routine. There are even guided mindfulness meditations that help encourage sleep. Here's an example that I have found helpful in the past: <https://www.youtube.com/watch?v=bG3AcN-XOrw>

There are loads of possible reasons we're not sleeping as optimally as we could be and we'll make sure to revisit this topic in the future, but the key is to prioritise sleep, identify those triggers that may be causing the issue, and then try some of the tips and techniques mentioned to see if sleep improves.

Wishing everyone a restful and sleep filled week ha!

See you all Thursday.

To your health,

Nick

Week 3, Session 6
Nutrition Part 1 – Eat ‘Real’ Foods



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Nutrition Part 1 - Eat 'Real' Foods

Good afternoon everyone,

I hope you all have been able to take advantage of the milder weather this week to get out for walks! Looking forward to our virtual walking challenge starting tomorrow in the southern tip of California.

Firstly, I want to wish (Participant 4) a happy birthday! I also wanted to share a resource that Amanda shared with me to help us understand and manage our stress and sleep :)

I'm also looking forward to our discussion tomorrow on Nutrition, perhaps our most complex and controversial pillar of health. This pillar is messy due to the politics, special interests, and conflicting science, which might have us feeling deflated on the subject. What the Heck should we Eat? Nutritional science happens to be extremely difficult to simplify due to the myriad of foods we eat daily and how the other pillars of health (relax. movement, sleep, and socialising) affect our health outcomes. For example, how can we be sure that a vegan or vegetarian diet is healthy when we know that vegans and vegetarians are more likely to exercise and generally live healthier lifestyles than the standard population.

Well tomorrow it's time to take the plunge into all things nutrition, answering your questions, sharing ideas, and reflecting back on the diets of our great grandparents and distant ancestors.

For a precursor to class, feel free to check out the talk by Nina Teicholz, author of the book, [Big Fat Surprise](#), linked below:

<https://www.youtube.com/watch?v=1CHGiid6N9Q>

[Link to Class --> https://us02web.zoom.us/j/84976889605](https://us02web.zoom.us/j/84976889605)

Meeting ID: 84976889605

See you all at 2:45pm :)

To your health,
Nick

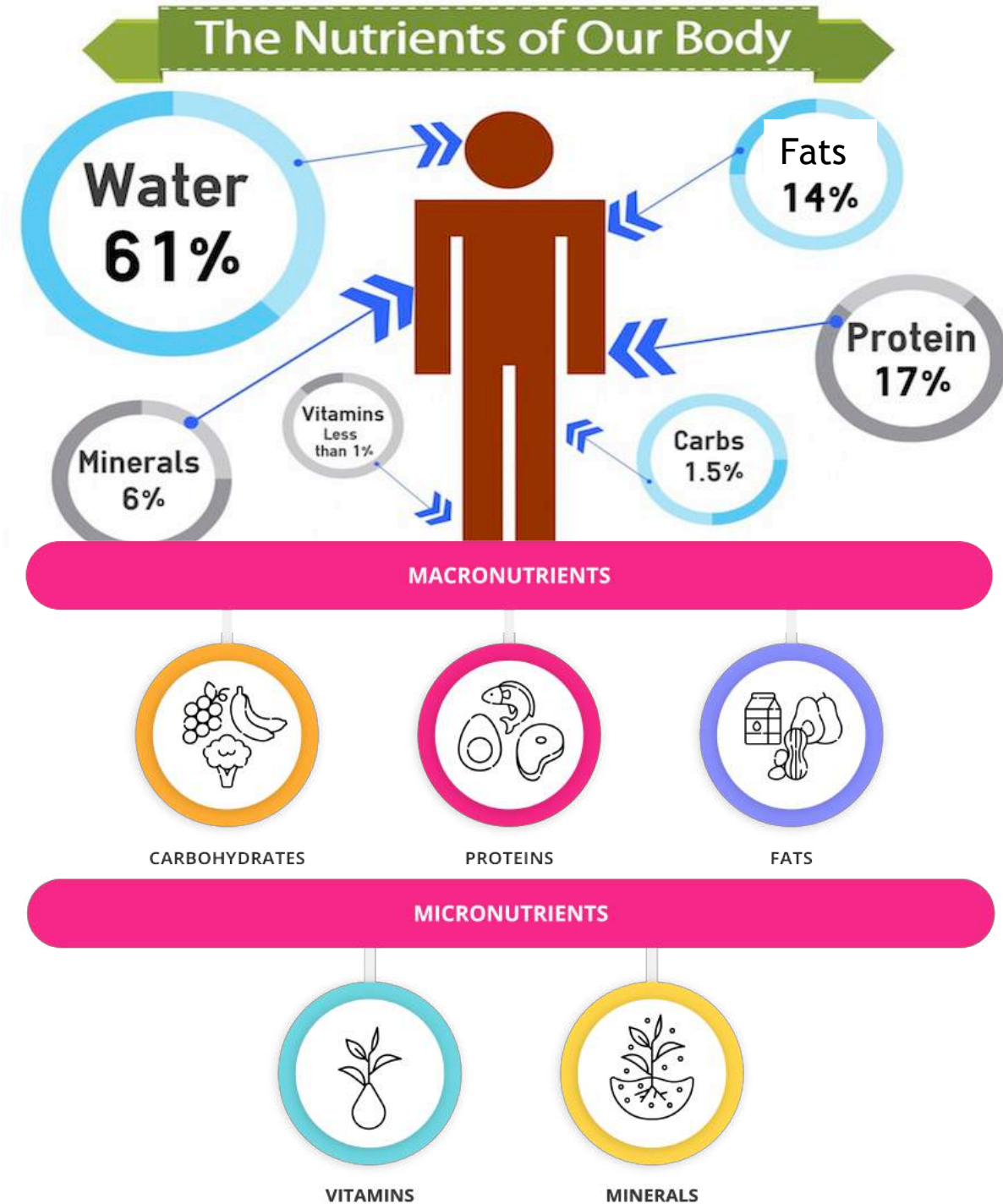
Nutrition Part 1: ‘Eat Real Food’

Walk + Talk for Your Life



Key Definitions

- ▶ **Fat** - makes cholesterol, 50% of your brain, energy, insulation, body temp, healthy skin, and protects every healthy cell. Omega 3 and Omega 6 fats are essential fats. C-H-O
- ▶ **Protein** - muscle, hormones, bones, DNA, 50% of your brain, organs, hair, joints, immune system, everything else.. C-H-O-N
- ▶ **Carbohydrate** - energy source. Three main types: Fiber, Starch, & Sugar. C-H-O
- ▶ **Micronutrients** - Vitamins and Minerals
- ▶ **Phytochemicals and Phytonutrients**
E.g.: curcuminoids, lutein, quercetin, resveratrol
- ▶ **Bacteria and Probiotics** - eating foods like sauerkraut, kimchi, and Greek yogurt as well as supplementing with probiotics, populate our guts with good gut bacteria which help digest our food, support our immune systems, strengthen our gut lining, and may even help us lose weight.



Processed vs Real Foods

- ▶ **Processed Food def.**- food with a nutritional label, packaged with more than 5 ingredients. Eating processed foods leads to a diet high in sugar and vegetable oils, high in oxidised omega 6 fat and trans fat.

Industrialised Seed Oils (i.e. Vegetable Oil): 3 Reasons to Avoid

1. Vegetable oil contains high amounts of omega 6 fats. Diets high in omega 6 fat vegetable oils may be inflammatory and contribute to chronic inflammatory diseases such as nonalcoholic fatty liver disease, cardiovascular disease, obesity, inflammatory bowel, rheumatoid arthritis, and Alzheimer's ([Patterson et al., 2012](#)).
2. Vegetable oils are easily oxidized with heat, light, and air (oxygen). Think how after an apple is cut open and left uneaten it turns brown. This is oxidation.
3. Vegetable oils contain trans-fat especially when cooked / reused ([Jaarin and Kamisah, 2012](#))

- ▶ **Real Food** - whole, single-ingredient food. These are foods your great grandparents would recognize. They are minimally processed, free of chemical additives, rich in nutrients and close to its natural state. Although what does natural even mean? See next slide for game.

Good Fats	
All Purpose	Caution w/ Heat
Olive oil	Walnut oil
Avocado oil	Flax oil
Peanut oil	Sesame
Butter/Ghee	Walnuts
Tallow&Lard	Seeds
Cocoa Butter	Fatty Fish
Mac Nut oil	Artisanal grapeseed
Coconut oil	
Almond oil	
Bad Fats / Avoid	
Soy oil	Fake whip cream
Sunflower oil	Fake butter spreads
Safflower oil	Store-bought pastries
Rapeseed oil	Chicken nuggets
Corn oil	Margarine
Cottonseed oil	Shortening
Hydrogenated oil	Restaurant fried foods
Refined Palm	Most chips & crackers
Vegetable oil	Most protein bars
Mostly in Restaurants:	Most salad dressings
Grapeseed oil	Most mayo brands
Ricebran oil	Most granola & cereal

Which Foods are Real Guessing Game?

- ▶ **Real Food Examples:** Kale, Spinach, Broccoli, Cauliflower, Peppers, Asparagus, Berries, Grass-fed Beef, Lamb, Free-range Chicken, Egg yolks, Onions, Garlic, Mushrooms, Sweet Potatoes, Avocados, Home-made Sauerkraut, Olive Oil, Apple Cider Vinegar, Celery, Home-made Hummus, Herbs and Spices including unprocessed sea salt.
- ▶ **So, Which of the Foods Below are Real/Natural?**



The 2019 Canadian Food Guide to the rescue:

Key Points

- ▶ Be Mindful of Your Eating Habits
- ▶ Cook More Often
- ▶ Enjoy Your Food
- ▶ Eat Meals with Others
- ▶ Use Food Labels
- ▶ Be Aware of Food Marketing

How many foods here would
your great grandparents
recognise?

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods



Session Outline: Nutrition Part 1 - Eat Real Foods

1. General Questions: How has your week been? How's the sleep going? What about the diet? Touch on the limitations to nutrition research and to put your skeptic hat on.

2. What were your thoughts about the video I shared about fat? a. She really challenges the idea that the fat in our diet (particularly saturated fat) is the cause of heart disease. What do you think about that? What were your thoughts? Has anyone heard that butter is making a comeback?

Key Points from [TED talk from Nina Teicholz](#)

a. She gives the example images of the Masai warrior in the 1970's and the researcher found that their blood pressure did not go up with age, but they ate a diet of meat, blood, and milk, which is a high fat diet.

b. She gives a brief history of nutrition over the past 70 years. Stating that in the 1940s men started dropping dead of heart attacks, which wasn't happening in the 19 teens. So the scientific community wanted an answer and Ancel Keys and his 7 Country Study said dietary saturated fat was the cause of heart attacks.

c. His hypothesis has led us to the creation of the US food pyramid which became the basis of the UK's and Australia's guides and the rest of the world followed suit and people stopped eating butter, eggs, lard, etc.. But have heart attacks stopped happening?

3) To answer any of the pop-up questions that arise (e.g. are eggs, coffee, dairy, butter good or bad?) answer: "I want you when you're eating any meal, to look down at your plate and **ask yourself, are these foods that I am about to eat nutrient-dense?** How many nutrients (vitamins, minerals, grams of protein, good fats, and fibre) do I gain in exchange for each calorie? Eat those foods and beverages which as nutrient dense, 'real' foods.

4. But let's take a pause for a moment and get into a bit of exercise, starting with a bit of mindfulness. Nutrition is a topic that can really get stressful. Its political. And let's take a moment now to change gears and cool and quiet the brain.

Calming and Stress Reduction Meditation
(Strength and Balance)

5. Break for 2min for water, toilet etc.. before coming back into the conversation on fat.

6. Play the real food game – share the PDF slide and ask which food do you think is the 'realist'? that it's a scale of grey, asking the question what is natural anyway? A real food diet however tends to become a high fat diet, which is okay!

7. Talk in the last 10 minutes about what tips they can use to include more nutrient dense foods in their diet. Referring them to Second Nature's programme and their website for recipe options.

Example Post-Email:

Nutrition Part 1 - Eat 'Real' Foods

Good afternoon everyone,

What a controversial subject, which means I need to cite my sources!

During the first half of class, we talked about how (real) fat is no longer the villain and I shared two articles with you. The first was to the article: [Does Saturated Fat Cause Heart Disease](#) on second nature's website and the second was to the study about how a diet high in saturated fat apparently reduces your risk of stroke, [linked here](#).

To learn more about how (real) fat is not your enemy, check out this short podcast with Nina Teicholz and Dr. Mark Hyman. They not only discuss how (real) fat does not cause heart disease but how in fact (fake) fat, those industrialised seed oils i.e. (rapeseed, grapeseed, cotton seed, soybean, safflower, sunflower oil, margarine, vegetable oil and more) impact our health in negative ways:

<https://www.youtube.com/watch?v=OwMoD3apAQ0>

Happy to chat more about this in class on Tuesday and discuss the less controversial subject and other elephant in the kitchen, sugar.

Well our nice, enjoyable class was fun while it lasted ha! Just kidding have a great weekend and remain critical of any nutritional claim, including these!

Lastly, if you could reply to this email with your phone number, if you'd like to join the whatsapp group :)

To your health,
Nick

Week 4, Session 7
Nutrition Part 2 – Question your Carbs



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Nutrition 2 - Question Your Carbs

Good afternoon everyone,

And well done so far on the virtual walking challenge! Already out in the lead.

As many might still be reeling from our last discussion on nutrition, I wanted to follow-up with another class on the subject. In tomorrow's class, we'll recap what we talked about on Thursday, answer your questions, and hopefully hear a bit of push-back from some of you on a few of the claims I made (there's lots of articles you could find online saying the opposite viewpoint).

This is, unfortunately, the most controversial subject with our 5 Pillars of Health (i.e. relax, eat, move, sleep, and socialise). So let's revisit this subject tomorrow and also discuss how our dietary guidelines are misguided, especially for older adults. For more information on why many western countries dietary guidelines are not inappropriate, check out this TED Talk by Dr. Sarah Hallberg

<https://www.youtube.com/watch?v=da1vwigy5tQ&t=126s>

Lastly, I've attached a PDF for us that may provide a bit more clarity around the role of excess carbohydrates on our health.

Looking forward to seeing you all, tomorrow at 1:00pm!

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 896 8241 3042

To your health,
Nick

Nutrition Part 2: 'Question Your Carbs'

Walk + Talk for Your Life



Definitions

- ▶ **Carbohydrates** - the sugars, starches, and fibres found in fruits, grains, vegetables and milk products. Sugars and starch can be used to create energy for the body, but are often converted to body fat to be used as energy 'later'
- ▶ **Three Types of Carbohydrates**
 1. Sugar - raises blood sugar within minutes of eating it
 2. Starch - raises blood sugar within tens of minutes
 3. Fibre - is not digestible, helps you feel full, mostly found in vegetables, and keeps blood sugar low
- ▶ **Gut Microbiome** - the complex community of microorganisms that live and work to digest our food. Incredibly important to the immune system and to prevent auto-immune disorders. Support it by eating fiber (vegetables), probiotics, and fermented foods
 - ▶ Fibre is beneficial to feed our gut bacteria, but certain types of fat can also feed our gut bacteria.

What does 30g of fibre look like?



Apple **4g**

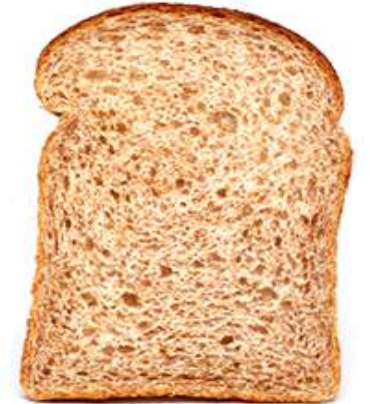
Two Weetabix **3g**



Half a cup of rolled oats **9g**



Thick slice of brown bread **2g**



Potato with skin **2g**



Cup of cooked lentils **4g**



Two carrots **6g**

Fibre per 100g:



6g fibre
279 kcal




9g fibre
374 kcal

Fibre per 100g:



A digital scale with a black surface and a white display showing '100' with a 'g' unit indicator. The scale has four buttons: 'TARE', 'HOLD', 'UNIT', and a power button. A portion of fresh green broccoli is placed on the scale. A white text box is overlaid on the image.

4g fibre
35 kcal

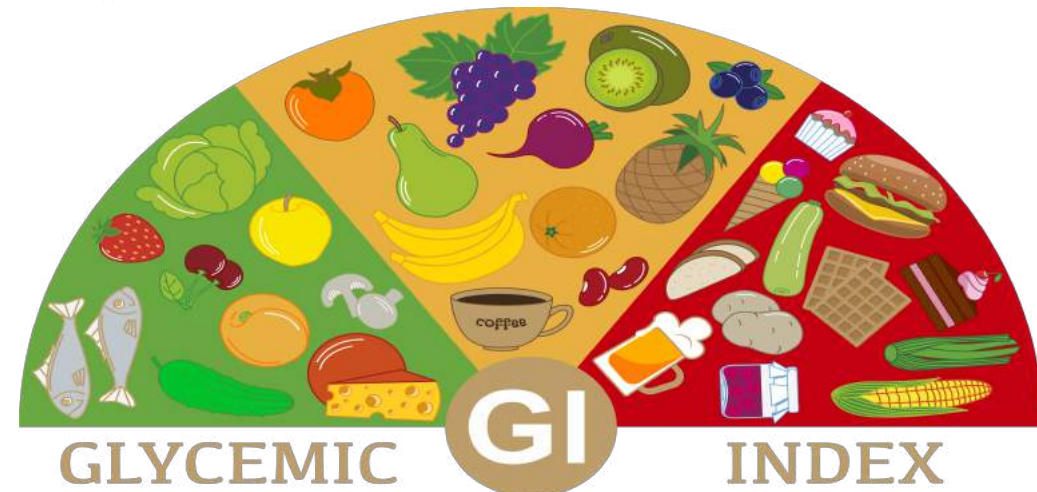
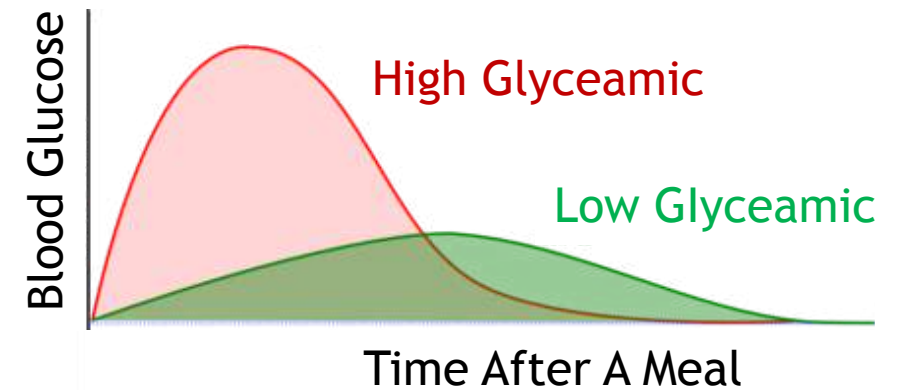
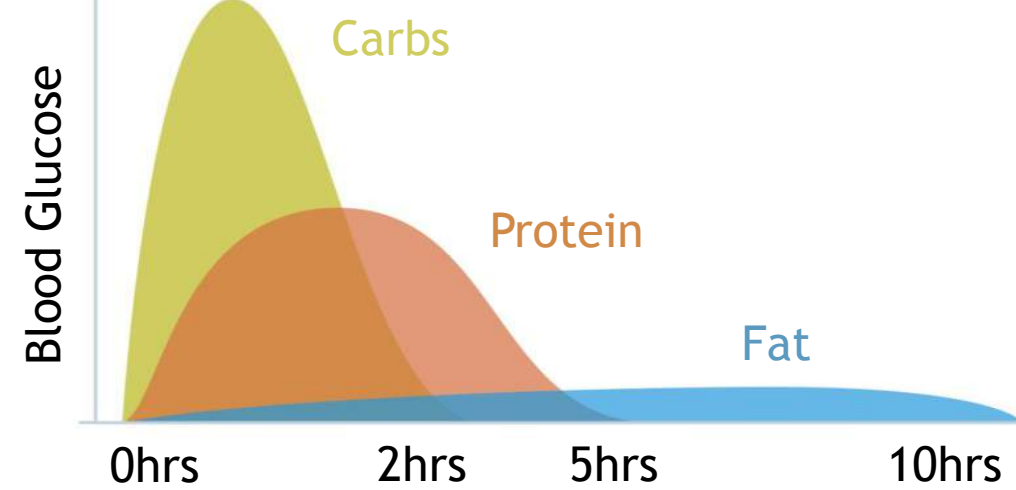


A digital scale with a black surface and a white display showing '100' with a 'g' unit indicator. The scale has four buttons: 'TARE', 'HOLD', 'UNIT', and a power button. A portion of fresh red raspberries is placed on the scale. A white text box is overlaid on the image.

6.7g fibre
26.7 kcal

Carbohydrates

- ▶ After eating sugar and starchy carbohydrates, your blood sugar (glucose) levels rise within **15 to 30 minutes**, far higher than if you had eaten protein or fat.
- ▶ But, in small amounts (10g or less per serving), especially from whole-food sources, sugar isn't even remotely toxic ([Tappy, 2010](#)).
- ▶ Too many large blood sugar (glucose) spikes and crashes accelerate ageing ([Schisano et al., 2011](#))
- ▶ Soda and fruit juice (i.e. liquid sugar) cause a huge blood sugar (glucose) spikes and crashes leading to DNA damage ([Epel, 2019](#))
- ▶ Adults who drink 12 ounces of soda each day have accelerated biological ageing, equivalent to a reduction of 4.6 years of life ([Leung et al., 2014](#))
- ▶ Low GI (Glycemic Index) Foods: butter, meat, cheese, eggs, berries, vegetables (i.e. high fibre/low cal foods)
- ▶ High GI (Glycemic Index) Foods: ripe bananas, grapes, bread, pasta, potatoes, rice, corn, desert foods, and junk foods.
- ▶ But its not the meat in the burger, it's the bun that has a High GI!



**MORE
NUTRIENTS
PER
CALORIE
LOWER
GI**



**LESS
NUTRIENTS
PER
CALORIE
AND
HIGH GI**

55% of our diet should be carbohydrates?
Potatoes, rice, bread, cereal and pasta?

If you want more fibre, eat vegetables, not bread!

	Dietary recommendation
NUTRIENTS	
Energy	2250 kcal (9414 MJ) ¹
Carbohydrates	≥50% of food energy
Free sugars	≤5% food energy
Fat	≤35% food energy
Saturated fat	≤11% food energy
Protein	~15% food energy
Salt	≤6g (2305 mg sodium)
Fibre (AOAC) ²	30g
FOODS	
Fruits and vegetables ³	At least 5 portions of a variety each day
Fish	At least 2 portions a week, one of which should be oily
Red and processed meat	High consumers should reduce their intake to the average of the population (70g)

55 - 75yrs
2100 - 1840 kcal
2500 - 2300 kcal
(BNF, 2016)



Not just any fish, oily fish like salmon and mackerel, or supplement with Algae Oil

Older adults need to eat more protein to prevent muscle wasting, especially the kind from red meat

13 TIPS TO UNCARB YOUR DIET

1) Control what you eat, by planning out, preparing, and cooking your own foods in bulk 3-5 meals worth or freeze your leftovers.

2) Start your day with a meal containing protein and healthy, natural fat. This will help you stay full for longer, stabilise your blood sugar, and help you avoid the mid-morning crash.

3) Keep a healthy emergency snack pack. Example, bag of almonds, nut butter, 85%+ dark chocolate.

4) Remove all highly processed foods from your house - if its not there, you are much less likely to eat it.

5) Food shop in the produce aisles. Avoid the areas of temptation

6) Come up with 5 simple meals that you can whip up in 15 minutes or less to be your go-to staples. For Example: Giant salad, vegetable stir-fry, "superfood" smoothie, home-made soup, and a bean chili.

7) Quick and Easy Meals: Frozen veggies + healthy protein source such as Mackerel, Salmon (wild-caught), lamb, or eggs.

8) Online food shopping can be great when certain items aren't available, organic/free-range isn't available or too expensive in store.

9) Herbs, spices, garlic, and onions are your friends - add them freely as they are a great way to flavor meals.

10) Make your kitchen area desirable. You want to love being in your kitchen. Maybe have a stereo so you can listen to your favorite music whilst cooking (Dr. Chatterjee).

11) Eat a very wide variety of multi-colored plants. Eat your colours.

12) Whenever possible, choose local, in-season, organic, wild, non-GMO foods and ingredients.

13) Choose to add more vegetables to your meals rather than subtracting or counting calories.



The 2019 Canadian Food Guide to the rescue:

Key Points

- ▶ Be Mindful of Your Eating Habits
- ▶ Cook More Often
- ▶ Enjoy Your Food
- ▶ Eat Meals with Others
- ▶ Use Food Labels
- ▶ Be Aware of Food Marketing

Getting your
fibre from
VEGGIES

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Where's
the sugar?

Choose
whole grain
foods



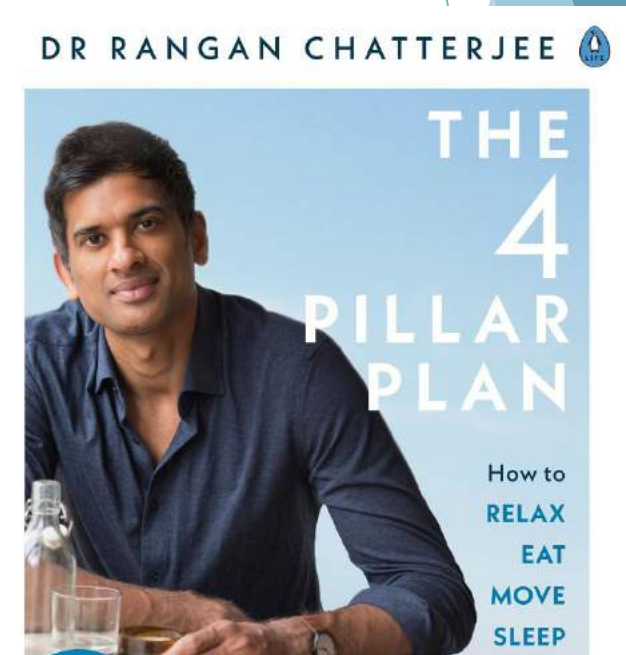
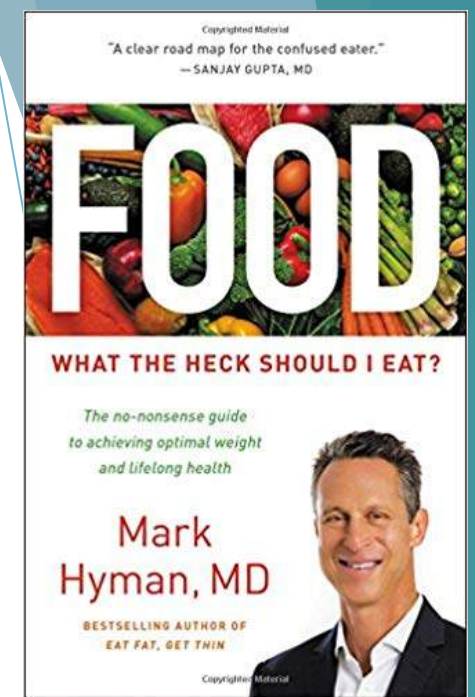
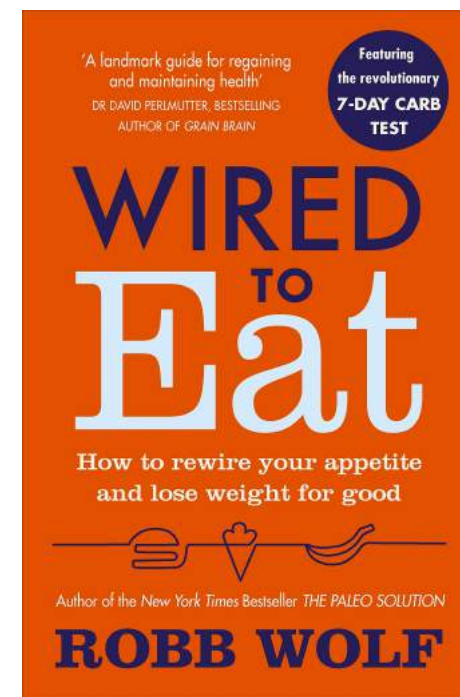
Conclusion

- ▶ Eat Real Food, Question Your Carbohydrates
- ▶ Eat foods without a nutritional label or those that have 5 ingredients or less.
- ▶ Avoid processed foods that contain vegetable oil
 - ▶ Vegetable Oils contains high amounts of oxidized, omega-6 fats and trans fat that don't burn off as easily as sugar.
- ▶ Avoid sodas and fruit juice!

- ▶ Understand Food Labels

Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	

- ▶ But, keep your view of food in balance with the other 4 Pillars, when you slip up and eat something you shouldn't, try not to stress over it.
- ▶ A great hack to reduce blood glucose spikes: Incorporate a pre and/or post-meal walk, 15-30 squats, deadlifts, gardening, some sort of movement or activity.



Session Outline: Nutrition Part 2 - Question Your Carbs

1. General Questions: How has your week been? How's the sleep going? What about the diet?

2. What were your thoughts about the video I shared about diabetes and low carb? So would she be happy with the UK dietary guidelines? We're all recommended to eat 55% of our foods from that break down into sugar? Do you think Type 2 Diabetes can be reversed?

Key Points from [TED Talk by Dr. Sarah Hallberg](#)

a. She talks about insulin resistance, and different ways our blood sugar rises between eating carbs, protein, and fat. When you're insulin resistant and insulin is higher all the time, it's impossible to fix your hunger craving.

b. Eat Carbs -> Blood Sugar rises -> Insulin Rises -> Hunger and Fat Storage. I call it the glucose roller-coaster. Carbohydrates are the single biggest factor in blood sugar levels and eventual need for diabetes medication.

c. Eat Carbs so you have to take medicine, then you have to eat carbs so you avoid the side effects of those medicines. We need 0 carbs. They are not essential. We can create plenty of carbohydrates from the protein in our diets. Even the whole grains??

3. But I thought weight loss was just about calories? Well then why not just eat bread, whole grain rice, crisps, pasta, potatoes and count your calories. Could you eat a diet like that and lose weight? Is it sustainable? Talk about the importance of nutrients and nutrient deficiencies.

When someone says, "But eating this way with whole foods is expensive." Instead of fighting them on this point, ask someone else what they do to eat healthy on a budget?

Mindfulness – a self-reflection on the foods you ate over the past 24 hours.
(Cardio Based)

4. Carbohydrate based foods, especially processed carbs, contain very few nutrients, which leads to bodily cravings to eat, as your body wants nutrients not necessarily calories, so you're constantly hungry, eating sugar (carb) based food, and you develop insulin resistance

5. Instead choose 'Real' food which is nutrient dense. Older adults need more servings of vegetables each day instead of 5 servings you need 7+ according to new research. The older you get the better your diet and lifestyle need to become to push back against the creep of disease. So why isn't low carb the norm, and all we talk about is calories? 1) Ancel Keys's fat causes heart disease hypothesis which supported the food industry and special interest groups

6. Talk in the last 10 minutes about what tips they can use to include more nutrient dense foods in their diet. Referring them to the 2019 Canadian guidelines

Example Post-Email:

Nutrition Part 2 - Question Your Carbs

Good afternoon everyone,

And well done so far on the virtual walking challenge! Already out in the lead.

As many might still be reeling from our last discussion on nutrition, I wanted to follow-up with another class on the subject. In tomorrow's class, we'll recap what we talked about on Thursday, answer your questions, and hopefully hear a bit of push-back from some of you on a few of the claims I made (there's lots of articles you could find online saying the opposite viewpoint).

This is, unfortunately, the most controversial subject with our 5 Pillars of Health (i.e. relax, eat, move, sleep, and socialise). So let's revisit this subject tomorrow and also discuss how our dietary guidelines are misguided, especially for older adults. For more information on why many western countries dietary guidelines are not inappropriate, check out this TED Talk by Dr. Sarah Hallberg

<https://www.youtube.com/watch?v=da1vvigy5tQ&t=126s>

Lastly, I've attached a PDF for us that may provide a bit more clarity around the role of excess carbohydrates on our health.

Looking forward to seeing you all, tomorrow at 1:00pm!

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 896 8241 3042

To your health,

Nick

Week 4, Session 8
Finding Purpose



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Finding Purpose

Good afternoon everyone!

I hope everyone has been able to avoid the rain showers over the past few days along our virtual walking route through 'California' - you're still in the lead overall!

I may have mentioned the book [The 4 Pillar Plan](#). This book largely provides the framework for our discussions covering Dr. Rangan Chatterjee's 4 Pillars of Health. I have cheekily added a 5th Pillar, that of Social Connection, which brings us to: Relax, Eat, Move, Sleep, Socialise.

Well there may be one more pillar of health to add to this growing list (although I swear it's the last) and that is **Purpose**.

Because ultimately, what reason(s) do you want your health? Why are you walking more or eating a few more veggies each day?

To perhaps extend the 'life' in your years?

To feel happier? To see your children/grandchildren grow up?

And if we ask ourselves 'why' to those answers a few more times with child-like curiosity, we might get down to the root of the matter. Ultimately, however, many of us are still working on the answers to those questions, which likely change over time. However, research shows that finding the answers to these questions and living with purpose can actually lead to some pretty great health benefits.

The long lived Okinawans of Japan actually have a word to explain this quest for finding purpose, which is the word Ikigai (eek-E-guy). This word was the basis of Tim Tamashiro's book *How to Ikigai: Lessons for Finding Happiness and Living Your Life's Purpose*. I've linked below to him delivering a talk on the subject below:

<https://www.youtube.com/watch?v=pk-PcJS2QaU>

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 89682413042

Looking forward to seeing you all tomorrow at 1:00pm!

To your health,
Nick

Finding Purpose in the Second-Half of Life

Walk + Talk for Your Life



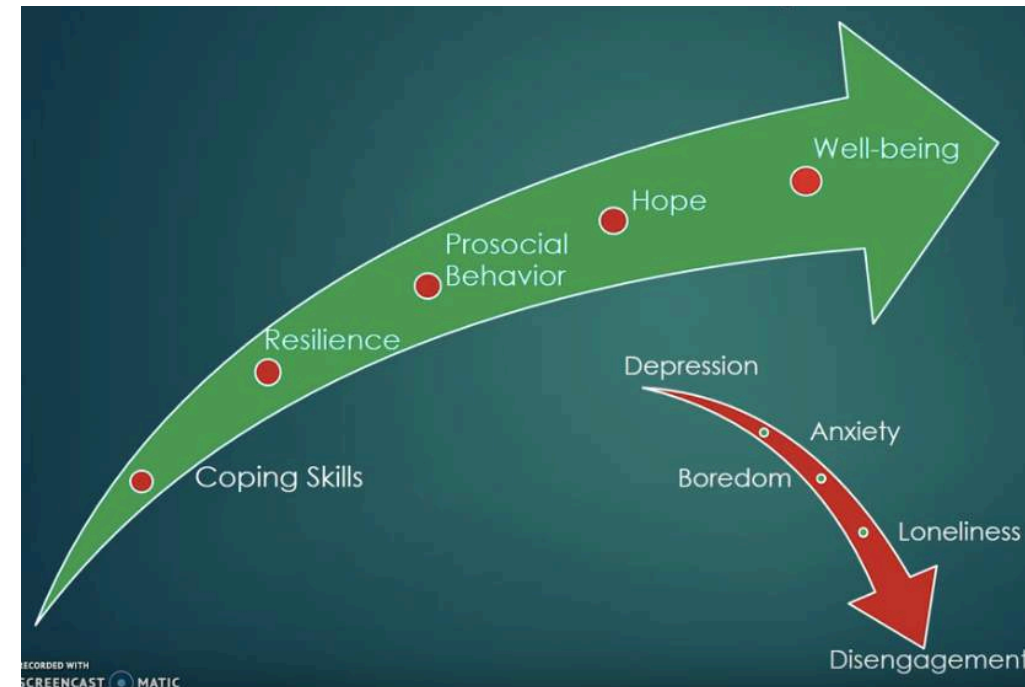
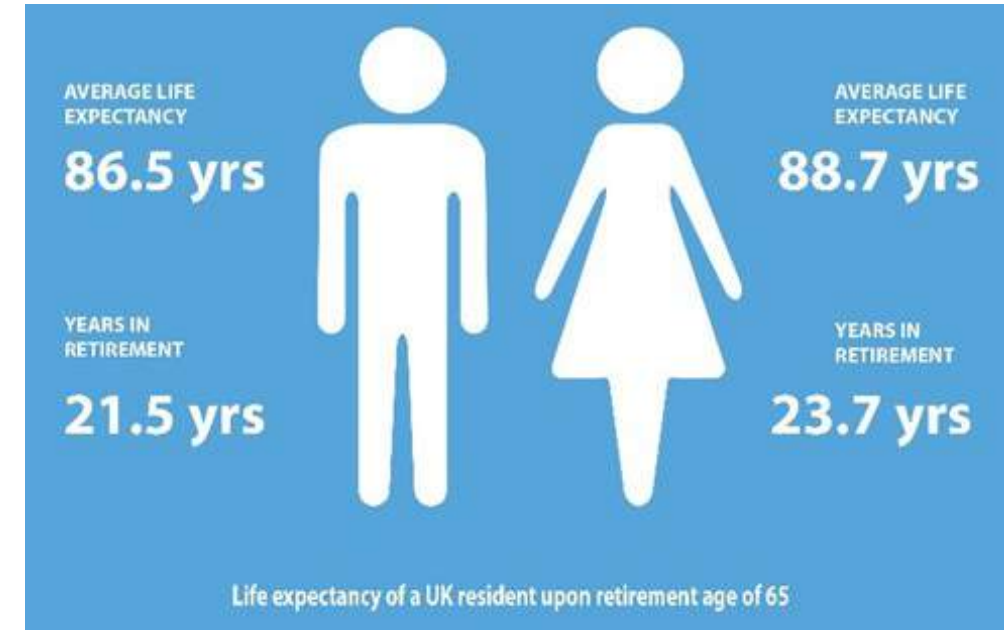
Definitions

- ▶ **Purpose** - central, self-organizing life aim that organizes and stimulates goals, manages behaviors, and provides a sense of meaning (Mcknight and Kashdan, 2009)
 - ▶ **Meaning** - being connected to something larger than the self (Seligman, 2002). The sense made of, and significance felt regarding, the nature of one's being and existence' (Steger et al., 2006).
 - ▶ **Identity** - Who a person is, or the qualities of a person (e.g. career, family, geographical location, nationality, gender, sexual orientation, values, beliefs, race, ethnicity.) Your identity can help give you a sense of belonging.
 - ▶ **Values** - provide an internal reference for what is good, beneficial, important, useful, beautiful, desirable and constructive. Denotes the degree of importance of some thing with the aim of determining what actions are best to do or what way is best to live.
-
- ▶ What compels you to get out of bed each morning?
 - ▶ How has your identity changed since retirement?
 - ▶ Do you still feel needed, useful, and/or important?



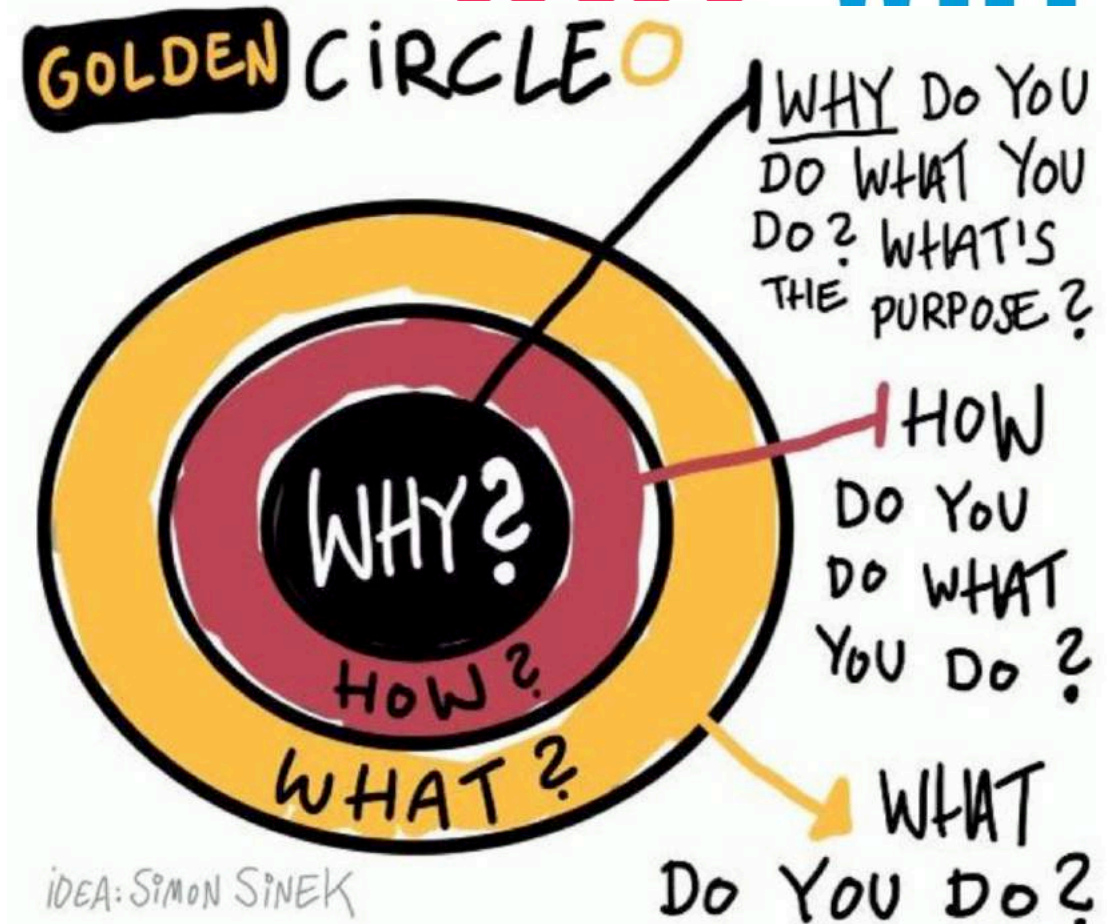
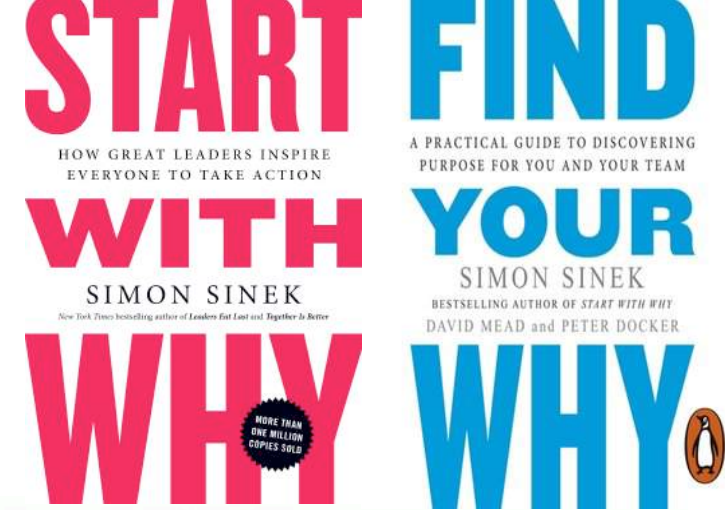
The Benefits of Finding Purpose

- ▶ You still have many years to live! Life expectancy for someone aged 65 is nearly 89 years for women and 87 years for men.
- ▶ A study following almost 1,000 people (average age 80) for seven years, found those with “high purpose” were 2.4 times more likely to remain free of Alzheimer’s than those with low scores ([Boyle et. al., 2010](#))
- ▶ Purpose in life is associated with satisfaction, happiness, better physical functioning, sleep, and is a predictor of health in old age ([Boyle, Buchman, and Bennett 2014](#))
- ▶ Having a purpose in life is associated with a 22% reduced risk of stroke, lower cortisol levels, and higher levels of good (HDL) cholesterol suggesting that the benefits of purpose broadly impact the body's physiological systems ([Kim et al., 2013](#))
- ▶ Studies have shown that techniques such as loving-kindness meditation and other meditation techniques can increase purpose in life ([Johnson et al., 2009](#))
- ▶ Meta-analysis (27 publications) there is a positive association between older people's quality of life and engagement in volunteering ([Cattan, Hogg, and Hardill, 2011](#))



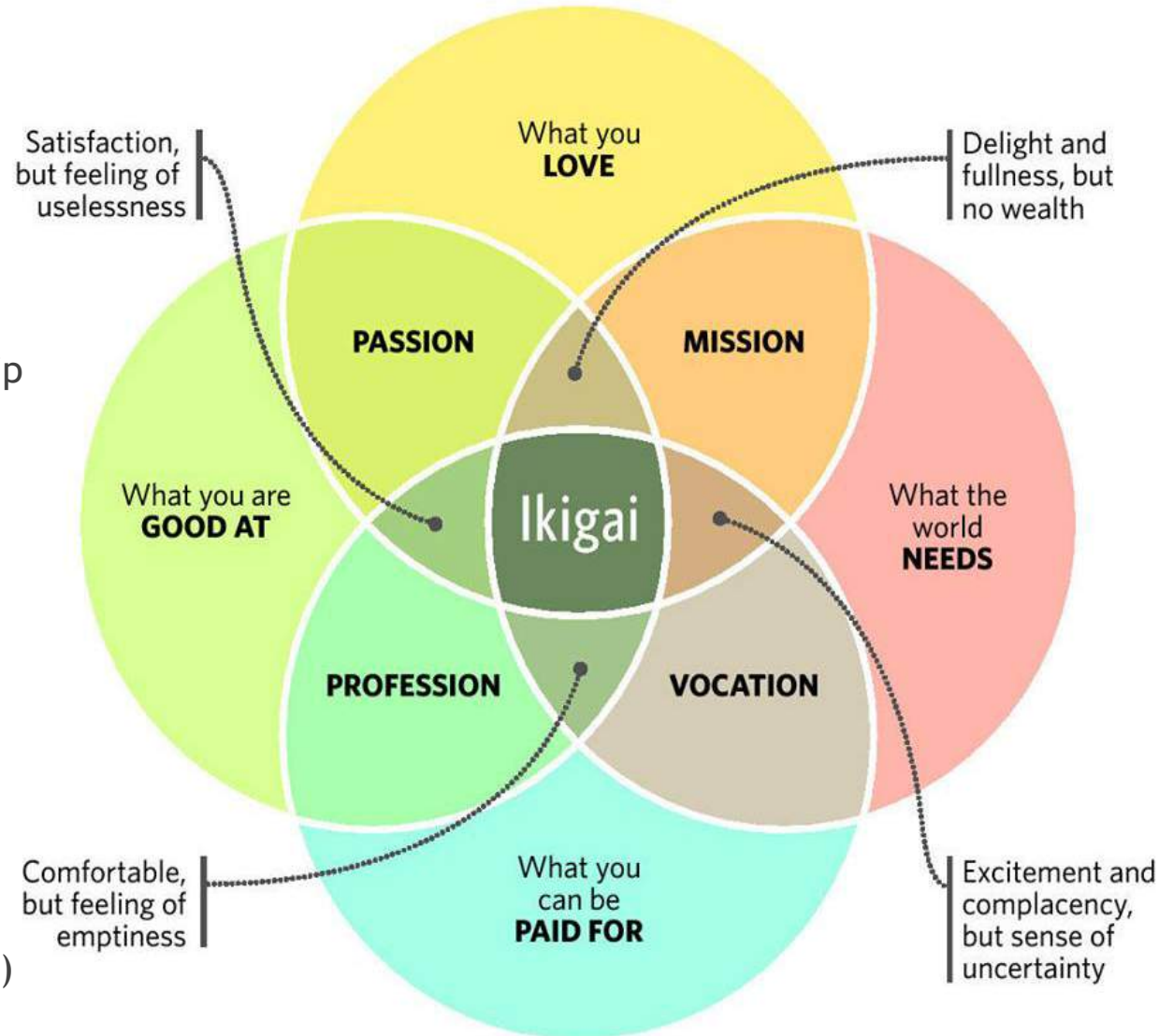
Finding Your Why - Simon Sinek

- ▶ Every one of us has a WHY, a deep-seated purpose, cause or belief that is the source of our passion and inspiration – the driving force behind everything we do.
- ▶ Some people find their purpose through their pain and their purpose becomes to help others not experience that pain.
- ▶ Why you do the things you do? Survival, Status, Freedom, or Meaning?
- ▶ Happiness comes from what we do. Fulfillment comes from why we do it.
- ▶ When we help ourselves, we find moments of happiness. When we help others, we find lasting fulfillment.



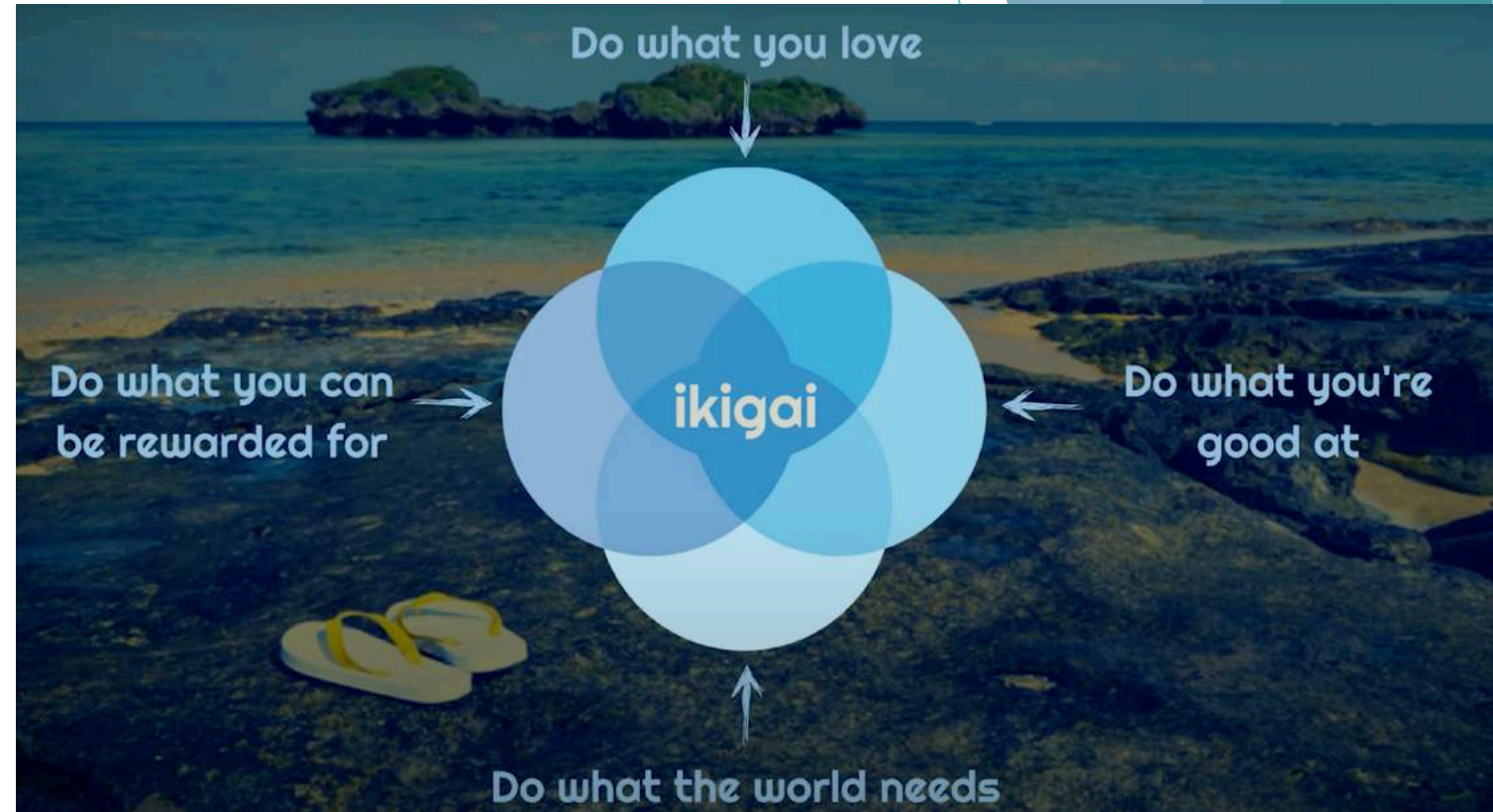
12 Tips for Finding Meaning in Retirement

- 1) Look at your retirement years as an opportunity for a new start
- 2) Take up part-time employment that benefits the social good
- 3) Start a small business, (e.g. hand-made products, dog-walking baby sitter, offering lessons in music, cooking, or gardening)
- 4) Improve your community by renovating your home or building that is in disrepair.
- 5) Serve others. Add value to someone else's life through mentorship teaching, or by becoming a volunteer for a cause you believe in.
- 6) Reconnect with nature. Go to the forest, parks, green places.
- 7) Practice mindfulness and gratitude to notice and appreciate the good and wonderful things that every day has to offer
- 8) Laugh more, especially at yourself
- 9) Be a caregiver for your grandkids
- 10) Balance health, people, pursuits, and places
- 11) Learn a new skill. Be curious and interested. (e.g. painting photography, music, study a language, take an academic course, read 3 books on a topic, and continue improving your health 'skills')
- 12) Prioritise time for inner reflection - possibly by starting up a meditation practice, or revisiting/redesigning your spiritual beliefs



Conclusion

- ▶ Seeking and finding fulfillment and purpose in your retirement years is an admirable goal and you will live a happier life for it. Just be sure you're not mistaking pleasure for fulfillment.
- Larry Jacobson
- ▶ Everyone has a calling and your real job in life is to figure out as soon as possible what that calling is, who you were meant to be, and begin to honour that calling in the best way possible.
- Oprah
- ▶ Chasing meaning is better for your health than avoiding discomfort. Go after the things that create meaning in your life and trust yourself to handle to stress that follows.
- Kelly McGonigal



Session Outline: Finding Purpose

1. General Questions: Hey how has the week been? Excited to NOT talk about nutrition today? Any questions though from last session? Allow time during the first 15min of class for informal discussion.

2. So had anyone heard of the word Ikigai before? Definition of Ikigai = Something you love, what the world needs, what you're good at, and what you can be rewarded for? What about the term "flow state" definition = the feeling you get when you are doing the thing you love, lost in dance, writing, knitting, reading etc.. where time slows or speeds up. You are lost in the moment forgetting to eat or go to the loo.

3. What were your thoughts about the video?

Key Points from [Ted Talk by Divas Gupta](#)

a. The story of Divas Gupta who felt socially excluded growing up with a stammer/stutter he finds himself becoming a software engineer and being led through life by his parents, neighbours, and close family. After he learns of a public speaking contest by the organisation Toast Masters, he decided to enter the competition and apply. So nervous, he was able to spur up the courage to give his speech and win the competition. Rejections are powerful, he thanks those who rejected him when he was growing up. He found his purpose through his pain and became a professional public speaker.

b. Japan's secret for longevity might be their sense of purpose and pursuit of Ikigai. What's your Ikiagai? Your life's purpose, Why you do what you do?

e. Divas Gupta's CRULES Framework = Two Rules = Challenge Rules. 1. Develop Courage and try new things, 2. Find your Support System, mentorship, mentees, to keep you accountable. You are not reddish, or blueish, you are uniquely youish so listen to you inner voice and pursue those things you love, what the world needs, what you're good at, and what you can be rewarded for.

4. Transition into a meditation that is about story gathering. Simon Sinek believes one way to find your Ikigai is with self-reflection. So think back to when you were doing something you loved. Once you find that memory get curious and ask yourself why you loved that moment so much. During the exercise ask what memories they were thinking of.

(Strength and Balance)

5. Break for 2min for water, toilet etc.. before coming back into the conversation on purpose.

6. So what are your experiences with your Ikigai? Your inner voice and your journey through work life and perhaps retirement?

7. Do you have any tips for finding you Ikigai (using the last 10 minutes)? Any volunteering, side hustles or business you have started or wanted to start?

Example Post-Email: Finding Purpose

Good afternoon everyone!

Great to talk today on finding purpose.

I wanted to follow-up our session with the link that (Participant 7) mentioned of [Goldster](#), which offer language, sewing, and exercise classes. If you haven't yet checked them out, have a look at some of their classes.

And Gerry mentioned the one-stop shop for finding volunteering opportunities through the [website Do It](#).

These and other tips covered today in class are great strategies to develop a more meaningful and purposeful life. We have now talked through each of [Dr. Chattergee's pillars of health](#), as well as Social Connection and Purpose that I have added. But understanding the information, the foods to eat, the exercises to do, how best to sleep etc.. only does us so much good.

For example, with purpose, it's easy to send you a link to a volunteering website, but it's something else entirely to actually act on that suggestion. Instead of just relying on our willpower to change our diet or become more active, we instead need to introduce better habits into our lives. Unfortunately good habits often are accompanied by delayed gratification whereas bad habits give you the immediate boost or reward, which makes improving our health much more difficult in practice than in theory.

In the build-up to Monday's class on building tiny habits, I'd like you to reflect through each of the pillars of health, perhaps digging out the emails and PDF slides I sent to you on Relax, Eat, Move, Sleep, Socialise, and Purpose. Which area is your most challenging? Which is your strongest area in terms of your lifestyle? Then think what is one tiny habit that I can do for maybe 10 minutes or maybe even 2 minutes to improve on one of these Pillars of health. Maybe its Michael Mosley's suggestion of brushing your teeth while standing on one leg, or perhaps a 5 minute morning stretching routine. To help you brainstorm, I have linked below to a great talk by James Clear, author of the book, [Atomic Habits](#), who does a great job explaining why changing our behaviours are so hard and some tactics to help. <https://youtu.be/mNeXuCYiE0U>

We'll talk more about this in class Monday and looking forward to hearing more about what tiny habit you'd like to try and implement over the next few weeks.

See you all then and have a lovely weekend!

And great work with the walking challenge even in this weather! Keep it up :)

To your health,
Nick

Week 5, Session 9
Behaviour Change
The Power of Tiny Habits



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Tiny Habits

Good afternoon everyone!

I hope you all had an enjoyable weekend.

Looking forward to seeing you all in class tomorrow to talk all about behaviour change :)

If you haven't had a chance yet, check out this slightly longer but in depth video by James Clear, author of the book, [Atomic Habits](#), who does a great job explaining why changing our behaviours are so hard and some tactics to help.

<https://youtu.be/mNeXuCYiE0U>

Link to Class --> <https://us02web.zoom.us/j/84976889605>

Meeting ID: 849 7688 9605

What is one good habit you'd like to implement?

I've also attached a PDF with a few other example ideas of tiny habits to help you with a bit of inspiration and creativity. Looking forward to hearing what good habits you'd like to include in your daily / weekly routine to support your health.

See you all tomorrow at 2:45pm!

To your health,
Nick

Behaviour Change: The Power of Tiny Habits

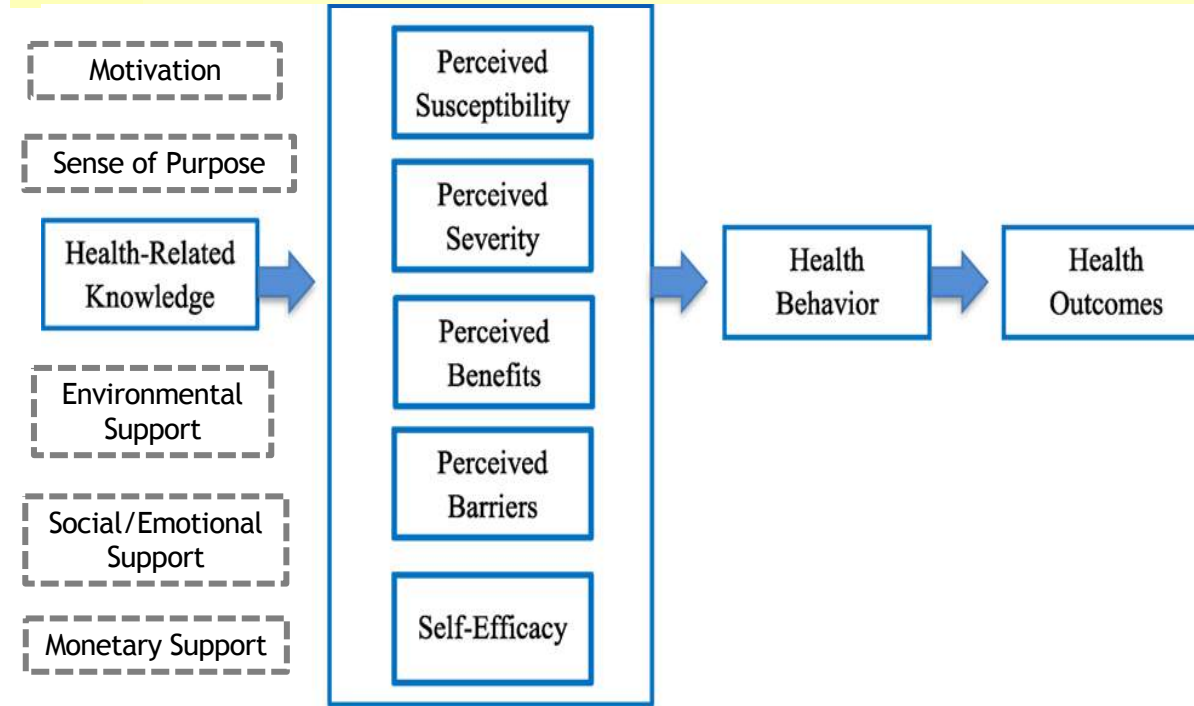
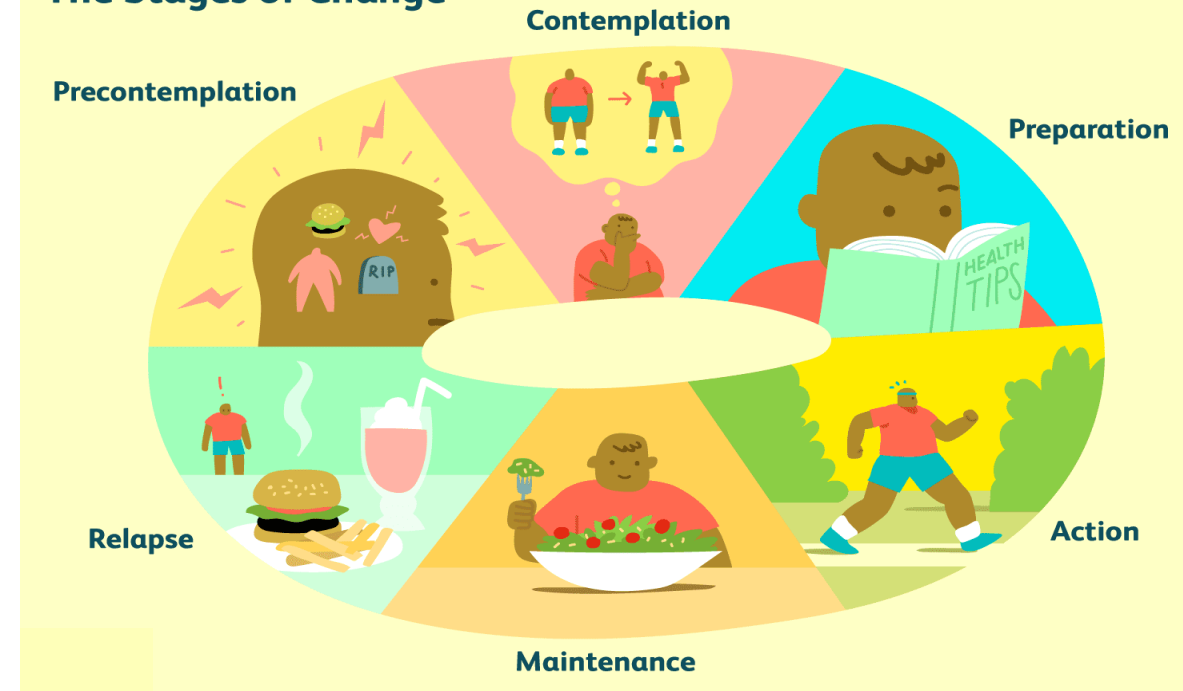
Walk + Talk for Your Life



Definitions

- ▶ **Habit** - a routine of behavior that is repeated regularly and tends to occur subconsciously.
- ▶ **Atomic (Tiny) Habits** - small routines or practices, fundamental units that combine into the overall system of behaviors that make up our daily life.
- ▶ **Human Behaviour** - our physical actions and our observable emotions that happen within us.
 - ▶ Eighty percent of New Years Resolutions fail within 30 days and only 8% of resolution makers succeed with their goal ([Forbes Magazine, 2018](#)).
 - ▶ 43% of our daily behaviors are performed out of habit ([Wood, Quinn, and Kashy, 2002](#))
 - ▶ Using fitness trackers can help older adults with chronic medical conditions change behavior to be more physically active ([Gualtieri et al, 2016](#))
- ▶ But do you really want to change?
- ▶ What support might you need to help change?
- ▶ What are the barriers preventing you from change?

The Stages of Change



Atomic Habits - James Clear

- ▶ If you make small, easy changes and layer them on top of one another you can get powerful results. Getting 1% better each day.
- ▶ Habits need to persist long enough to break through the Plateau of Latent Potential. Your effort hasn't been wasted, it's just that you haven't broken through the plateau yet.
- ▶ Environmental Design - The environment is the invisible hand that shapes our behavior, so design your life in accordance to the behaviours you want to change.
- ▶ Social Design - Join a culture where your desired behavior is the normal behavior. Nothing sustains motivation better than belonging to a tribe.
- ▶ 4 Laws of Behaviour Change

1) Make it Obvious (Make it Invisible)

- ▶ Your resistance band is tied up on the door, choose the walk that goes to the library instead of the sweets shop (only keep healthy foods in your house)

2) Make it Attractive (Make it Unattractive)

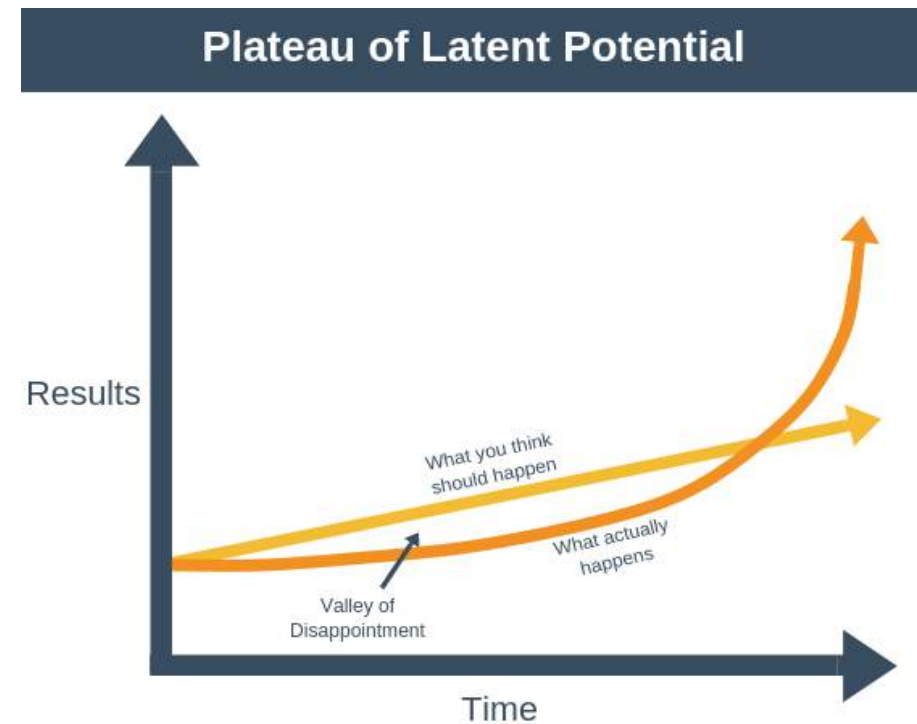
- ▶ Make your kitchen inviting, your new water bottle encourages you to drink more water, listen to a book or podcast during your walk.

3) Make it Easy (Make it Hard)

- ▶ Keep your walking shoes, umbrella, and coat, ready to go at the door to help encourage a walk (Take the batteries out of the remote after finishing TV)

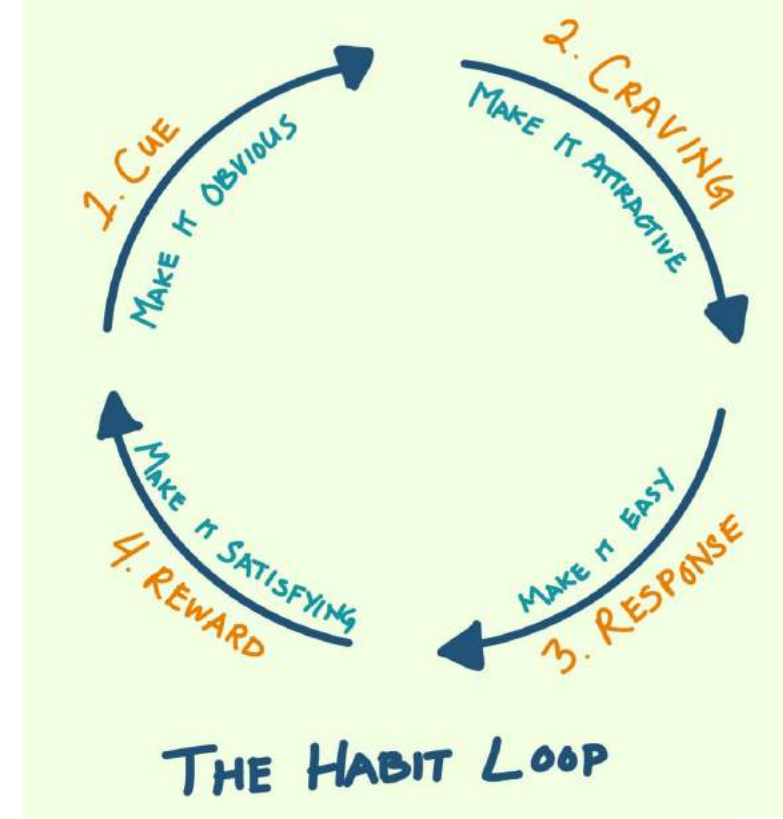
4) Make it Satisfying (Make it Unsatisfying)

- ▶ Examples: Log the workout in a habit journal or habit tracker, Celebrate victory with a woop! (Log the unhealthy food you ate into your journal)



What other research says

- ▶ Goal Setting - Specific, Meaningful, Achievable, Relevant, Timely, Enjoyable, Recorded
- ▶ Outcome vs Process Goals
 - ▶ You can think of outcomes being about what you get. Processes are about what you do.
 - ▶ If you focus on the process the goal will take care of itself.
 - ▶ Build 'identity-based habits' by focusing on the type of person you wish to become rather than the outcome you wish to achieve. True behaviour change is identity change
- ▶ Cognitive Behavior Training (CBT)
 - ▶ Thoughts and feelings aren't facts, just information that we should get curious about and teaches helpful coping strategies to deal with these feelings.
 - ▶ Coping strategies: Pleasant activity scheduling, visualising the best part of the day
- ▶ Mindfulness Approach (Brewer et al., 2015)
 - ▶ Notice the Urge (to smoke, emotionally eat, text back)
 - ▶ Get Curious
 - ▶ Feel the joy of letting go
- ▶ Tiny Habits - Dr. B.J. Fogg
 - 1) Specific - What do you want? Take your goals and strip them down to the atomic level
 - 2) Make it Easy (Obvious and Attractive)
 - 3) Prompt the Behaviour (habit stacking)
 - 4) Reward Yourself with a woop! (Make it Rewarding)



11 TINY & 12 ATOMIC HABITS

- 1) After I turn on the kettle I will do stand on 1 leg.
- 2) After I get dressed for the day I will go for a 5 minute walk.
- 3) After I turn off the TV I will do 2 chair squats.
- 4) After I pee in the morning I will do 2 toilet seat squats.
- 5) After my head hits the pillow I will think about 1 thing I am grateful that happened that day.
- 6) After I walk out the door, I will take a deep mindful breath.
- 7) After I comb my hair, I will do 3 slow lunges.
- 8) After I decide to leave a space, I will reset the room.
- 9) After I finish a meal, I will check my emails. (3x a day only)
- 10) After I finish watching the 9pm news I will begin my bedtime routine.
- 11) After I feel hungry in the morning I will have a glass of water.

- 1) I will mindfully drink my coffee in the morning in my garden
- 2) I will go for a walk before 10am everyday around the block.
- 3) I will sit in silence for 1 min focusing on my breath before I eat any meal.
- 4) I will add at least 1 vegetable at every meal when I eat at home.
- 5) I will 'brain dump' into my journal before I go to sleep at my desk.
- 6) I will volunteer at Hornbeam Café every Sunday at 4pm.
- 7) I will say my personal mantra after I brush my teeth in the mirror.
- 8) I will read 1 page from my book at 8pm on the balcony.
- 9) I will call my parents every Sunday at 7:30pm wherever I am.
- 10) I will explore 1 new group per month in Waltham Forest.
- 11) I will tend to my garden for 20 minutes every Saturday at noon.
- 12) I will use my resistance bands everytime I walk past them on the door.

After I [existing habit] ,

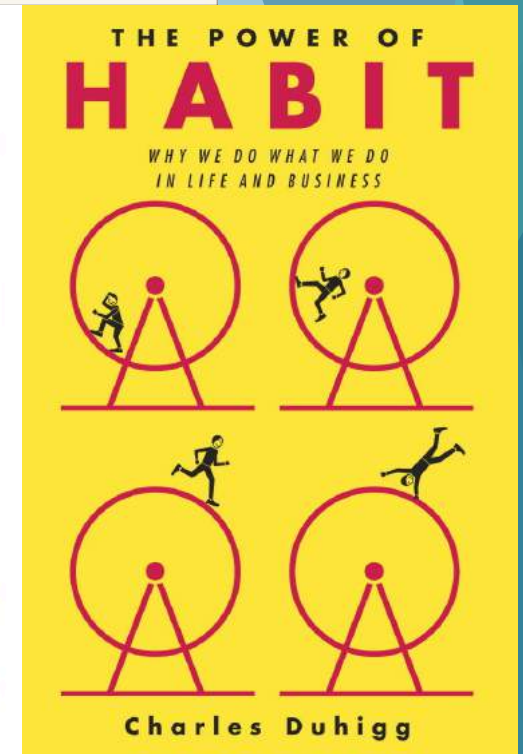
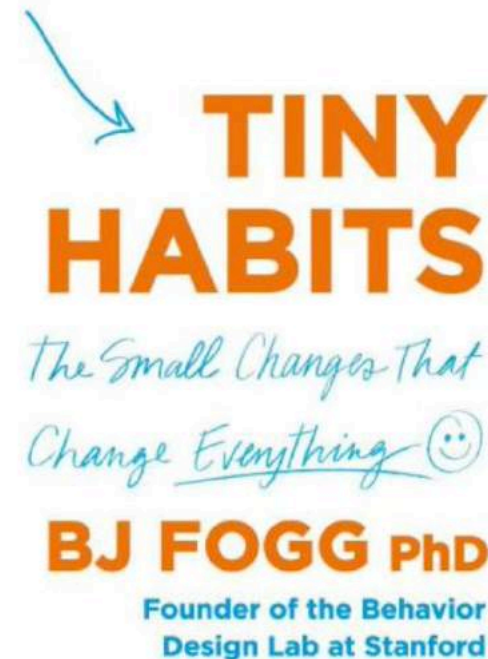
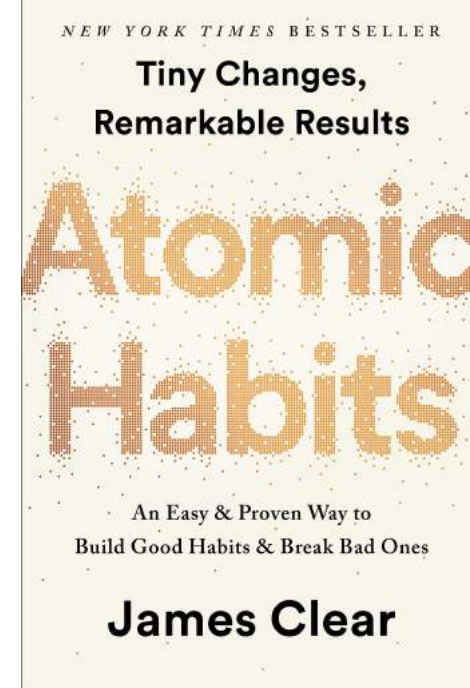
I will [new tiny behavior] .

Implementation Intentions

I will [BEHAVIOR] at [TIME] and [LOCATION]

Conclusion

- ▶ You don't have to amp up motivation or draw on will power all you have to do is plan it out and allow this natural process (of habit stacking) emerge.
- ▶ Plant a tiny seed in the right spot and it will grow without coaxing. - Dr. B.J. Fogg
- ▶ The difference between who you are and who you want to be is what you do. - Charles Duhigg
- ▶ It does not matter whether you are successful or unsuccessful right now. What matters is whether your habits are putting you on the path to success. - James Clear



Session Outline: Tiny Habits

1. General Questions: Hey how has the weekend? Weather? Any questions or thoughts from our last session on Ikigai?

2. What were your thoughts about the video?

Key Points from [Talk by James Clear 1% Better Everyday](#)

a. The talk begins with the example from the British Cycling team becoming 1% better every day. He then covers the 4 Stages of BC: **Noticing, Wanting, Doing, and Liking (enjoy the reward)**

b. Motivation doesn't work, planning does. So, write down your specific habit (e.g. I will _ at X time at X location). Take the decision making out of it, instead write the plan down to give your goals a time and a place to live in the world. Put your reps in and just think of doing it for 2 minutes (not 10 minutes) – create a TINY habit.

c. Be the architect of your environment. Place your broly next to your shoes, by the door, for example, so its easy to get out for a walk even on a rainy day.

d. **Liking:** Put an X or even a gold star on the day you do your habit. By measuring your progress and by not 'breaking the chain' you get an immediate reward. When you do inevitably break the chain stick to the 'never miss twice rule'.

e. True behavior change is identity change. The example of the boat which swaps out every plank. The goal is not to read a book, it is to be a reader. Not to lose weight but to be healthy. Are you nervous to swap out every plank of who you are? Would you still be the same person?

3. Meditation – Let's have a think back about our talk on purpose. Imagine yourself living your purpose, what kinds of habits would you be doing daily? Would you be volunteering somewhere, starting a business, enhancing your social network, walking, eating nutrient dense foods?

(Cardio Based Exercise) followed by a break for 2min.

5. So did anyone come up with a habit you'd like to change, begin, or stop? Perhaps you can firstly think which pillar of health would you like to improve on? Workshop examples with participant and use motivational interviewing techniques to find the friction in the habit to make it easier, more attractive, to do. Participant advice: 'turn the to-do list into your ta-dah list'.

6. In the email ask everyone to write down the habits they'd like to start over the next 2 weeks. You could email me for one habit you'd like to implement for every 1 of the pillars of health (Relax. Eat. Move. Sleep. Socialise. Purpose.)

Example Post-Email:

Tiny Habits

Good afternoon everyone,

So good to chat about behaviour change and tiny habits with you all today.

As mentioned, I'd like you to take the next few days to brainstorm, plan, and write down at least 1 tiny habit or behaviour that you'd like to implement over the next 2 weeks.

Of course, we can all improve something over the next 2 weeks including me. To help myself keep accountable I like to write it down and let people know. So my habits for the next two weeks will be:

1. Do 1 stretch (e.g. hamstring, quad stretch, calf stretch..) first thing in the morning in the living room as I brew coffee to help improve my mobility.
2. Do at least 2 press-ups in the bathroom, before I shower everyday.
3. Practice [this breathwork routine](#) 2 times per week on Tuesdays and Fridays at 2pm for 30 minutes in the living room. If I miss 2pm then I'll do it at 5pm.

Make your habits specific. Make them tiny. Take the time to plan and write them down. And make them rewarding - by keeping a calendar or journal to cross off the habit for the day. To help you brainstorm, I have included another PDF with specific examples of tiny habits you can try and an example 14 day calendar (Habit Tracker) you can use to cross off you habit for the day under the habit for the appropriate pillar of health (R = Relax Pillar, E = Eat, M = Movement, S = Sleep, S = Socialise).

This is perhaps the most important topic of the whole course because if we dont know how to make sustainable changes to our lifestyle, we won't become healthier.

Happy planning and looking forward to seeing you Friday to hear what tiny habits you've planned on making over the next two weeks! And of course, feel free to email your plan ahead of time to me to help keep yourself accountable :)

To your health,
Nick

Week 5, Session 10
Behaviour Change Workshop



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Behaviour Change Workshop

Good afternoon everyone,

Behaviour change may be the most difficult task any of us undertake and we tend to overestimate our ability to change, thinking we have the willpower (if only we REALLY wanted) to change. But willpower is somewhat of a myth and relying on it to change typically ends with poor results. Instead of relying solely on willpower, try these 3 tips:

1. Tiny Challenges: To make a 1% improvement to your health, how about trying a 2-week 'no phone in the bedroom' challenge to see if your sleep improves? Or try low-carb Mondays for a month. Why not create a social habit where you phone a friend every Sunday at 7:30pm? Little steps like this soon add up.

2. Habit Stack: Add a tiny habit onto an existing activity. For example, associate flipping the switch of your kettle with balancing on one foot until the water boils. Other examples include:

“After I flush the toilet, I will do 2 knee bends (or full squats)”

“As I am brushing my teeth, I will tell myself “I’m freaking awesome” (or insert your personal feel-good mantra)”

“Before I eat breakfast, I will think of one thing I am grateful for”

3. Try, Tweak, Repeat: Remember you will likely fail because behaviour change is incredibly difficult so you'll likely need multiple iterations of challenges and habits (even the ones that are well thought out) before you find one that works for you. Start 'tiny', try it for 2-weeks, assess what worked and didn't work, and then try again!

For more ideas and tips on how to create good habits that last check out [this video by Dr. B.J. Fogg](#), a behaviour psychologist based at Stanford University, and author of the book [Tiny Habits](#).

Because understanding this topic is so important to our health outcomes, let's revisit this subject tomorrow in class. We'll break out into smaller groups of 2-3 to create a workshop atmosphere where you can talk out what changes you'd like to make over the next 2-weeks to support your health.

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 89682413042

Feel free to write these habits down, type them up, or use the attached Action Plan to write out each of your 1-3 habits under the appropriate pillar of health. Lastly, I've attached a PDF document that includes all of the tips we previously covered to improve each area of your 5-Pillars of Health.

Looking forward to seeing you all tomorrow at 1pm!

What is the one habit you'd like to implement over the next 2 weeks?

Walk + Talk
for your life.



RELAX	EAT	MOVE	SLEEP	SOCIALISE
<u>TINY HABITS</u>				

RELAX

EAT

MOVE

SLEEP

SOCIALISE

TINY HABITS

After I brush my teeth in the morning I will say my daily affirmation in the mirror.

Before I drink my morning coffee I will drink 1 glass of water.

Monday, Wednesday, and Friday morning at 10am I will go to Sainsbury's to buy fresh foods for Lunch and Dinner Meal Prep.

I will read one page from my book, The Purpose Driven Life before I go to sleep.

I will call my parents on my way to Sainsbury's on Mon, Wed, and Fridays.

I will drink my first sip of coffee in the morning mindfully.

Sunday's are for vegetable omelets. Serve At least 3 Vegetables with eggs for the family.

Everytime I go to Sainsbury's I will get off one bus stop early (Palmerston Ave.) and walk the rest of the way.

I will place a piece of tape over the TV lights in our bedroom by November 15th at noon.

I will schedule a dinner date with my cousins for December, by November 15th at Noon.

After I brush my teeth in the evening I will think about 1 thing I am grateful for that happened that day.

I will fast overnight for 12 hours at least 6 days per week. I will stop eating at 8pm and begin eating at 8am.

I will buy a pedometer on Amazon by November 15th at noon.

I will sit my kids down and talk to them how they must be quieter when they wake up on Saturdays by November 15th.

I will email AgeUk and sign up to their computer classes by November 15th at Noon.

Session Outline: Behaviour Change Workshop

1. General Questions: Hey how has the week been? How have you been feeling about behaviour change?
2. Any other thoughts on the tactics or the video from Dr. B.J. Fogg?
Key Points from [TED Talk by Dr. B.J. Fogg](#) on Tiny Habits.
 - a. Starts with the example of flossing one tooth and then doing an immediate reward or celebration “I’m Awesome” “a little happy dance”
 - b. This guy is obsessed is behaviour. Am I wrong when I say behaviour change is insanely hard? Is that because we rely on motivation to change? Motivation to change your behaviour short-term may be effective but for long-term change, motivation and willpower will fail you.
 - c. 1 reliable way to change your behaviour is by changing your environment, your social environment.
 - d. Don’t design for the health outcome (i.e. lose weight), design for the process to get you to the outcome (i.e. your habits). You need motivation, ability, and a trigger for a habit to stick. B=MAT
3. Did anyone over the past few days have an example of a habit they wanted to share with the group about a change they wanted to make? We can all improve even that mean practicing a bit of gratitude each day. We can use this as a case study of what to do together after the exercise and how to assess each other’s habit ideas when we will breakout in small groups.

(Strength and Balance) Focus the meditation on gratitude.
4. Utilise the breakout room function and put 2-3 participants in each room to discuss their habit ideas.
5. With 10 minutes left in class, close the breakout rooms and begin to ask each group what they discussed. You could follow up with questions on how they plan to measure their behaviours and habits, what their friction points might be, and other pit falls like what the trigger for the habit will be.
6. Encourage participants to email you their written habits to help them remember and also write their habits down to encourage the behaviour to stick.

Example Post-Email: Behaviour Change Workshop

Good afternoon everyone,

So good to see you all today for our first behaviour change workshop!

You all came up with great habits that were tiny, specific, and measurable. Now the task is to write them down and (ideally) email me your plan for feedback. I know this might sound a bit annoying, but lifestyle changes are harder than we may initially anticipate and that's why emailing me your plan or at least writing them down for yourself can help support your health goals.

We'll reconvene on this subject on habits in two-weeks time to analyse, tweak, and then repeat this process. Improving our health starts with 1% improvements in our lifestyle (whether it's in the area of relax, eat, move, sleep, socialise, or purpose) and all of us can improve in some way.

As mentioned in my previous email my habits for the next two week are:

1. Do 1 stretch (e.g. hamstring, quad stretch, calf stretch..) first thing in the morning in the living room as I brew coffee to help improve my mobility. I will convince my wife to do these along with me to help me stay accountable.
2. Do at least 2 press-ups in the bathroom, before I shower everyday. I will measure this via the habit tracker document.
3. Practice the SOMA breathwork routine 2 times per week on Tuesdays and Fridays at 2pm for 30 minutes in the living room. I will measure this via my youtube history page to determine how many times I viewed the guided breathwork session each week.

If you're still struggling to come up with a habit, one of your habits could simply be "I will take 5 minutes to research and brainstorm what tiny habit I would like to begin on X day at X time and have a written plan by X date."

I look forward to hearing from many of you about what habits you plan on starting!

Have a lovely weekend :)

To your health,
Nick

Week 6, Session 11
Demystifying Mindfulness and Meditation



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Demystifying Mindfulness

Good afternoon everyone,

Hope you all are enjoying the weather!

And thanks to many of you who have emailed me your tiny habits plans. Your habit ideas are looking great! For others, I trust you've been able to think of (and written down) at least one tiny habit or challenge to try out over the next two weeks.

If not, one tiny habit that would be great to start up is a two-week, two-minute, mindfulness practice. Take just 2 minutes each day to focus on your breath or body. Studies show that just 4 sessions of 20 minutes of mindfulness can reduce anxiety, depression, increase memory, and even brain size! For a list of benefits, tips, and techniques about mindfulness, see the PDF which is attached.

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 89682413042

For more on how to practice mindfulness, check out [this short video by Jeff Warren.](#)

Looking forward to seeing you all tomorrow at 1pm where we will attempt to demystify mindfulness.

To your health,
Nick

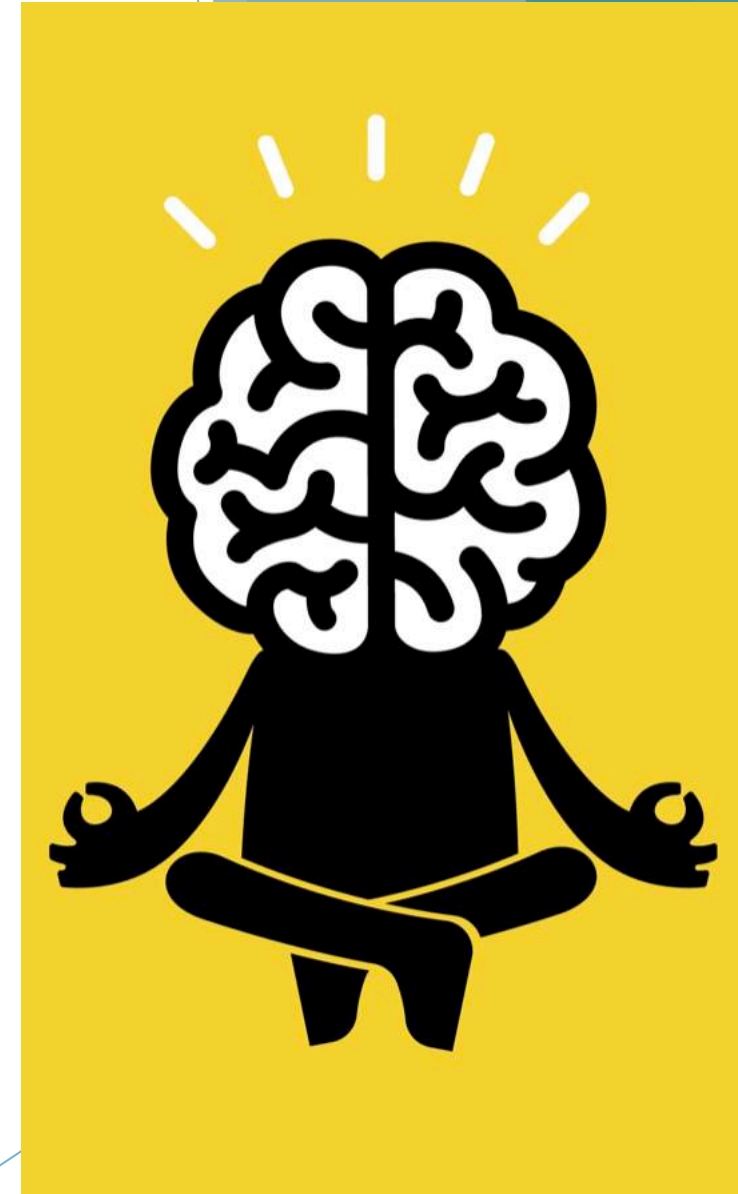
Demystifying Mindfulness and Meditation

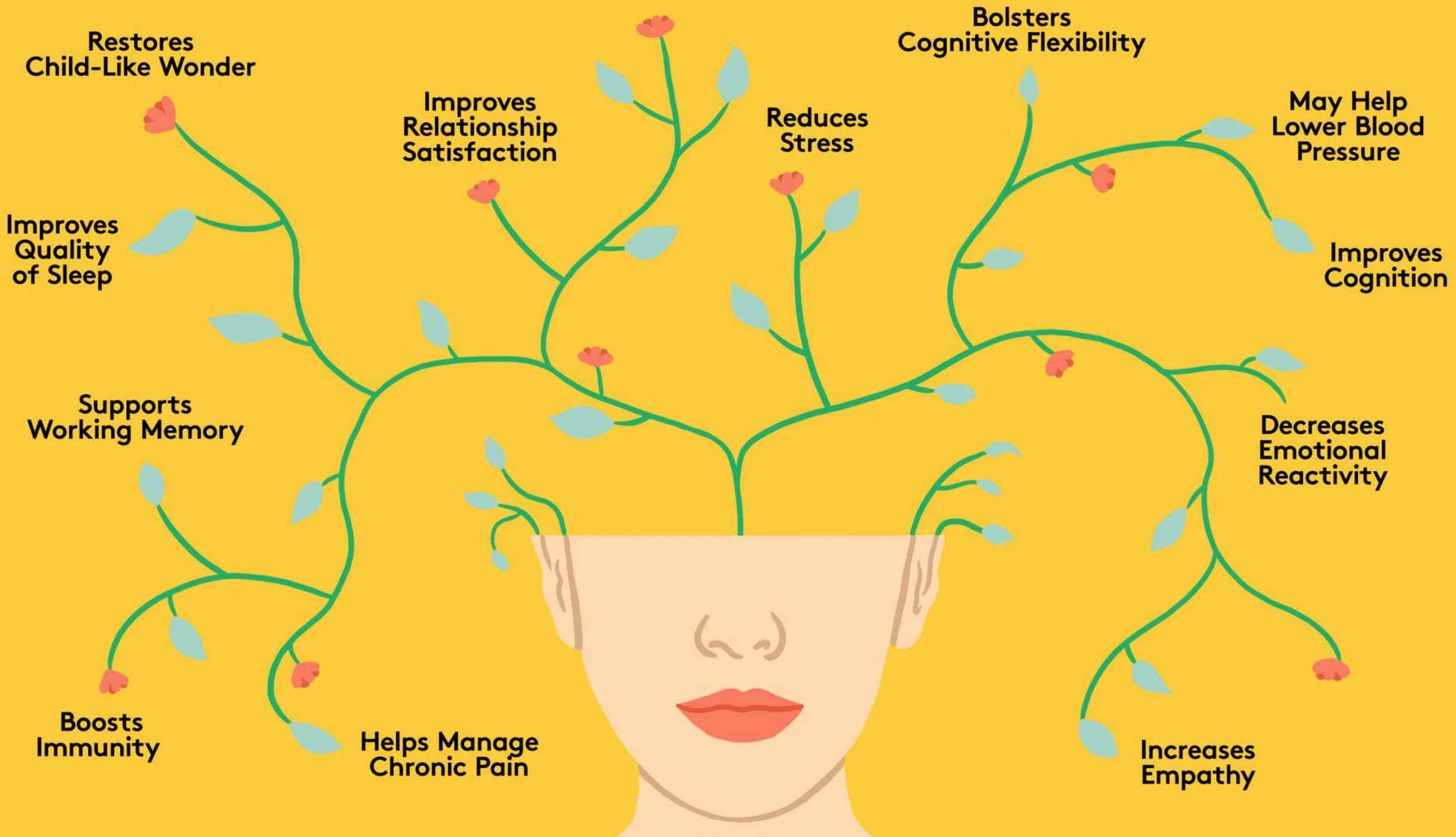
Walk + Talk for Your Life



Definitions & Benefits

- ▶ **Meditation** - an umbrella term to describe a mental discipline by which the practitioner attempts to get beyond the 'thinking' mind and into a deeper state of relaxation, attention, and awareness
- ▶ **Mindfulness** - type of meditation based on focusing your attention on the sensations of the breath/body while maintaining a relaxed state of mind
- ▶ **Benefits of Mindfulness Meditation:**
 - ▶ **Focus, Attention, Memory, and Mindfulness:** four sessions (20min) of mindfulness meditation enhanced the ability to sustain attention, focus, increased memory and mindfulness ([Zeidan et al., 2010](#))
 - ▶ **Anxiety, Depression, Stress, and Pain:** 8-week (MBSR) mindfulness course significant reductions in anxious and depressive symptoms among those with anxiety disorders ([Vollestad, Nielsen, and Nielsen, 2012](#)) and reduces stress and pain ([Holzel et al., 2011](#)).
 - ▶ **Increased Brain Size:** 8-week (MBSR) mindfulness course (avg. age 39) increased the brain regions involved in learning and memory processes, emotion regulation, and perspective taking ([Holzel et al., 2011](#)).





Tips and Techniques for Mindfulness

- 1) Journaling. Write down 1 thing each day you're grateful for or reflect and write down the day's events.
- 2) Enjoying your coffee, tea, alcohol, or choose a meal to eat mindfully with no distractions
- 3) Attend a yoga class or engage in a daily/weekly yoga practice such as [Yoga with Adriene on YouTube](#)
- 4) Attend a Tai Chi class or Qigong <https://www.goldster.co.uk/all-classes/>
- 5) Pick one daily task to pay more attention to: brushing your teeth, taking a shower, eating breakfast, a walk, driving to work (maybe just at red lights), washing dishes, walking the dog, drinking tea, or waiting in a line.
- 6) Embrace boredom. Next time you're in a que avoid looking at your phone and practice a bit of mindfulness.
- 7) [Take 5 good breaths.](#) A very quick way of getting a dose of mindfulness into your day.
- 8) Subscribing to a guided meditation app like Calm or Headspace or [find free sessions on YouTube.](#)



How to Practice Mindfulness

mindful
mindful.org

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



More Mindfulness Tips

- ▶ Your mind will wander, don't ignore or suppress these thoughts, simply notice that it's wandered and bring the attention back to the breath. This will happen frequently. It is ok.
- ▶ Imagine your thoughts as individual vehicles on a road. Watch the cars, trucks, and buses pass from the side of the road without judgment. Be the watcher of your thoughts rather than the thinker.
- ▶ Feel your belly rise and fall, inhale with your nose and exhale through your mouth with pursed lips or through your nose. Using the breath as your anchor for presence is the most common 'home-base'.
- ▶ You can ask yourself "What will my next thought be?"
- ▶ You can also count your breaths from 1-5 and repeat
- ▶ Embrace the relaxation. This relaxed feeling is an ally.
- ▶ Watch [How to Practice Mindfulness by Jeff Warren](#) for more



Session Outline: Demystifying Mindfulness

1. General Questions: Hey how has the week been? How are the habits going? And encourage them to be honest. Share your personal pitfalls over the weekend with the habits you planned. It's no fault really of your own if you fail, look at your behaviours like a scientist. What incentives, reminders, triggers do you need to create or improve on? It's not a personal failure. Remember the "never miss twice rule," if they forget to do their habit.

2. Has anyone decided that their habit over the next two-weeks is a 2-minute mindfulness practice? (I know it's Participant's 8 habit)

3. What were your thoughts on the [short video of Jeff Warren](#) teaching how to practice mindfulness?

a. Mindfulness simplified definition - Being more aware of what is going on in your experience. Noticing your feelings and thoughts in real time.

b. Mindfulness practices can help therefore with behaviour change because you can notice your urges and behaviours. "Oh this is my pattern!" And those patterns and behaviours are just that behaviours, patterns, thoughts, but they're not me.

c. The act of noticing (your mind wander, a daydream etc..) helps you pop out of that feeling, thought, pattern, or behaviour. "Oh, that's the craving for chocolate, how interesting this feeling or hunger for chocolate, I wonder why that craving just popped into my head?" Jeff Warren says this 'popping out' and noticing is the single most important thing for a human to know.

d. We are not just vessels for thoughts, we're not slaves to whatever thoughts pop into our heads. Disassociating yourself from the thought as "oh that's a thought." This awareness gives you the tools to break free, giving you a sense of freedom as the knower rather than the thinker. So you may be thinking.. "I don't think I'm doing this mindfulness thing right, I'm confused" Exactly, you have noticed that you're confused. Or "my mind is racing with thoughts, I don't think I'm doing this thing right." Perfect, you've just noticed the feeling of uneasiness how interesting.

Exercise 30 min (Strength and Balance) but have 10 minutes of mindfulness meditation beforehand – cover what a home-base or anchor is. Use the country road analogy where you watch the cars go by rather than hitch hiking (being sucked into) each thought.

5. Mindfulness and behaviour change ultimately go hand-in-hand. Mindfulness may also improve the chances of successful behavior change by increasing awareness of how emotions influence decisions and behaviors (Werner and Gross, 2010). There are also loads of studies as well with mindfulness helping people to quit smoking.

6. What were your experiences with the mindfulness? Tips to practice: Try taking 5 good breaths as a meditation. Link to the [10 good breaths guided meditation](#) in the follow-up email

Example Post-Email: Demystifying Mindfulness

Good morning everyone,

So good seeing you all yesterday and I hope you have a better understanding of mindfulness.

Like learning any new skill, mindfulness can be difficult at first to grasp at first. If you are still mystified by what mindfulness is exactly, try watching the video I sent in the previous email [by Jeff Warren](#). Jeff Warren is one of the primary meditation instructors on the phone app called [Calm](#) (or for android -> [Calm](#)) which you can download in your app store. On the Calm app you can find Jeff Warren's [30-day How to Meditate course](#), which I would highly recommend.

You do have to pay for Calm (I think it's an annual subscription,) but there are also loads of free guided meditations on YouTube as well. In fact, Jeff Warren has uploaded a few that are great, including this [10 Good Breaths meditation](#) that is only 3 minutes long. Why not give it a go this morning?

To your health,
Nick

Week 6, Session 12
Joint and Bone Health



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Joint and Bone Health

Good morning everyone,

I hope you all have been having a mindful week, getting out for walks, and 'minding' your step. (I love me a cheesy segway)

Another benefit of practicing mindfulness, of course, is that it helps us become more present and aware of our surroundings throughout the day, enabling us to avoid and identify tripping hazards.

In today's class we'll not only talk about practical strategies like mindfulness to reduce our falls risk, but we'll also talk about what we can do nutritionally to make our bones and joints more resilient to fracture and pain, how exercise plays a major role, as well as teaching you how to fall and safely get up after a fall.

There's no pre-video for today's class but AgeUK has a great resource on reducing your falls risk [linked here](#). Also check out this week's PDF resource for more information.

Link to Class --> <https://us02web.zoom.us/j/84976889605>

Meeting ID: 849 7688 9605

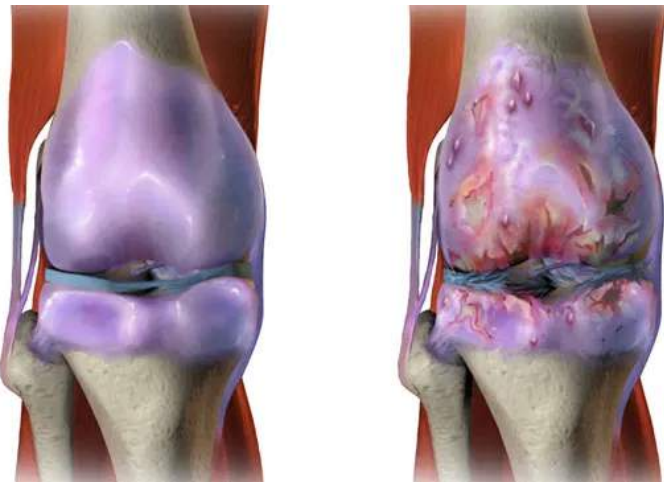
Looking forward to seeing you all 2:45pm :)

To your health,
Nick

Joint and Bone Health and Reducing Falls Risk

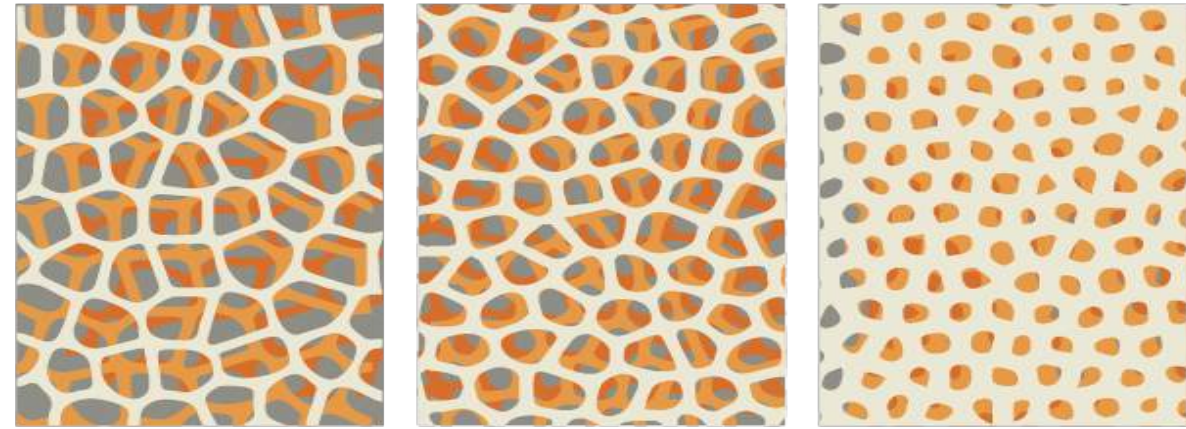
Walk + Talk for Your Life





Osteoarthritis

- ▶ **Definition** - degeneration of joint cartilage, synovial joints and the underlying bone.
 - ▶ **Causes: ‘inflammaging’** (living longer with an inflammatory lifestyle). Inflammation is the root cause of arthritis. This inflammation may be due to a mineral imbalance, sedentary lifestyle, excess body fat (body fat is inflammatory), poor gut health, a diet high in vegetable and seed oils, a diet high in carbs which can lead to inflammatory diseases such as diabetes.

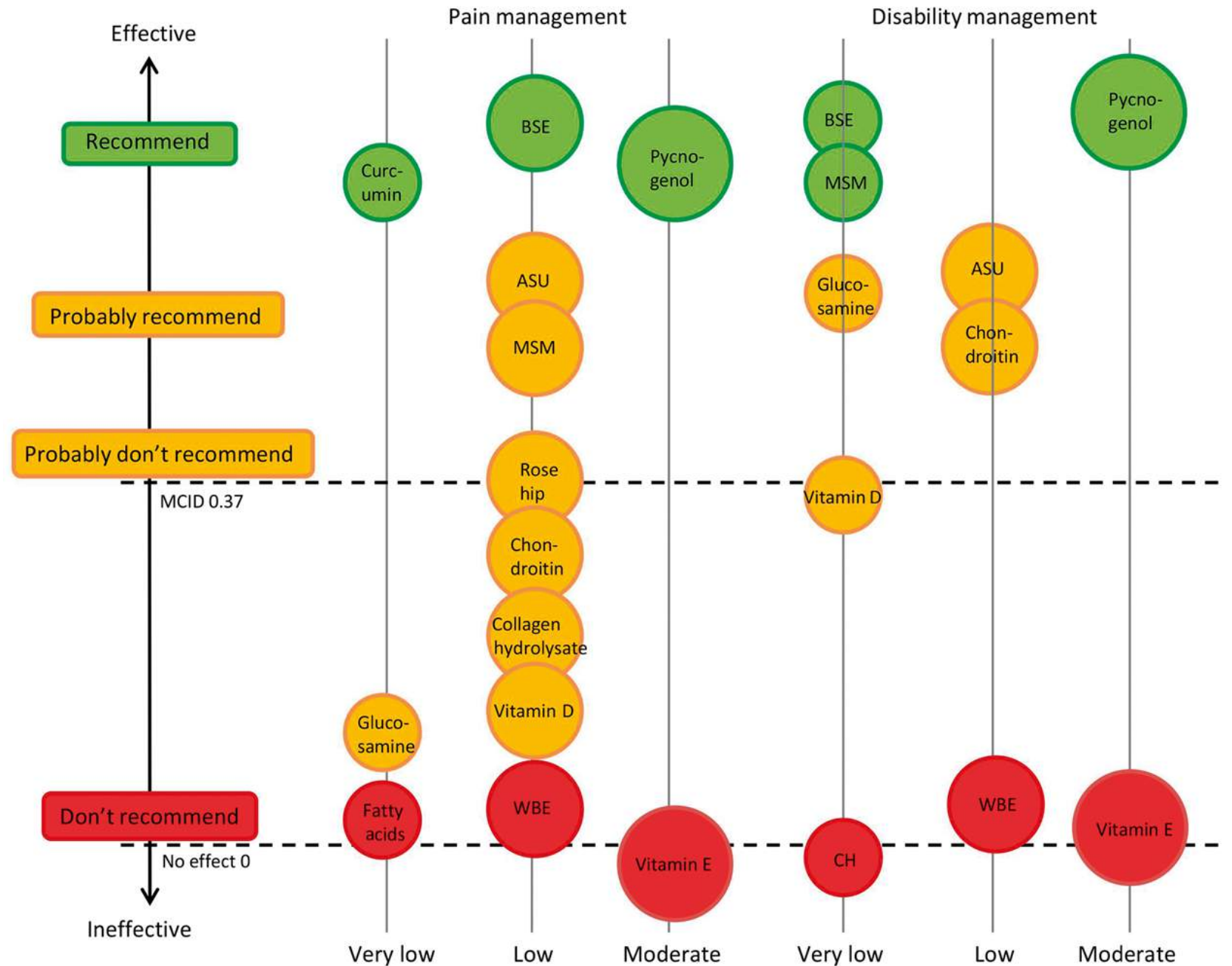


Osteoporosis

- ▶ **Definition** - A bone mineral density of more than 2.5 standard deviations below the young adult mean value.
- ▶ **Causes: ‘inflammaging’** (living longer with an inflammatory lifestyle), loss of minerals, overmedication, low body weight, lack of strength training exercise, a sedentary lifestyle, high stress, hormonal changes, certain chronic conditions such as diabetes and cancer.

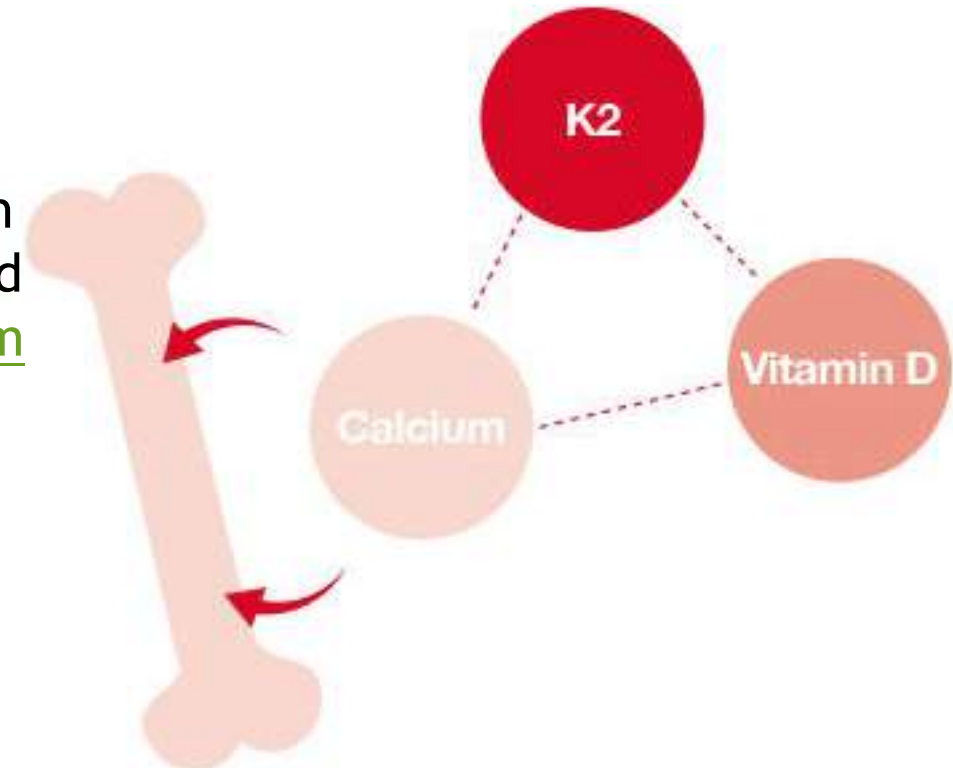
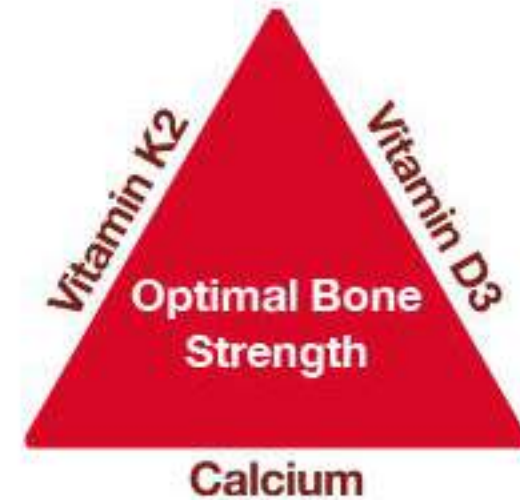
Joint Pain Supplements

- ▶ Pyconogel (pine bark extract) 50 mg 2-3 times a day
- ▶ Bosweilia Serrata extract (100 - 250 mg daily)
- ▶ Curcumin (1000 mg - 1500 mg per day in divided doses)
- ▶ MSM (methylsulfonylmethane) between 1.5 - 6g daily
- ▶ Glucosamine & Chondroitin 1.5g and 1g respectively daily
- ▶ Multi-Typed Collagen but specifically Type II can be effective (10g daily)
- ▶ Pain relievers should be used sparingly due to adverse side effects.



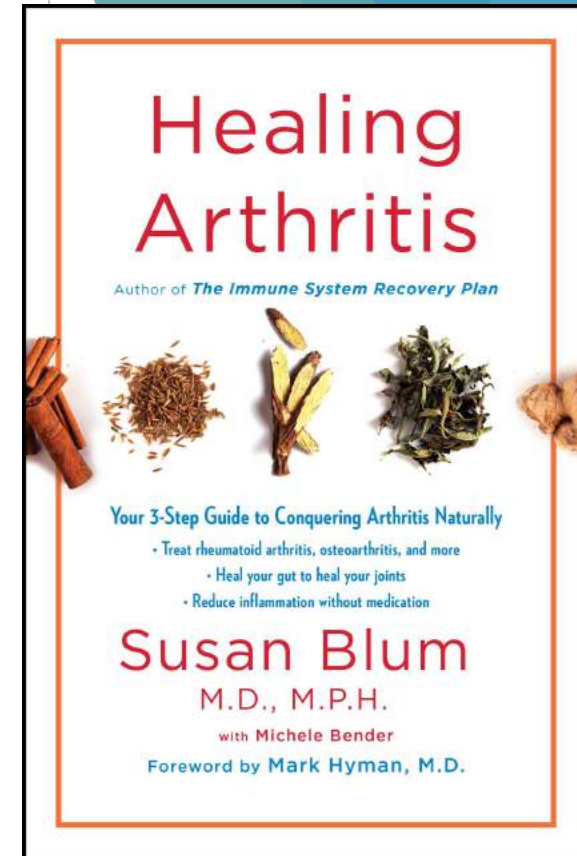
Eat Your Calcium Instead of Supplementing

- ▶ **Emerging Evidence:** 2010 Meta-analysis says that “risks outweigh benefits for calcium supplements.” This study indicates that calcium supplements lead to more cardiovascular events than the number of bone fractures they prevent. This may be due to calcium depositing in the wrong places, such as arteries.
- ▶ Calcium supplements (but not calcium-rich food) may significantly increase the risk of heart attack. If you currently take calcium supplements, talk to your doctor about the risks and benefits ([Arthritis Foundation](#)).
- ▶ Supplements that are better for your bone health and worth talking to your GP about include [vitamin D3](#), [vitamin K2](#) and magnesium, specifically [magnesium glycinate](#) or [magnesium threonate](#).
- ▶ Are you on a blood thinner medication such as Warfarin? Vitamin K2 may not be for you. Always consult your GP before beginning a supplementing regimen.



Five Pillar Treatment: Bones and Joints

- ▶ **RELAX:** Chronic pain of both Osteoarthritis and Osteoporosis may be reduced through mindfulness-based stress reduction.
- ▶ **EAT:** Choose whole, unprocessed 'real' food for the majority (80%) of your diet. Avoid inflammatory foods such as vegetable and seed oils. Certain supplements can also help support bone and joint health.
- ▶ **MOVE:** Combine activities such as walking and light jumping with resistance exercise that targets all major muscle groups. Gaining strength and muscle will not only support the joint with more stability but increased muscle can increase bone density as well.
- ▶ **SLEEP:** Poor sleep quality is associated with osteoporosis so ensure this area of health is prioritised. If you are not sleeping well, seek help, try including the tiny habit approach to increase sleep quality.
- ▶ **SOCIALISE** - Osteoporosis and osteoarthritis may encourage social isolation, therefore increasing loneliness in older adults (Kee, 2003). Therefore, try to plan a walk with a friend as a way to encourage the load bearing impact exercises needed to reduce your risks.



11 MORE TIPS TO BETTER BONES AND JOINTS

- 1) Try cooking from scratch for 30-days using olive oil, butter, and coconut oil for your cooking oils.
- 2) Developing a mindfulness practice has been shown to reduce chronic pain and manage stress.
- 3) Try a 30-day elimination diet of sugar and / or grains.
- 4) Talk to your GP about supplementing with Magnesium, Vitamin D3 (3000-5000 IU), and Vitamin K2.
- 5) Eat foods such as kefir, Greek yogurt, and Sauerkraught to support your gut health.
- 6) Supplement with Omega-3's such as [Algae Oil](#). These fats are anti-inflammatory.
- 7) Cut down on excessive caffeine intake, alcohol, and soda.
- 7) Try a 30-Day elimination diet of nightshade vegetables (eggplant, tomatoes, bell peppers, potatoes)
- 8) Get sun on your skin daily without sunscreen for an amount you can tolerate without burning.
- 9) Try some of the [Otago balance exercises](#), which help reduce falls-risk.
- 10) Continue to move the join, pain caused by arthritis does not exacerbate or injure the joint.
- 11) Reduce tripping hazards in your home (e.g. throw rugs, loose wires, clutter). Have those high-risk areas in your home well lit, install a grab bars in the shower, or a step to help you in and out of the bath. If you do fall, try to land on your forearms to break your fall instead of your wrists [like this video explains](#).

Session Outline: Joint and Bone Health

1. General Questions: How are you feeling about the mindfulness? Anyone try the 10 good breaths meditation? Any examples of you being more mindful over the past few days? How are the habits going?

2. What did you think of the PDF resource and the resources in general, are they helpful? Any questions on them? Any questions on the supplements?

a. Talk about how these supplements are not addressing the root cause of the inflammation. How certain medications for things like OA simply place bricks into the middle of the house, increasing bone mineral density (BMD), but not improving meaningful BMD.

b. Ask if anyone is taking supplements for their joints? What experiences have you had? Cover the meta-analysis for why calcium supplementation is no longer often recommended by GP's.

c. Avoid the rabbit hole with supplements and link to options for them in the email. Keep it big picture with statements such as lifestyle is the way toward better joints. It's the 5 Pillars that gives us the 80% solution.

3. Transition into the how to fall demonstration, falling front, back, and sides. Think of your hips as another head and avoid landing on your hips. Tip is to brace yourself with flat forearms. If you fall backwards, start by bending your knees, then to your bum rolling to your back and slapping with your arms at a 45 degree angle. Do not have participants practice this, simply demonstrate the break fall techniques.

4. Teach now how to get up from a fall. Have them practice get up off the ground at least 2x. (10 minutes)

Begin the mindfulness revisiting the country road. While exercising mention the Otago Exercise programme and why we choose the exercises we do within the course.

(Balance and Lower Body Strength Exercise ~20 minutes)

5. Break for 2min for water, toilet etc..

6. You'll likely have 5-10 minute left at the end of class to field any questions folks have about falls.

Example Post-Email: Falls, Joint, and Bone Health

Good afternoon everyone,

Great to see everyone on this rainy day and chat about all things bone health, joint health, and reducing falls and fractures.

Ultimately joint pain, arthritis, and bone loss (and many other chronic conditions) are not simply due to aging, but rather living longer in this modern environment which promotes inflammation. We want to address the root cause of the disease (i.e. inflammation and what's causing the inflammation) rather than manage symptoms. However, certain supplements can help alleviate pain and disability, specifically [Boswellia Serrata Extract](#).

We also discussed reasons for not supplementing with calcium. Most calcium supplements are poorly absorbed into the bones (between 4%-15%) and the other 85%-96% of the calcium ends up deposited in other body parts. So eat your calcium by eating [Fage Greek Yogurt](#) and gouda cheese (which also contains Vitamin K2), get plenty of sunshine and/or supplement with a [Vitamin D3 + K2 supplement](#), and lastly think about supplementing with magnesium before bed to also aid in sleep. This [Magnesium Glycinate](#) is the magnesium I supplement with to help me drift off into a gentle slumber. I take my magnesium glycinate supplements about 3x per week because I eat a diet high in magnesium in the form of [Lindt 90% dark chocolate](#), which is packed with magnesium. The darker the chocolate the better!

Lastly, if you'd like a refresher for the falls demonstration check out this explainer video below:

<https://www.youtube.com/watch?v=4ETgQD8QhZs>

Now mind your step (virtually) walking in the Sequoia forest and have a lovely weekend!

To your health,
Nick

Week 7, Session 13
**Social Connection: Fostering Healthy
Relationships**



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Social Connection

Good afternoon everyone,

I hope you all have been keeping your balance this weekend and maybe even practiced getting up and down off the ground.

I wanted to reach out ahead of class this evening to share with you one of the most viewed TED talks of all time, over 60 million views. In this talk, Brené Brown tells us why vulnerability is so important for building meaningful connections and lasting relationships.

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

Therefore, I'd like to take some time to revisit our Socialise pillar of health and talk about, perhaps the most important aspect of life, our relationships.

Looking forward to hearing your thoughts :)

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

Meeting ID: 89682413042

See you all tomorrow at 1:00pm!

To your health,
Nick

*Social Connection:
Fostering Healthy
Relationships*

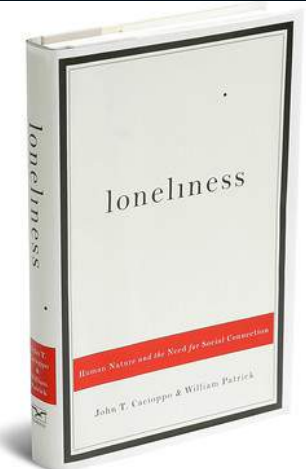
Walk + Talk for Your Life



Definitions

- ▶ **Connection** - the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement.
- ▶ **Relationship** - The state of being connected (Collins Dictionary).
- ▶ **Shame** - the fear of disconnection - is there something about me that if other people know it or see it, that I won't be worthy of connection.
- ▶ **Vulnerability** - openness to attack or hurt - but in order for connection to happen we have to allow ourselves to be seen, really seen.
- ▶ **Worthiness** - the quality of being good enough - people who have a strong sense of love and belonging believe they're worthy of love and belonging. —Brené Brown

One of the most beautiful qualities of true friendship is to understand and to be understood.



The truth is,
everyone is going
to hurt you.
You just got
to find the ones
worth suffering for.

Daring Greatly - Brené Brown

- ▶ *Daring Greatly* is a book about having the courage to be vulnerable in a world where everyone wants to appear strong, confident and like they know what they're doing.

People who feel connected have:

- 1) The belief that they are worthy to feel connected
- 2) The courage to be imperfect
- 3) The compassion to be kind to themselves first and then to others
- 4) The ability to be authentic, willing to let go of who they thought they should be and accept themselves
- 5) Fully embraced vulnerability - they believed what made them vulnerable made them beautiful

DARING GREATLY

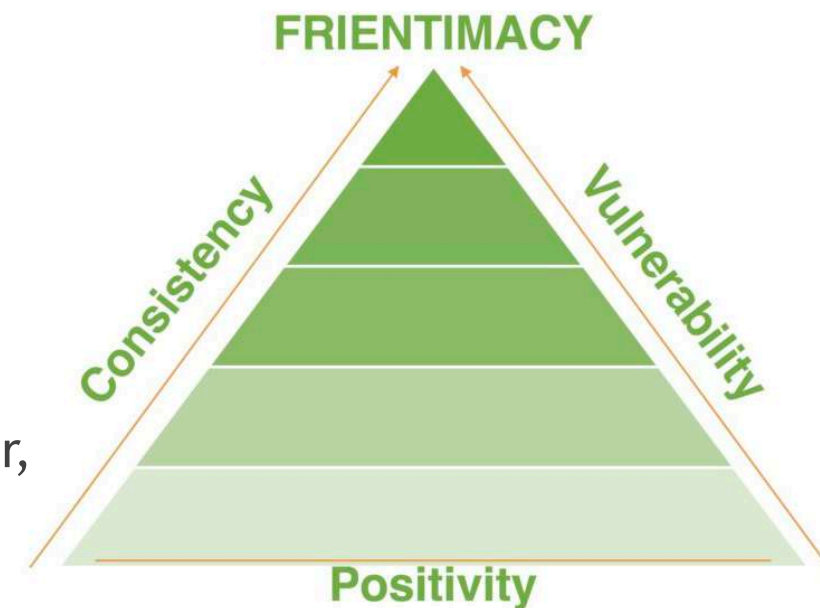
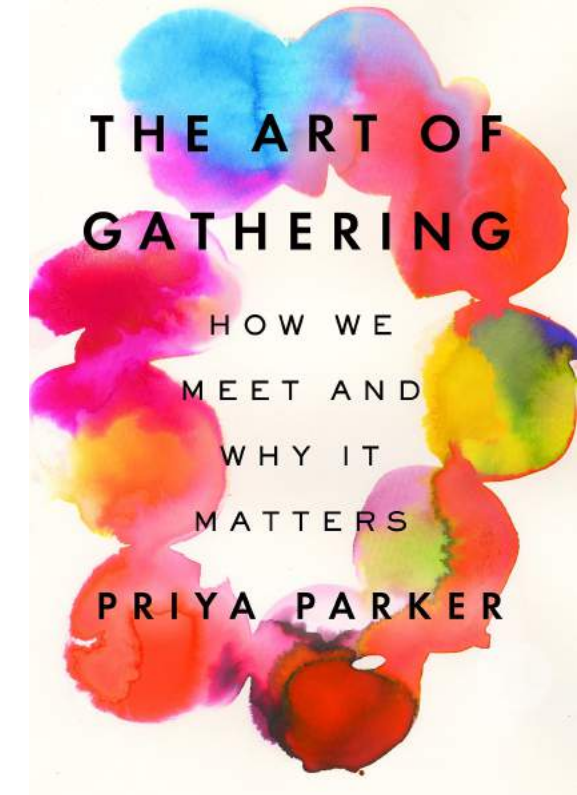
How the Courage
to be Vulnerable
Transforms the Way
We Live, Love,
Parent and Lead

BRENÉ BROWN



7 Tips to Social Connection

- 1) Embrace vulnerability. Speaking up for your own needs, sharing difficult events, and asking for help are act of vulnerability, embrace them!
- 2) Build the path to 'frientimacy' with consistency, positivity, & vulnerability.
- 3) Positive feelings are the foundation for every relationship, but we must accept imperfections in others and within ourselves. Think 1:5 Rule. Meaning for every negative interaction with someone, we should have five positive interactions with them to maintain a healthy relationship.
- 4) Be emotionally responsive. Meaning are you accessible, listening, responding, and engaging appropriately to the person's emotions and needs.
- Maya Diamond, relationship coach
- 5) Show Up Consistently. And offer your true presence to the person. You can then ask yourself: "Do the people I love feel loved?"
- 6) Replace ego and desire to win an ideological argument with curiosity, empathy, and desire to learn from someone with different opinions.
- 7) It takes effort. Get creative and plan something fun to do together. For example, plan a game night, start a new hobby, volunteer together, read the same book,



Book Summaries on Connecting

▶ The Lost Art of Listening - Dr. Michael P. Nicholas

- 1) Not listening to each other separates us and not being heard can trigger a sense of rejection.
- 2) Most people do not listen with the intent to understand; they listen with the intent to reply.
- 3) Be fully available to someone who is speaking, don't switch the conversation to yourself.

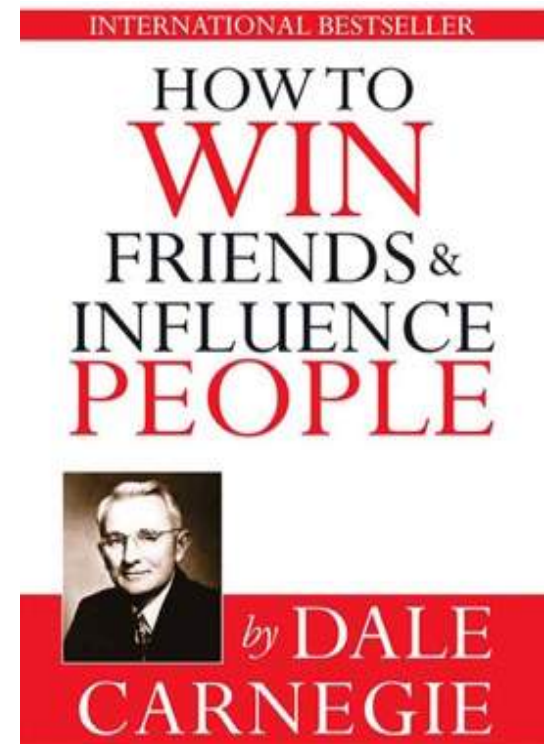
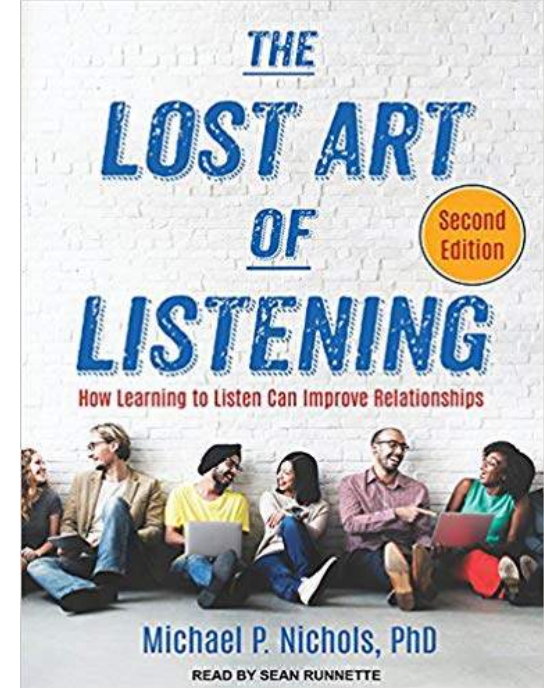
▶ How to Win Friends and Influence People - Prof. Dale Carnegie

- 1) If you want to be interesting, be interested. Make people feel important with curiosity.
- 2) Don't criticize, condemn or complain. Never say, "You're wrong"
- 3) Genuinely smile. Remember people's names. Encourage others to talk about themselves.

▶ 10 Ways to Have Better Conversations - Celeste Headlee

- 1) Enter every conversation like you have something to learn. Everyone that you ever meet knows something you don't. Everyone has some interesting, amazing thing about them. Find it.
- 2) Go with the flow. If the moment passed to interject just let it pass. Stay present.
- 3) Be brief. Find a graceful way to exit a conversation at the right time.

Book: We Need to Talk: How to Have Conversations That Matter - Celeste Headlee



Session Outline: Social Connection

1. General Questions: How was the weekend? How are the habits? Anyone try getting down on the ground and standing back up? Any questions about our session about falls, any supplement questions? How are the step counts going we're now at X location!

2. I mentioned in the email, that relationships and our feeling of social connection may be the most important thing in life, what do you think? What relationships can you think about that are meaningful? What about when you were working, what do you miss most? Were the people the best part of the job?

Well lets first get into some exercise. Conduct the meditation on thinking to a relationship you are/were grateful for. Practice the getting down to the ground and getting back up again following the boxing.

(Cardio Based) Have participants go to ground to practice the technique again of getting back up

3. Break for 2min for water, toilet etc..

4. What did you think about the video with [Brené Brown about Vulnerability](#)?

a. She was studying shame, which she defined as - the fear of becoming disconnected. The less you talk about your shame the more you have it.

b. She also mentioned the importance of being self-compassionate. Being kind to yourself first and then to others. You can't practice compassions unless you practice self-compassion. Putting on your oxygen mask before helping others.

c. She mentions that when you numb the bad emotions, you also numb the good feelings, but she states that you can't selectively numb. What are your thoughts?

d. "You're imperfect and you're wired for struggle, but your worthy of love and belonging."

e. She states that allowing yourself to be authentic, being vulnerable, allows you to let go of what you should be to be who are. That vulnerability is key to connection.

4. A lot of us now feel vulnerable in the present day. We feel shame about being overweight, in debt, the possibility of being laid off, laying off people, being addicted, over medicated, unhealthy, becoming diagnosed with something, having a sick partner, a sick child, and because of these areas of shame, perhaps we don't want to allow ourselves to be vulnerable? Without allowing ourselves to be vulnerable we struggle to connect, which may be a factor leading to the levels of loneliness we, as a country, suffer from. What are your thoughts on that – agree or disagree? Is showing vulnerability inherently un-British?

5. Take the Last 10 minutes of class try to ask about what tactics we can then use to build social connection and enhance our relationships?

Example Post-Email:

Social Connection

Good afternoon everyone,

So good to hear from everyone today! I really appreciate everyone sharing, your commitment to the exercise, and support of one another. Also, I keep forgetting, we need a team name for our walking challenge. Let's try to choose one next class :)

I also wanted to follow-up our conversation today with a link to the book Frientimacy - the concept we talked through quickly on building connection through consistency, vulnerability, and positivity. If you'd like to learn more see below where you can hear more from the creator of the term, Shasta Nelson.

<https://www.youtube.com/watch?v=hmJyWreER7A>

Next, can you believe it's nearly been 2 weeks since we started our tiny habit challenges? How are your habits going? Any lessons learned?

On Friday, we'll look back and evaluate what went well and what didn't with our behaviour changes. We'll then brainstorm new habits in small groups to tweak and add in a new habit we'd like to start this week. So feel free to take some time before class to evaluate your habits, tweak, and brainstorm how you can support the changes you want to make within the pillars of health (relax. eat. move. sleep. socialise. purpose)

Looking forward to hearing from you all on Friday.

Until then have a great week and enjoy the weather :)

To your health,
Nick

Week 7, Session 14
Behaviour Change Workshop II



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Behaviour Change Workshop II

Good evening everyone,

I hope you all had a lovely week and avoided a sunburn ha!

Can you believe tomorrow is our 2-week anniversary from our initial tiny habits challenge? So how have your habits gone? Any idea why you may have succeeded to complete the habit on some days and why you missed on others? Maybe you forgot to write your habits down or the irregularity of your schedule became apparent.

If that's the case, think about adding an 'if not then when statement.' For example, if I don't do my habit while I'm waiting for the kettle to boil, then I'll do the habit while watching netflix at 9pm. Perhaps you could make the habit more attractive by using a calendar, journal, or the habit tracker (attached) to cross off each day you are successful at doing your habit as a mini reward.

I sent this video out previously, but for more information on creating smart habits, check out the talk linked below from James Clear, author of the book, [Atomic Habits](#).
<https://youtu.be/mNeXuCYiE0U>

Link to Class --> <https://us02web.zoom.us/j/84976889605>

Meeting ID: 849 7688 9605

Looking forward to taking a non-judgemental objective look at how you all did and what you learned about habits and behaviour change.

See you all tomorrow at 2:45pm!

To your health,
Nick

Session Outline: Behaviour Change Workshop II

1. General Questions: How was the week? Allow time for informal discussion. Then transition into asking people about their habits? How have they gone?

2. What went well, what went wrong from a non-judgmental, objective view. Practice motivational interviewing to give a case study example to the class. Ask others if they have had similar experiences and what suggestions they might have.

3. Transition into mindfulness and the benefits that mindfulness has on behaviour change. That we practice mindfulness for 5 minutes so we can be more mindful the other 23.55 hours of the day to help us recognise our behaviour patterns as if we were the observer of our behaviours rather than the doer.

Exercise (Strength and Balance) asking participants throughout the exercise how their habits have gone, what possible changes to make

5. Break for 2min for water, toilet etc..

6. Utilise the breakout rooms again to conduct brainstorming sessions on what habits to come up with and to hopefully allow people some more 1:1 time (without the instructor) to get to know each other a bit more.

7. With 10 minutes left bring the groups back together and review what they talked about. Adding tips on ways to make the habit more specific, more memorable, more rewarding. Utilise motivation interviewing. Ask other participants if they have similar experiences, if they can relate, and what strategies they might use.

8. Use the “kill the company exercise.” It’s now 2-weeks in the future. Tell me why you didn’t succeed with your habit? This shows the potential gaps in your habit you need to clamp down on.

9. Ask participants again to write down their habits, perhaps immediately after class and email them to me (the instructor). When participants email you with vague “I want to walk more” habits push back with “that’s a goal, but I want you to develop the process on how you’ll walk more.” Maybe having a daily step count could help. Or specify the plan with a time and location to walk. Perhaps its a routine of a long Sunday walk through a green space that you travel to and that this Sunday routine becomes a habit to help you reach your goal of walking more.

Example Post-Email: Behaviour Change Workshop II

Good evening everyone!

So good to see many of you today for our second behaviour change workshop. Great to hear insights from you all about in what ways your habits succeeded and in what strategies you can use in the future to support your goals.

If you missed class today feel free to email me an update on how your habit(s) have gone over the past 2 weeks and if you'd like to continue those habits, tweak them slightly, or add in a new tiny habit to track over the next two weeks.

For inspiration, maybe you'd like to add a habit on a topic we covered in the past two-weeks. For example, you could try adding a mindfulness habit 2x per week. Perhaps this [25-minute guided session by Jeff Warren](#) could be helpful. Other options could include practicing getting down to the ground and getting back up 1x each day or reaching out to a friend or colleague to strengthen a relationship.

Looking forward to hearing from you about your habits. Please email me your plan so I can help support your goals!

See you all Tuesday and enjoy your weekend :)

To your health,
Nick

Week 8, Session 15
Adopting and Attitude of Gratitude



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Attitude of Gratitude

Good afternoon everyone,

What a beautiful day and England won its first game yesterday to boot!

I don't know about you, but regardless of the weather or football outcome, I still find myself taking life and life's moments for granted. I focus too much on the things I don't have, freedoms I can't enjoy, and experiences I wish I could have.

[Link to Class --> https://us02web.zoom.us/j/84976889605](https://us02web.zoom.us/j/84976889605)

Meeting ID: 849 7688 9605

In order to reduce complaining about the things we don't have and ultimately become more grateful, we need to practice. Tomorrow, therefore, let's talk a bit more about the power of gratitude.

For more on gratitude and how it might just be the secret to happiness check out this TED talk by monk and interfaith scholar Brother David Steindl-Rast.

<https://www.youtube.com/watch?v=UtBsl3j0YRQ>

See you all tomorrow at 2:45pm :)

To your health,
Nick

Adopting an Attitude of Gratitude

Walk + Talk for Your Life



What is Gratitude?

- ▶ First, it's recognizing that one has obtained a positive outcome, and secondly, recognizing this positive outcome came from an external source.
- [Dr. Robert Emmons](#)
- ▶ It's about acknowledging a gift you received, but something that you may not have deserved.
- ▶ Gratitude can be an emotion, an attitude, a moral virtue, a habit, a practice, a personality trait, and a coping response.
- ▶ Its not just about positive thinking or being nice to people, but rather truly appreciating aspects of your life as they are today.
- ▶ Gratitude, like mindfulness is a practice, the more your practice the more grateful you become.



gratitude
grat·i·tude | a feeling of appreciation or thanks



What are the benefits?

- ▶ A 4-week gratitude enhanced mindfulness intervention helped reduced feelings of chronic pain in people with osteoarthritis ([Swain et al., 2019](#)).
- ▶ [A 2011 study](#) found writing in a gratitude journal for 15 minutes before bed significantly improved sleep quality and duration
- ▶ Gratitude can directly cause a feeling of well-being; and act as a buffering against negative states and emotions.
- ▶ [A study on cardiac rehab](#) patients found those kept a gratitude journal daily had lower levels of blood inflammatory markers, recovered faster, and felt better about their recovery prospects.
- ▶ People who are more grateful have better heart health, less inflammation and healthier heart rhythms ([Mills et al., 2015](#))
- ▶ Using a gratitude journal for four months may enhance empathy and rewire the brain towards positivity and joy ([Karns, Moore, and Mayr, 2017](#)).



8 TIPS ON PRACTICING GRATITUDE

- 1) Practice minimalism. Less clutter = Less stress and can make you appreciate the things you have.
- 2) After your feet touch the floor in the morning, think about 1 thing you're grateful for that day.
- 3) Before you eat a meal, instead of saying a prayer, take the moment to practice gratitude.
- 4) Verbalise your gratitude it to others. Substitute the word grateful sometimes instead of thank you.
- 5) Take a gratitude visit to someone or volunteer your time to an organization you are grateful for.
- 6) Write a gratitude letter and/or write a thank you note, you don't even have to post it.
- 7) Practice a self-reflection mindfulness on the days events and find one thing you were grateful for
- 8) Start a gratitude journal and keep it in a prominent, obvious place like on your bedside table.

FIVE Journaling prompts to get you feeling more grateful:

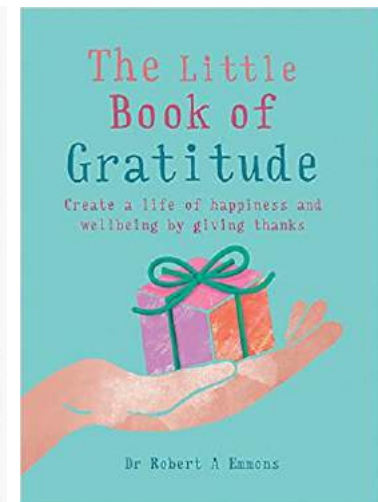
What am I grateful for today?

Why am I grateful for that thing I am grateful for?

Who can I serve, help, or wish positive thoughts toward today?

What relationship, past or present, am I grateful for?

Right now, I am feeling..



Session Outline: Adopting an Attitude of Gratitude

1. General Questions: How was the weekend? Allow time for informal discussion. How has the habit planning gone? Any brainstorming over the weekend?
2. What are your thoughts on the idea of gratitude. Is there something inherently 'unBritish' about gratitude? And are there similarities with gratitude and being boastful or displaying arrogance?
3. Transition in gratitude. What did you think of the [video by David Steindl-Rast](#)
 - a. **Key Points:** Its gratefulness that makes us happy, not happiness that makes us grateful.
 - b. We can't be grateful for everything, for example a bereavement. But we can be grateful for every given moment. For example, when a challenge is presented, we can be grateful for the opportunity to be confronted with a challenge. That we can rise to the occasion and respond in a positive way and allowing the opportunity to teach you something, to learn patience for example.
 - c. "If you're grateful you're not fearful. If you're not fearful, you're not violent. If you are grateful, you act out of a sense of enough (abundance) and not out of sense of scarcity and you're willing to share. If you're grateful you enjoy the differences between people and respect each of our different experiences because every conversation becomes an opportunity for you to learn which you are grateful for."

Exercise (Strength and Balance) mindfulness session do the body scan and tie it into gratitude. Being grateful to our bodies. Have participants go to ground to practice the technique again of getting back up
4. Is it easier to be grateful when the times are good? How does complaining relate to gratitude? Is complaining a bad thing? If we do complain a lot, find ourselves to be an angry person, then we can at least practice a bit of gratitude to offset these.
5. What is the role of comparing ourselves to others when it comes to our happiness and gratitude? For example, being grateful for things that others don't have might still be comparing ourselves to others.
6. Gratitude need to be authentic, so have a think until you land on something you're truly grateful for, and then ask yourself why are you so grateful for that thing? How has that impacted you?
7. How do you practice gratitude? What ideas might you include as part of a habit to be grateful for? Gratitude journaling, gratitude before a meal.

Example Post-Email: Adopting an Attitude of Gratitude

Good afternoon everyone,

So good to see you all as always and share about gratitude.

Patricia's point about using correct technique and proper form, when it comes to gratitude, really struck a chord with me. Often, we think gratitude is about how we have a house when comparing ourselves to someone who does not and while we can be grateful for our home, the intent here is slightly off in terms of form. Comparing ourselves to others, whether we feel like we're doing better or worse, is a recipe to avoid. Instead, think a bit deeper, for example, to how your home makes you feel, how it offers you a space to work, to create, to laugh, to share with others and why you are grateful for those aspects of your home.

Gratitude takes practice to understand and perfect in terms of form. Therefore, beginning a written daily or weekly gratitude practice can be a great way to begin to understand the power of gratitude, how it can help build empathy and break negative thought patterns. To help you, I have included a few prompts below. You can simply copy and paste them into a [google doc](#) or write them down in a dedicated gratitude journal. The 5 Prompts you can choose from are:

What am I grateful for today?

Why am I grateful for that thing I am grateful for?

Who can I serve, help, or wish positive thoughts toward today?

What relationship, past or present, am I grateful for?

Right now, I am feeling..

Why not add in a Grateful Friday's habit, where every Friday you complete one of the prompts above into your google doc. If you have other ideas on how you want to practice gratitude send me an email and if you haven't done so already let me know what habit you plan to start up in the next few weeks :)

Lastly, I just wanted to mention that we'll be organising an in-person meet up on 18 July at 2pm at Wanstead Park at [Cafe in the Park - Wanstead](#). We'll have other walks in the future in parks throughout London. The walk in August will be on Sunday 8 August 2-4pm: Holland Park: at [Holland Park Cafe](#).

Have a lovely week and looking forward to seeing you Friday!

To your health,
Nick

Week 8, Session 16
Moving Forward After Bereavement



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Moving Forward After Bereavement

Good morning everyone,

I hope you all have been having a grateful week. I'm sure the garden is feeling grateful after this rain.

Tomorrow I'd like to take some time to talk about what many call the last taboo and one of life's biggest stressors, bereavement. This is a subject that I have avoided talking about with past groups, because I, like many, feel like I don't know what to say or can feel uncomfortable talking about the subject of death and dying.

However, it's a subject that affects us all and the grief following a loss has a real impact on our health. We may, however, as humans, be more resilient to bereavement than we'd like to give ourselves credit for. For more, on perhaps this controversial view, check out this [TED Talk by Laughter Activist, Jennifer Mathews](#)

Looking forward to hearing your thoughts.

[Link to Class --> https://us02web.zoom.us/j/89682413042](https://us02web.zoom.us/j/89682413042)

See you at 1pm!

To your health,
Nick

Moving Forward After Bereavement

Walk + Talk for Your Life



Grief Definition

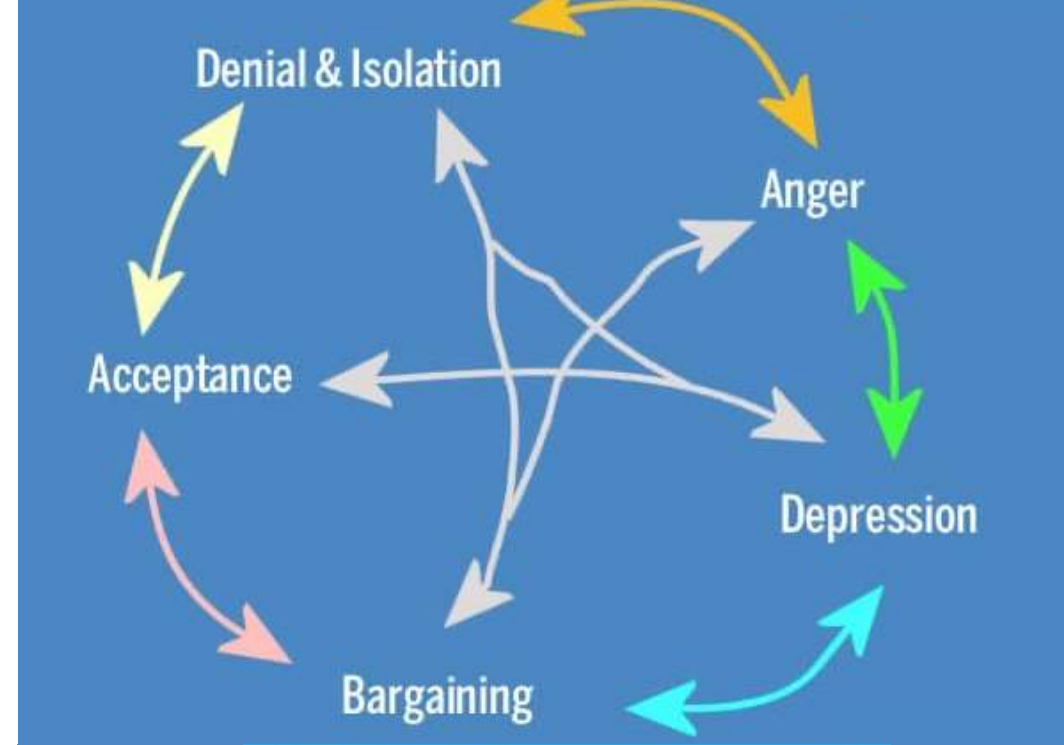
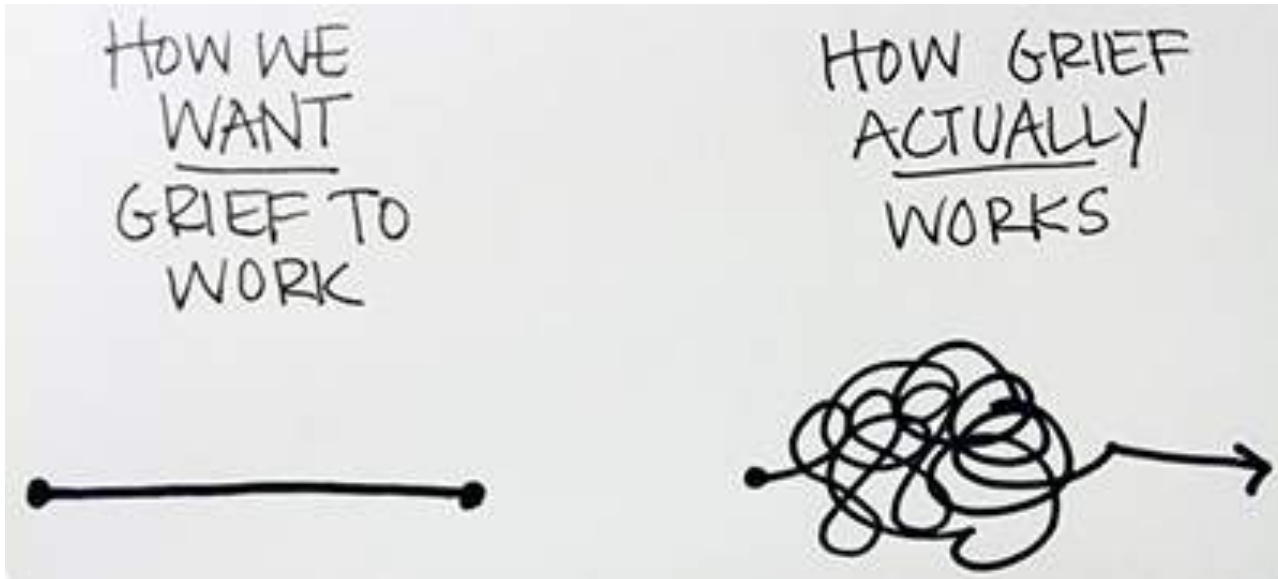
- ▶ **Grief definition:** is the response to loss, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed
- ▶ The death of a loved one is recognized as one of life's greatest stresses, with reports of increased mortality and morbidity for the surviving spouse or parent, especially in the early months of bereavement ([Buckley et al., 2012](#))

Physiological Response to Grief



The Stages of Grief

- ▶ The five stages of grief, Elisabeth Kübler-Ross, 1969 ->>
- ▶ There is also this four stages of grief:
 1. Accepting that your loss is real
 2. Experiencing the pain of grief
 3. Adjusting to life without the person or thing you have lost
 4. Putting less emotional energy into grieving and putting it into something new



ON DEATH & DYING

What the Dying
Have to Teach Doctors,
Nurses, Clergy &
Their Own Families

ELISABETH
KÜBLER-ROSS, M.D.

C O P I N G W I T H B E R E A V E M E N T

- 1) There's no right or wrong way to feel. (e.g. shock, numbness, sadness, tiredness or exhaustion, anger, guilt)
- 2) Its love that helps us survive the loss of love. Reach out to those close to you for support. Feeling contact.
- 3) Practice gratitude, mindfulness, meditation, and exercise.
- 4) Write down your feelings, write your bereaved a letter, a poem, paint, or play music
- 5) Have mechanisms to feel, such as journaling, but also have strategies to take a break from feeling. Distractions.
- 6) The person has died, but they're not gone. They live in you, keep them alive through small touchstones.

Bereavement Resources:

- ▶ [Cruse Bereavement](#) and [Bereavement Advice Centre](#) both provide Free Telephone Service
- ▶ Speak to a British Association for Counselling and Psychotherapy ([BACP](#)) [Trained Therapist](#).

**CRUSE
NATIONAL HELPLINE**

0808 808 1677



**MONDAY
09:30 - 17:00**

**TUESDAY
09:30 - 20:00**

**WEDNESDAY
09:30 - 20:00**

**THURSDAY
09:30 - 20:00**

**FRIDAY
09:30 - 17:00**



0800 634 9494

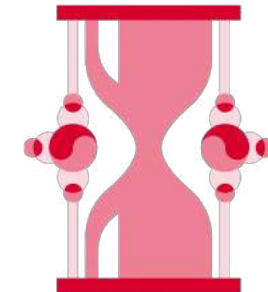
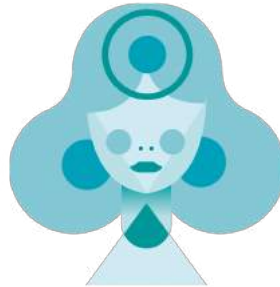
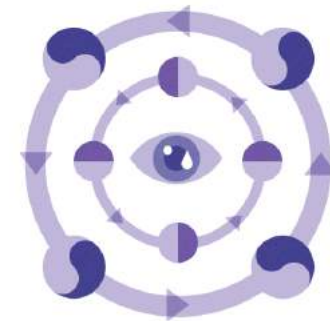
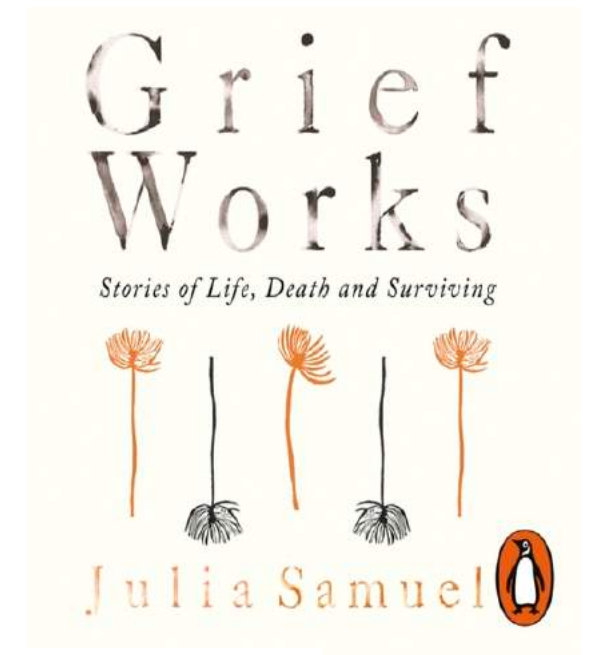
Mon to Fri, 9am - 5pm

bacp | counselling
changes lives



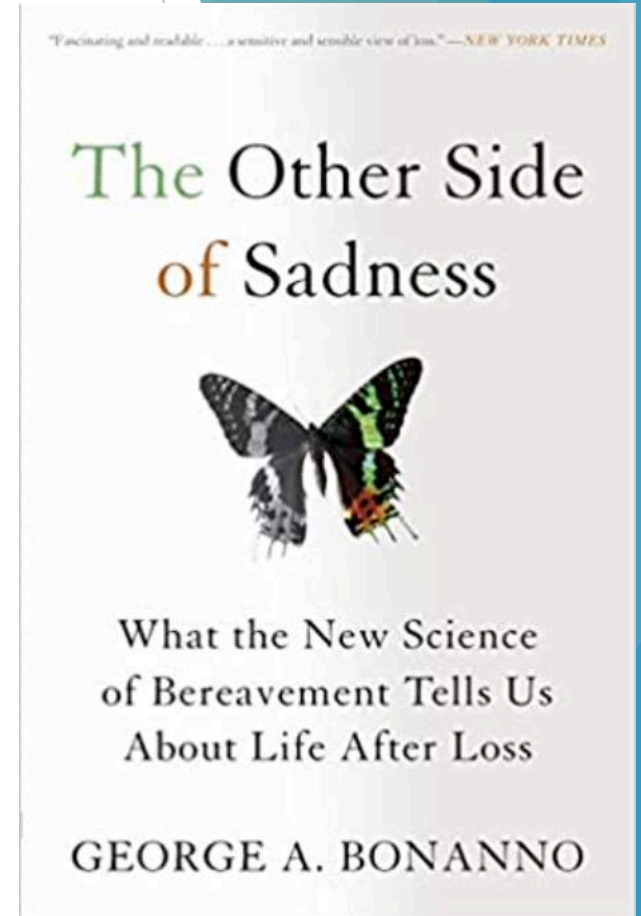
Grief Works | Julia Samuel

- ✓ The biggest indicator of how much pain we are in, is the quality of the relationship and how much we loved the person who died.
 - ✓ As our relationship with the world and others is changed by grief, so does our relationship with ourselves change.
1. **Express your grief.** There is no right way; the key is to connect to the feelings you have inside.
 2. **Time.** It is important to understand that grieving takes longer than anyone wants or expects.
 3. **Nurture your mind and body.** Your whole being is impacted by the death of a person you love.
 4. **Limits.** It is important to recognise the power to say no. If you are able to give a proper no, then your yes becomes infinitely more positive.
 5. **Seek Structure.** Putting one or two things in your day, regularly, that you know you can reliably do, for example exercise, helps you feel like you have some control.
 6. **Focus.** Closing your eyes and breathing into your body, then focusing on the images that emerge, can be a form of release, helping to induce a sense of calm.



The Other Side of Sadness | George Bonanno

- ▶ There are five core bereavement patterns: 1. Common grief, 2. Chronic grief, 3. Chronic depression, 4. Improvement during bereavement, and 5. Resilience. The most common bereavement pattern is resilience ([Bonanno et al., 2002](#)).
- ▶ Dr. Bonanno disagrees with the 5 Stages of Grief because he says nearly all of us have a bereavement pattern of resilience, based on his qualitative research as a professor at Columbia University.
- ▶ Don't worry, Bonanno says. When the worst possible news breaks, you will almost certainly get through it unscathed. Almost everyone does. And if your friends and neighbours mutter that you aren't grieving normally, don't worry; you probably are.
- ▶ The natural sadness that actually follows a death is not a thick soup of tears and depression. People can be sad at times, fine at other times. The level of fluctuation is "nothing short of spectacular"; the prevalence of joy is "striking." Overall, he says, we're hard-wired to move forward following a bereavement.



Session Outline: Moving Forward after Bereavement

1. How has everyone been? How was the weekend? How are the habits going?
2. So the topic today is bereavement, which some say is the last taboo. And the first question is, is it the last taboo, is the subject something we should discussing?
3. Death is inevitable and is the most common experience associated with life. But when someone close to us dies, why is it so shocking? Is it because we are in denial of our own mortality? And if you accept your own mortality might that be freeing?
4. What were your thoughts on this [TED Talk by Laughter Activist, Jennifer Mathews](#)?

Key Points

- a. Firstly, laughter is Jennifer Matthew's tactic for becoming present, the talk however, is not about laughter therapy or laughing off grief. So she practices with laugh therapy to remain present and focus on presence. Perhaps it's a better technique for her of becoming present than mindfulness like focusing on her breath.
- b. The point is: Grief is not the only way to grieve. The response many of us focus on and subsequently call grief are the circumstances of the person's death, the tragedy, the shock, their absence, and the things you no longer have with them. Another response is to ignore these sad feelings, to avoid talking about it, and to deny you emotion to go through a grieving process. What Jennifer Matthew's is suggesting is that we focus on the person's presence, their life, the things they taught you, their impact, the things you are grateful for about them and their life. Choosing to focus on good memories and practicing gratitude.
- c. Choose to focus more on the person's presence (their character, their life, their choices, how they imprinted and changed you) rather than the person's absence. Focusing on absence leads to sadness and the standard grief response, whereas focusing on their presence leads to feelings of gratitude, happiness, and joy.

Mindfulness (e.g. focusing on someone who passed away and focus on their presence with the intention of becoming grateful)

Exercise (Strength and Balance)

5. How would you want your partner or best friend, close family member to grieve for you? Would you want them to grieve at all?
6. Should we try to normalise death through discussing the subject more frequently? Or thinking about it more often? Is that a tactic to prepare us for the shock of death?
7. What tactics do you use to cope with bereavement? Can gratitude be a tool to cope with grief?

Example Post-Email:
Moving Forward After Bereavement

Good afternoon everyone,

So good to be able to talk about the difficult subject of bereavement with you all today. Learning and hearing about your perspectives about death and dying is really refreshing to hear.

For additional resources, check out the book [The Other Side of Sadness](#) or read this summary/review of the book linked below: <https://carynwrites.com/nonfiction-book-review-other-side-of-sadness-george-bonanno/>

Really eye-opening discussion on the elephant in the room as (Participant 9) says, and thanks again for your openness.

See you all Friday :)

To your health,
Nick

Week 9, Session 17
Eat to Beat Insulin Resistance



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
Eat to Beat Insulin Resistance

Good afternoon everyone!

We're back to nutrition tomorrow. Let's revisit the topic of food and nutrition and answer any outstanding questions you have.

Perhaps the most important message to explain with tomorrow's discussion will be the concept of insulin resistance, which contributes / causes nearly all non-infectious chronic diseases. To help explain this very important concept, that we likely have never heard of, check out the TED talk linked below by medical doctor, Dr. Peter Attia.

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

I have also added a PDF on the subject as well as a handout / summary of the book [Why We Get Sick](#).

Really looking forward to hearing your thoughts.

[Link to Class --> https://us02web.zoom.us/j/84976889605](https://us02web.zoom.us/j/84976889605)

Meeting ID: 849 7688 9605

See you all tomorrow at 2:45pm :)

To your health,
Nick

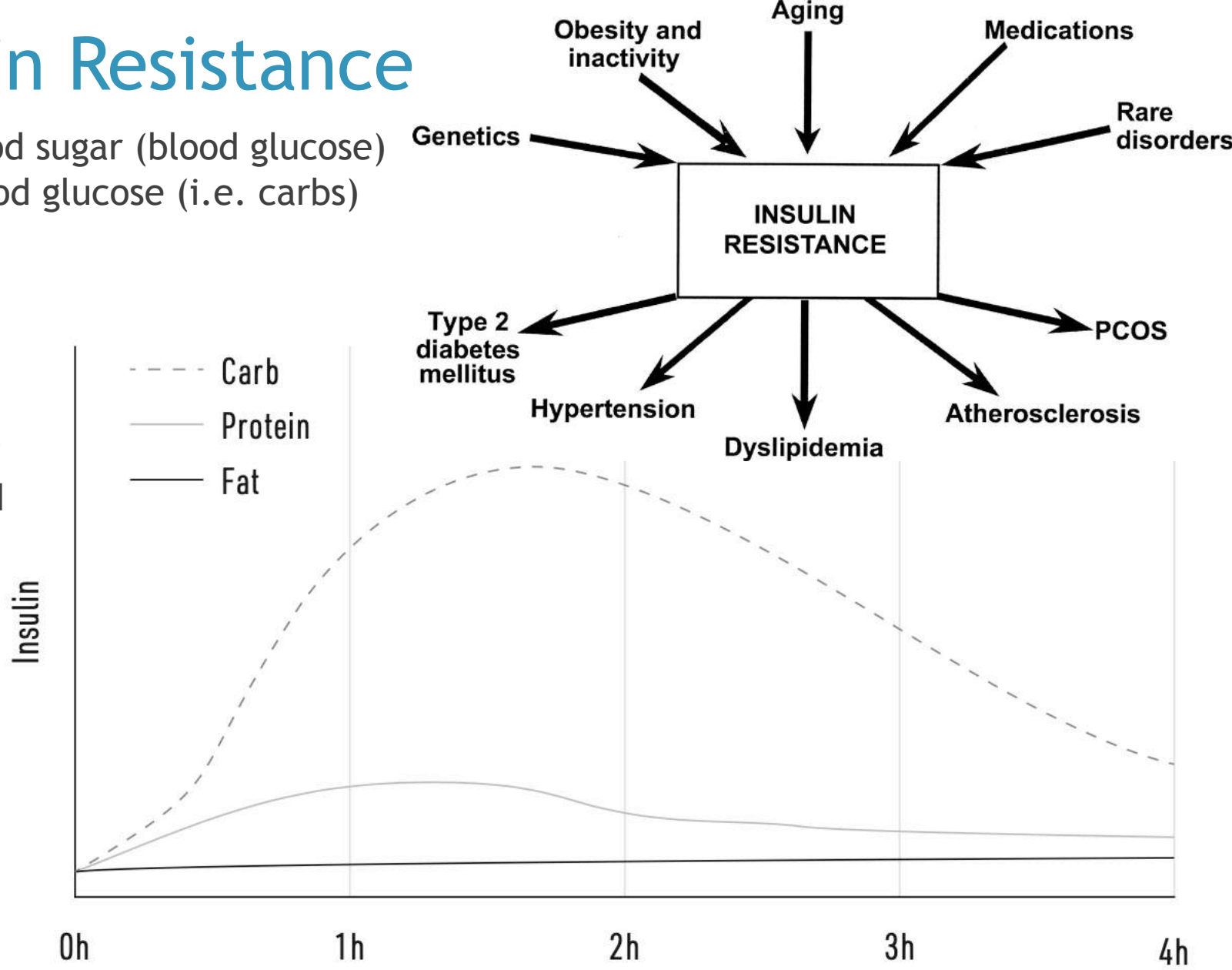
Eat to Beat Insulin Resistance

Walk + Talk for Your Life

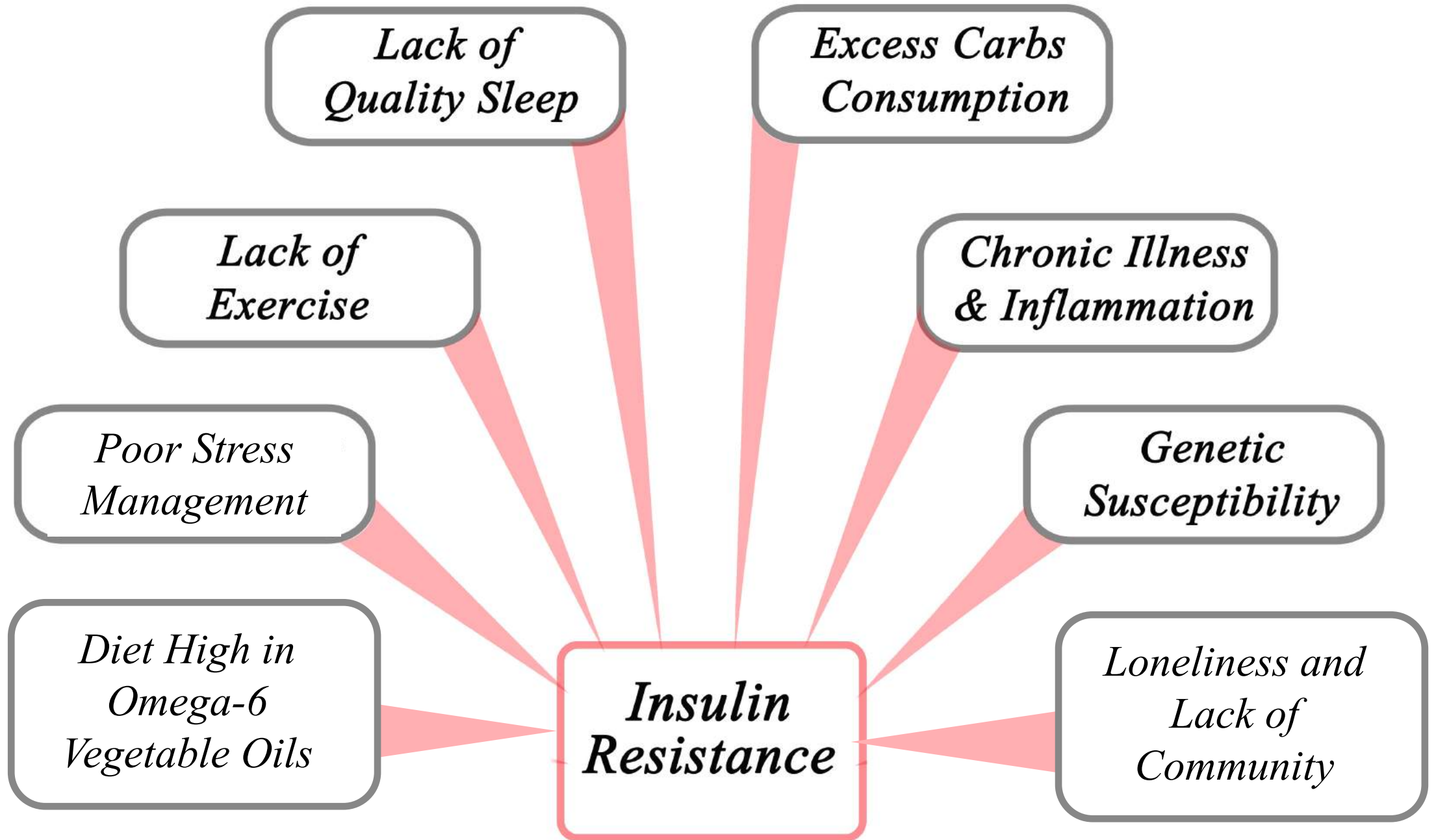


Understanding Insulin Resistance

- ▶ **Insulin** - hormone that regulates blood sugar (blood glucose)
When we eat food that increases blood glucose (i.e. carbs) the pancreas releases insulin.
- ▶ Many of us have too much insulin because we snack on foods containing carbohydrates that raise insulin far greater than protein or fat
- ▶ Elevated levels of insulin in the blood leads to insulin resistance, which eventually leads to elevated blood glucose such as prediabetes
- ▶ It's the elevated insulin, not the sugar that reeks havoc on our body, causing diseases, blood pressure hearing loss, migraines, and diabetes
- ▶ Carb-free meals and carb-free days help reset our tolerance to insulin just like how taking a few days off alcohol makes us more sensitive to its more enjoyable effects



Adapted from Nutall, F.Q. and M.C. Gannon, *Plasma glucose and insulin response to macronutrients in nondiabetic and NIDDM subjects*. *Diabetes Care*, 1991. 14(9): p. 824-38.



Vegetable / Seed Oils

3 Reasons to Avoid:

1. Eating vegetable oils (soybean, rapeseed, safflower oil etc..) may contribute to increased risk for insulin resistance ([Okuyama et al., 2016](#)). The poor-quality of vegetable oil fats may damage our cells when they are burned and prevent us from burning additional fat. [See explanation here](#).
2. Vegetable oils are easily oxidised via heat, light, and air (oxygen). These oxidised fats are much more likely to stick to arterial walls in the body and may be the true culprit for heart disease, not LDL cholesterol ([Shanahan, 2016](#)).
3. Vegetable oils contain trans-fat especially when cooked and [reheated](#) like they love to do at fish and chips shops. Vegetable oils are also high in omega 6 fat, which may lead to elevated inflammation.

Oil	Omega-6 Content	Omega-3 Content
Safflower	75%	0%
Sunflower	65%	0%
Corn	54%	0%
Cottonseed	50%	0%
Sesame	42%	0%
Peanut	32%	0%
Soybean	51%	7%
Canola	20%	9%

Good Fats	
All Purpose	Caution w/ Heat
Olive oil	Walnut oil
Avocado oil	Flax oil
Peanut oil	Sesame
Butter/Ghee	Walnuts
Tallow&Lard	Seeds
Cocoa Butter	Fatty Fish
Mac Nut oil	Artisanal grapeseed
Coconut oil	
Almond oil	
Bad Fats / Avoid	
Soy oil	Fake whip cream
Sunflower oil	Fake butter spreads
Safflower oil	Store-bought pastries
Rapeseed oil	Chicken nuggets
Corn oil	Margarine
Cottonseed oil	Shortening
Hydrogenated oil	Restaurant fried foods
Refined Palm	Most chips & crackers
Vegetable oil	Most protein bars
Mostly in Restaurants:	Most salad dressings
Grapeseed oil	Most mayo brands
Ricebran oil	Most granola & cereal

11 TIPS TO IMPROVE INSULIN RESISTANCE

- 1) Cut Out high glycaemic carbs and replace them with more vegetables
- 2) Stop Eating Fructose (fruit sugar) specifically in the form of fruit juice and fizzy drinks
- 3) Swap to cooking with butter, coconut oil and olive oil instead of vegetable oils
- 4) Exercise! Brisk walking is a great way to help reverse insulin resistance
- 5) Prioritise Sleep. One single night of sleep deprivation can contribute to insulin resistance
- 6) Chronic stress contributes to insulin resistance
- 7) Start an Intermittent Fasting habit of only eating for 12 hours or less everyday
- 8) Try eating just 2 meals-a-day.
- 9) Stop snacking. Give your body and insulin a rest from constantly digesting food.
- 10) Practice strength training exercises. More muscle = improved insulin resistance.
- 11) Supplement with Vitamin D3, Apple Cider Vinegar, and Cinnamon

Intermittent Fasting

- ▶ Eat Less, Move More = An unfortunate oversimplification
 - ▶ Women's Health Initiative Study: Eat Less, Move More Group vs. Normal Diet Group. After 1 year the diet + exercise group lost 2kg more than the control. After 7 years, however, there was little change between the groups in terms of BMI. Figure ----→
- ▶ Intermittent fasting (IF) - Limiting eating for 8-12 hrs day e.g. only eating from 9am - 7pm
- ▶ Benefits of Intermittent Fasting:
 - ▶ Insulin Resistance - IF can lower your blood insulin, which signals to the body to burn body fat. When blood insulin is high, the body burns sugar and converts excess dietary carbs and sugar into bodyfat. When insulin is low, you use bodyfat as energy.
 - ▶ Because IF improves insulin resistance, IF can also lead to weight loss, improved memory, reduction in inflammation, lower risk of atherosclerosis, reduced blood pressure, and lower LDL (L for loser/bad) cholesterol.
 - ▶ Promotes 'autophagy' or the process of cleaning out old and damaged cells. Autophagy therefore likely reduces the risks of certain cancers.
- ▶ Fasting Tips:
 - ▶ Start slow. Try an intermittent fast of 12 hours one day per week, then gradually try two days per week. Then go for 13-14hrs and see how you feel
 - ▶ A morning walk before you eat breakfast is a great way to lower insulin and burn fat
 - ▶ Make sure you eat your protein! Older adults need more protein than younger adults to avoid frailty and muscle wasting. Swap out that insulin spiking porridge in the morning for a smaller insulin spiking meal high in protein like eggs.



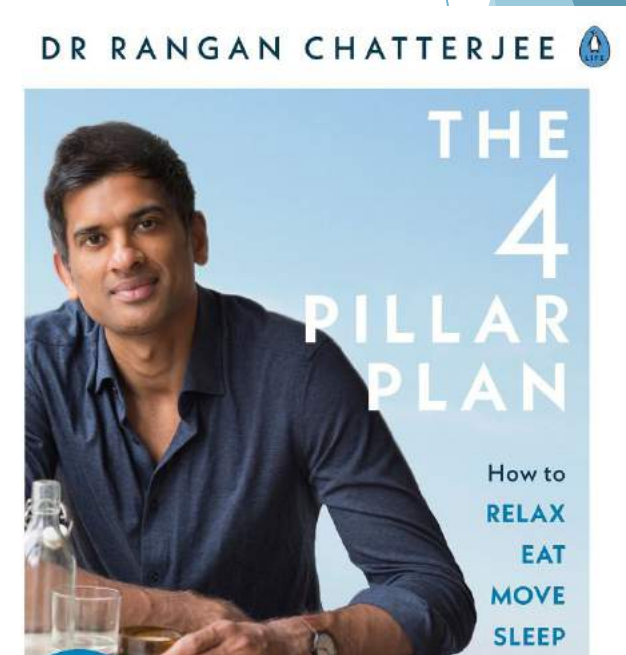
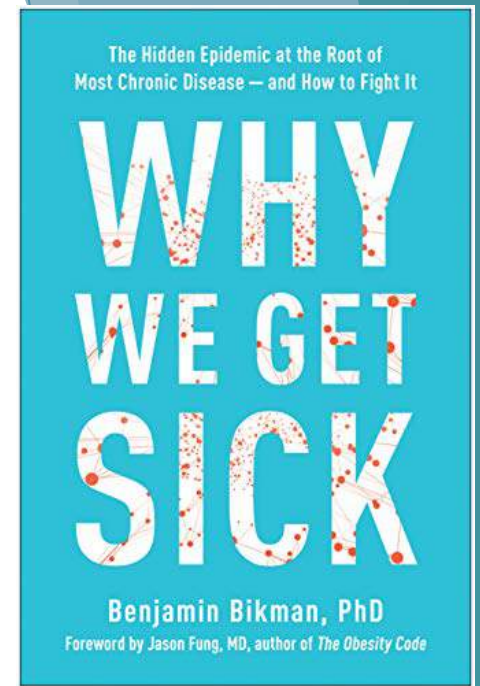
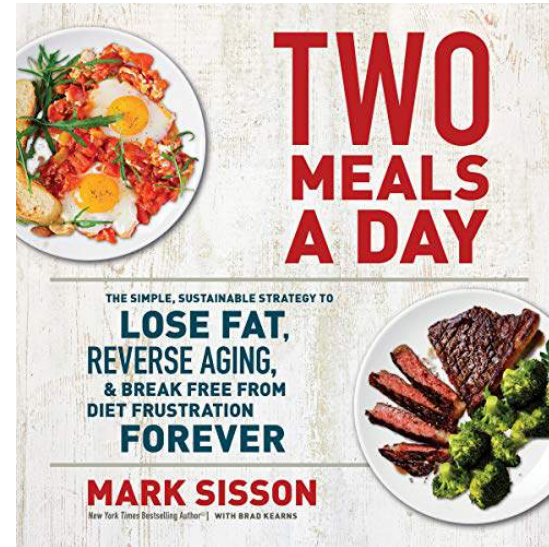
Conclusion

- ▶ Eat Real Food, Question Your Carbohydrates
- ▶ Try Intermittent Fasting.
- ▶ Try including 1 No Carb Day each week
- ▶ Avoid processed foods and vegetable oils altogether
 - ▶ Vegetable Oils contains high amounts of oxidized, omega-6 fats and trans fat that don't burn off as easily as sugar.

- ▶ Avoid sodas and fruit juice!
- ▶ Understand Food Labels: $4 - 1 = 3$ NOT 1g of Sugar

Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	

- ▶ A great hack to improve insulin resistance is to add in a pre and/or post-meal walk. The exercise timed up before or after eating helps improve insulin resistance.



Session Outline: Eat to Beat Insulin Resistance

1. General Questions: How was the weekend? Allow time for informal discussion. How has the habit planning gone? Any other comments or questions about our previous discussion on bereavement?

2. What did you think about the video from [Dr. Peter Attia on Insulin Resistance](#)?

Key Points

a. The speaker (a GP) passing judgement on a patient who had diabetes and him having to amputate a foot, blaming the victim. But it's not necessarily the person's fault the have diabetes the food environment needs to share much of the blame for the rise in insulin resistance and obesity.

b. The chances of many of you having insulin resistance, but not yet diabetes, is unfortunately high. The majority of US adults are insulin resistant or have full blow type 2 diabetes and I suspect a similar percent of UK older adults are insulin resistant. The question then is why?

c. Perhaps its a UK food guide that suggests we eat 55% of our food from carbohydrates? And this is where Dr. Peter Attia finishes his talk, which was 2013. Awareness about insulin resistance has improved especially after the publishing of the book Why We Get Sick by Dr. Ben Bikman. Bikman links insulin resistance with a host of chronic conditions including macular degeneration, migraines, hearing loss.

3. But first let's do some exercise which reduces blood sugar, and even mindfulness has been shown in studies to help diabetics reduce insulin resistance, becoming more mindful of cravings etc..

Exercise 30 min (Cardio Based) go to the ground to reiterate falls prevention class.

4. Ask participants what they know about insulin resistance. And then ask for 5 minutes to lecture, begining with the limitations of nutrition research and then diving into the process of insulin resistance, the likely causes, and answering questions as needed.

5. Compare the NHS guide to the Canadian Food Guide to show the difference in carb recommendations. Highlight the importance for reducing processed foods that are hyperpalatable and contain oxidised and trans-fat industrialised seed oils (aka vegetable oil)

6. Allow time for more questions and discussion

Example Post-Email: Eat to Beat Insulin Resistance

Good afternoon everyone,

So good seeing everyone for our most technical conversation to date. For a quick review feel free to check out this short talk by Dr. Peter Attia on the dangers of our food environment and how our diet of sugar and polyunsaturated fatty acids (PUFAs) (otherwise known as vegetable oils) are the new smoking: <https://www.youtube.com/watch?v=3gyu2WY0xZc>

Actionable steps to take to begin reversing insulin resistance could include reading the back of labels and avoiding foods that contain the vegetable oils, such as rapeseed, safflower, sunflower, corn, and soybean oil. Or what about reducing your carb intake by having [5% Fat Fage Greek Yogurt](#) with berries for breakfast to support your gut bacteria (it's also high in protein). Or you could try eating [eggs and veg for breakfast](#) (without toast ha!) once or twice per week instead of cereal or porridge. Maybe try one day a week to go low or no carb? Perhaps the best habit, however, may be to continue your education and think about reading a book on the subject, such as the aforementioned [Why We Get Sick](#), [Food: What the Heck Should I Eat](#), or Dr. Chatterjee's [The 4 Pillar Plan](#). Many local libraries have these books as well to make this a more affordable habit!

Lastly, I wanted to again link you to a suitable swap for rice, this carb-free [konjac flour rice, which is the one I use](#).

.

Thank you all again for your continued participation and hope you all have a lovely weekend :)

To your health,
Nick

Week 9, Session 18
Behaviour Change Workshop III



Walk and Talk for Your Life
10-week Course

Example Pre-Email: Behaviour Change Workshop III

Good afternoon everyone,

Can you believe it's been another 2-weeks since our last behaviour change workshop and that we have just 3 classes to go until 'graduation!?'

As I believe I mentioned in class, the habit of building good habits is one of the major teaching points I'd like you to take away from our classes. For more on how to build habits check out James Clear's book, [Atomic Habits](#), or check out this video summary of the book [here](#).

Based on our past few classes, perhaps you'd like to add a "Grateful Friday" practice into your life, where on Friday mornings for example, you write down one thing you're grateful for in a gratitude journal. Maybe you want to start a habit of checking food labels for vegetable oil and avoiding processed foods which contain soybean, safflower, sunflower, rapeseed oils etc.. Or perhaps you'd like to take some time over the next few weeks to review the tips and lessons over the past 10-weeks. To help with that last idea, I have added all the slides that contain health tips into the PDF, which is attached.

Link to Class --> <https://us02web.zoom.us/j/84976889605>

Meeting ID: 849 7688 9605

Tomorrow, let's again use the breakout room function and review what habits worked well and why, where we may have gone wrong and brainstorm new habits to add in the next two-weeks.

See you all at 2:45pm!

To your health,
Nick

Session Outline: Behaviour Change Workshop III

1. General Questions: How was the week? Allow time for informal discussion. Then transition into asking people about their habits? How have they gone?

2. What went well, what went wrong from a non-judgmental, objective view. Practice motivational interviewing to give a case study example to the class. Ask others if they have had similar experiences and what suggestions they might have.

3. Transition into mindfulness and the benefits that mindfulness has on behaviour change. That we practice mindfulness for 5 minutes so we can be more mindful the other 23.55 hours of the day to help us recognise our behaviour patterns as if we were the observer of our behaviours rather than the doer.

Exercise (Strength and Balance for 30 mins) asking participants throughout the exercise how their habits have gone, what possible changes to make

5. Break for 2min for water, toilet etc..

6. Utilise the breakout rooms again to conduct brainstorming sessions on what habits to come up with and to hopefully allow people some more 1:1 time (without the instructor) to get to know each other a bit more.

7. With 10 minutes left bring the groups back together and review what they talked about. Adding tips on ways to make the habit more specific, more memorable, more rewarding. Utilise motivation interviewing. Ask other participants if they have similar experiences, if they can relate, and what strategies they might use.

8. You could use another “kill the company exercise.” Its now 2-weeks in the future. Tell me why you didn’t succeed with your habit? This shows the potential gaps in your habit you need to clamp down on.

9. Ask participants again to write down their habits, perhaps immediately after class and email them to me (the instructor). When participants email you with vague “I want to walk more” habits push back with “that’s a goal, but I want you to develop the process on how you’ll walk more.”

Example Post-Email: Behaviour Change Workshop III

Good morning everyone,

Great to see some of you for class yesterday to cover a wide range of topics including behaviour change.

We first discussed the benefits of fermented foods and I have linked a PDF resource attached for a bit more information, but you can also check out [this video](#) here to learn more about why we should include more fermented foods, like sauerkraut in our diet. Also check out this [Filmjök recipe](#), which is a Swedish type of kefir that (Participant 10) makes frequently and referred to in class yesterday.

Next, we discussed more about why perhaps your next tiny habit for the next 2-weeks should be to begin a daily or once weekly mindfulness practice. Our thoughts and feelings largely drive behaviours. Therefore, becoming more aware of our thoughts and feelings can help us change our behaviour. Another app I'd like to mention is called [Waking Up](#) which has a free 30-day introductory course that I have been enjoying.

Lastly, I wanted to mention a bit of admin: Next Thursday, 1 July, will be the final class, however, I'd like to have a celebratory / graduation call with you all the following Monday, 5 July at our normal time, 1pm. This graduation session will be a bit more relaxed, give us some time to celebrate and reflect, as well as give us the opportunity to conduct the follow-up physical assessments (balance on 1-leg and the sit to stand test).

As always feel free to email me your upcoming plan, in terms of habits for the next 2-weeks!

Thank you all again for your continued participation, involvement, and attendance with Walk+Talk. Next class we'll be answering any outstanding health related questions you have so come prepared.

See you all Monday and have a lovely weekend!

To your health,
Nick

Week 10, Session 19
The Pillars of Health Review and
Supplements to Consider



Walk and Talk for Your Life
10-week Course

Example Pre-Email:
The Pillars of Health Review

Good afternoon everyone,

I hope you all are having a lovely weekend. Perhaps you've thought and tweaked your previous habit or have been thinking about what new habits you'd like to begin. Feel free to email me with your plan!

Because we are in the final week of our course, I'd like to take the time tomorrow to reflect on the 5-Pillars of Health and what we have learned so far. For a great recap on many of the principles we have covered check out this comprehensive [TED Talk by Dr. Rangan Chatterjee](#), who you may recognise from [BBC One's Doctor in the House](#).

I have also attached a list of supplements to consider to support your diet and health. Happy to answer any questions you have on the subject tomorrow.

[Link to Class --> https://us02web.zoom.us/j/84976889605](https://us02web.zoom.us/j/84976889605)

Looking forward to seeing you all tomorrow at 2:45pm!

To your health,
Nick

5 Pillars of Health: Tips to Improve

Walk + Talk for Your Life



The 5 Pillars of Health

Relax

Eat

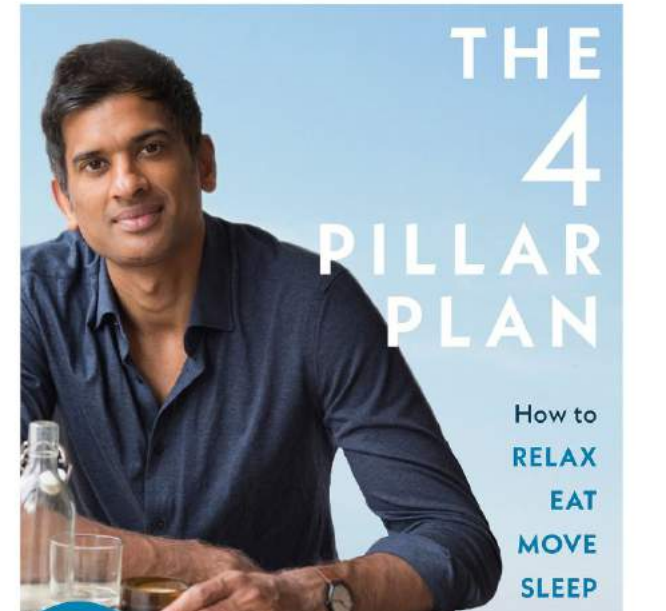
Move

Sleep

Socialise

Purpose

DR RANGAN CHATTERJEE 



Tips and Techniques

- 1) Identify your triggers
- 2) Review your lifestyle, are you taking on too much, not enough?
- 3) Build supportive relationships and social networks
- 4) Eat healthy foods
- 5) Be aware of your smoking, drinking, and caffeine intake
- 6) Exercise
- 7) Take time out (Have some ME TIME)
- 8) Practice Mindfulness or Meditation
- 9) Get Restful Sleep
- 10) Don't be too hard on yourself, keep life in perspective (MHF - Stress: Are We Coping, 2018)
- 11) Give yourself permission to relax
- 12) Everyday for at least 15 minutes, be selfish, and enjoy some me time
- 13) Music - sing, dance, play or listen to music
- 14) Screen-Free Sabbath: every Sunday, turn-off your screens and live your day offline
- 15) Keep a gratitude journal - everyday write down 1 thing you are grateful for and 1 thing that went well for you that day
- 16) Practice Stillness Daily: meditation, mindful stillness, 3-4-5 breathing, alternate nostril breathing, coloring, and listening to music fully focused
- 17) Have at least 1 meal a day at your dining table, with someone (if possible), without your devices
- 18) Sauna and massage are also great ways to relieve stress



GO FOR A WALK

Feel the air or the warmth of the sun.



TAKE A BREATH

Take a pause with some deep breaths.



YOGA MOMENT

At your desk or in your living room, do some relaxing moves.



TAKE A WARM BATH

This is also a way to take a digital break from your phone and/or computer.



CALL A FRIEND

Catch up and share the latest. This will boost your happiness and it's a natural way to destress.



SLEEP

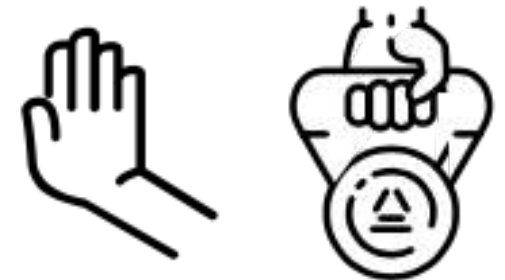
Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

A good movement routine includes:

- 1) Some sort of cardio exercise routine such as daily walks, stepping in place, swimming, rowing etc.. to elevate your heart rate and get your blood flowing (**W**alk)
- 2) Build muscle by doing bodyweight and other strength training exercises (**W**eight) ideally twice per week but remember to take it at your own pace, slow and steady (**W**ait)
- 3) Incorporate balance exercises that challenge you to 'Wobble' at least twice per week. And as a bonus before and after a walk add in some stretching exercises to help improve flexibility.
 - ▶ Resources: [VersusArthritis.org](https://www.versusarthritis.org) and the [NHS website](https://www.nhs.uk) for their 5-week exercise programme called Strength and Flex.



- ▶ Exercise until you feel uncomfortable or until you feel a 7 out of 10 in terms of difficulty
- ▶ Start slowly and at your own pace about 70% in terms of your maximum
- ▶ Your rest day will find you. Plan to move (walk, squat, lunge, wobble etc.) everyday at your own pace of a 7 out of 10 in terms of difficulty.



70%

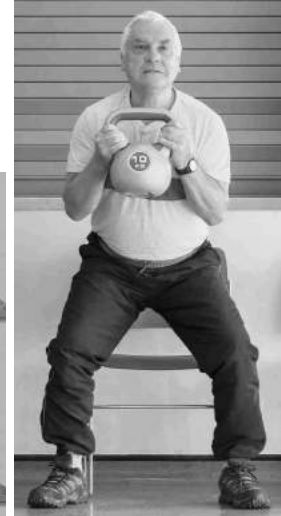
'Walk' Exercises



'Weight' Movements



Bridge



Squat



Press



Pull-Down



Lunge



Step-Up



Carry



Row



Push



Deadlift



Bend



Twist

Top Tips for Better Sleep

- 1) Sunlight into your eyes in the morning helps set your circadian rhythm
- 2) Get moving! A morning walk also helps set your circadian rhythm
- 3) No caffeine 10 hrs before bed and try to have 1-day/wk caffeine-free
- 4) Give yourself permission to do the to do list, tomorrow
- 5) Avoid your phone and other screens 1-hour before bedtime
- 6) Implement a no-phone in the bedroom 2-week challenge
- 7) Make it colder, crack a window, use a fan, gel pads etc.. The ideal temperature to promote good quality sleep is 17 - 18.5 C
- 8) Black out your windows and tape over any small lights like those found on many laptop chargers, TV boxes, other other electronic device
- 9) Avoid the mid-night snack. It may tell your body clock its morning time
- 10) Research and ask your GP about the [benefits of melatonin](#)
- 11) Other sleep supplements to research include: [L-Theanine](#), [magnesium](#), zinc, tryptophan, Vitamin D3, chamomile tea, lavender essential oil, CBD.
- 12) Use a sleep mask, try sleep sounds, or YouTube '[meditation to help fall asleep](#)' or '[meditation to help get back to sleep](#)'

10 TIPS FOR *Better Sleep*

1.  MAINTAIN A CONSISTENT **DAILY SCHEDULE**
2.  **REDUCE YOUR DAILY CAFFEINE INTAKE**
3.  **TURN OFF THE COMPUTER OR TELEVISION**
4.  **DONT GO TO BED ON A FULL STOMACH**
5.  **DONT GO TO BED ON AN EMPTY STOMACH**
6.  **ENGAGE IN REGULAR EXERCISE**
7.  **LIMIT BEVERAGE CONSUMPTION BEFORE BED**
8.  **KEEP YOUR BEDROOM DARK & QUIET**
9.  **INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
10.  **GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**

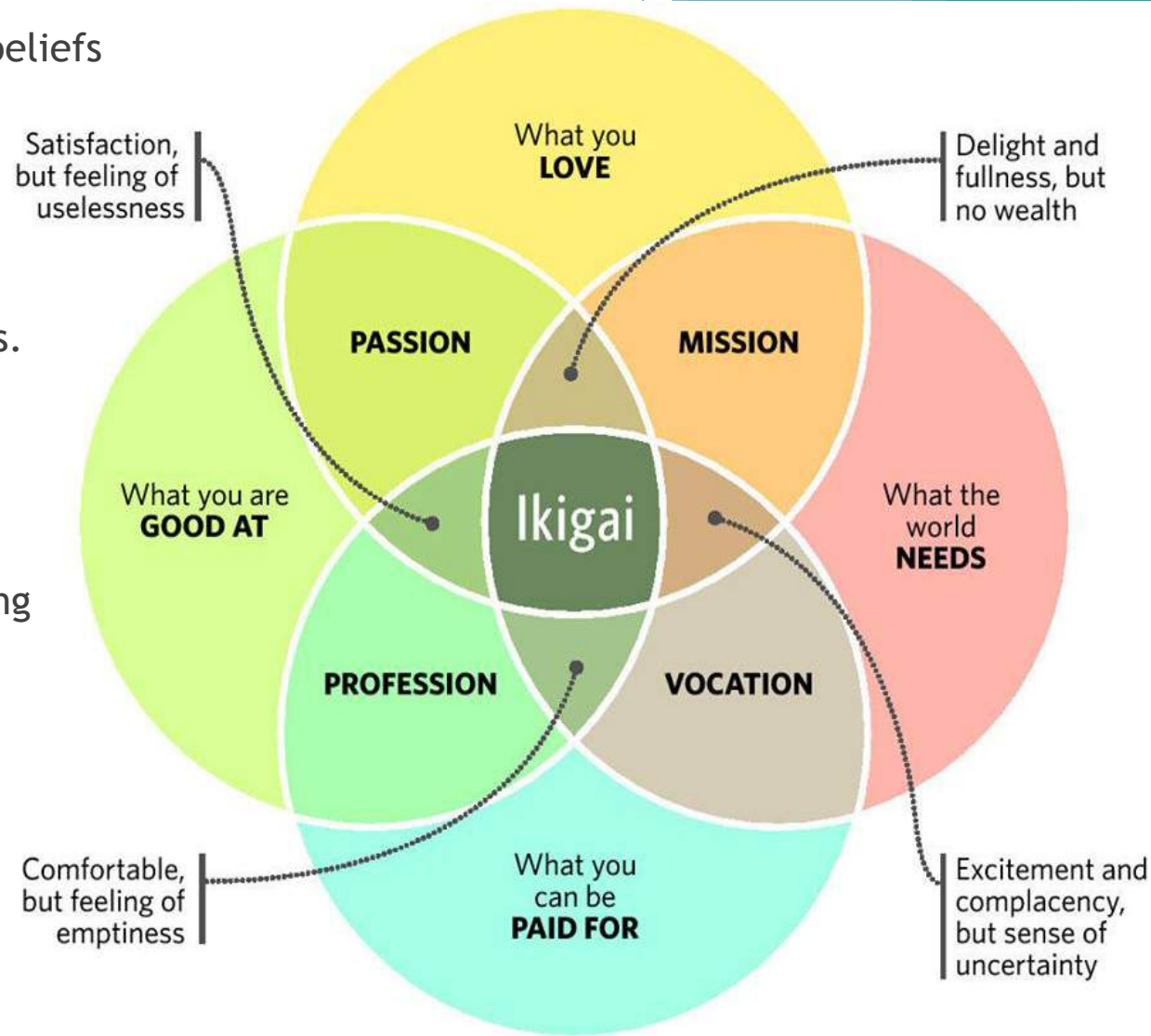
More Tips for Better Sleep

- 1) Set your Circadian Rhythm daily with morning light, movement, and food.
- 2) In the winter use of a SAD (seasonal affective disorder) lamp like this → to help set your circadian rhythm
- 3) Stay in a routine. Wake up and go to sleep the same time everyday even on weekends.
- 4) Have 1 drink of alcohol maximum before bedtime. While alcohol helps many fall asleep too much will limit your ability to enter deep sleep.
- 5) Poor indoor air quality can affect respiratory organs and make sleeping more difficult. Improve air quality by keeping a small window open during the night to get fresh air or use an HEPA air filter.
- 6) Use black out curtains and wake yourself up with a Dawn Alarm clock → which emits a bright light rather than sound to wake you up more naturally
- 7) Avoid blue-light and any bright light exposure after sunset
- 8) Time up a meditation prior to bed, during this time give yourself permission to switch off. The problems of today can be solved tomorrow.



Ten Tips for Finding Purpose (Your Ikigai)

- 1) Prioritise time for inner reflection - possibly by starting up a meditation practice, or revisiting/redesigning your spiritual beliefs
- 2) Improve your community through volunteering
- 3) Laugh more, especially at yourself
- 4) Take up part-time employment that benefits the social good
- 5) Reconnect with nature. Go to the forest, parks, green places.
- 6) Practice mindfulness and gratitude to notice and appreciate the good and wonderful things that every day has to offer
- 7) Be a caregiver for your family, friends, grandkids, etc..
- 8) Start a small business, (e.g. hand-made products, dog-walking baby sitter, offering lessons in music, cooking, or gardening)
- 9) Serve others. Add value to someone else's life through mentorship teaching, or by becoming a volunteer for a cause you believe in.
- 10) Learn a new skill (e.g. painting, photography, music, study a language, take an academic course, or continue improving your health 'skills')



Nine Tips for Finding Connection

1. Take some time for self-reflection, practice mindfulness, or explore breathwork. These practices can help you become more connected with yourself.
2. Explore your values to determine what you stand for and believe in. For example, what is the change in the world that you want to see?
3. Carve out some 'me-time' and treat yourself to a good book, a warm bath, or take a trip to connect with the feeling of aloneness rather than loneliness.
4. Connect with nature by visiting your local park multiple times a week and visit a more wild natural area (e.g. Epping Forest, National Park, or the sea) at least once every few months.
5. Listen to others with the intent to understand; not simply with the intent to reply.
6. Be fully available to someone who is speaking, don't simply switch the conversation to yourself.
7. If possible (i.e. not close family), cut out those relationships which leave you feeling disconnected. Understand the risks when engaging those friends of yours who are likely toxic.
8. Enter every conversation like you have something to learn. Everyone that you ever meet knows something you don't and has something interesting or amazing to share.
9. Connect with animals and pets. Perhaps you can borrow a neighbour's dog to take on a walk or try out the website [borrowmydoggy.com](https://www.borrowmydoggy.com). Visiting a zoo may also help you feel a greater connection to animals.



11 TINY & 12 ATOMIC HABITS

- 1) After I turn on the kettle I will do stand on 1 leg.
- 2) After I get dressed for the day I will go for a 5 minute walk.
- 3) After I turn off the TV I will do 2 chair squats.
- 4) After I pee in the morning I will do 2 toilet seat squats.
- 5) After my head hits the pillow I will think about 1 thing I am grateful that happened that day.
- 6) After I walk out the door, I will take a deep mindful breath.
- 7) After I comb my hair, I will do 3 slow lunges.
- 8) After I decide to leave a space, I will reset the room.
- 9) After I finish a meal, I will check my emails. (3x a day only)
- 10) After I finish watching the 9pm news I will begin my bedtime routine.
- 11) After I feel hungry in the morning I will have a glass of water.

- 1) I will mindfully drink my coffee in the morning in my garden
- 2) I will go for a walk before 10am everyday around the block.
- 3) I will sit in silence for 1 min focusing on my breath before I eat any meal.
- 4) I will add at least 1 vegetable at every meal when I eat at home.
- 5) I will 'brain dump' into my journal before I go to sleep at my desk.
- 6) I will volunteer at Hornbeam Café every Sunday at 4pm.
- 7) I will say my personal mantra after I brush my teeth in the mirror.
- 8) I will read 1 page from my book at 8pm on the balcony.
- 9) I will call my parents every Sunday at 7:30pm wherever I am.
- 10) I will explore 1 new group per month in Waltham Forest.
- 11) I will tend to my garden for 20 minutes every Saturday at noon.
- 12) I will use my resistance bands everytime I walk past them on the door.

After I [existing habit] ,

I will [new tiny behavior] .

Implementation Intentions

I will [BEHAVIOR] at [TIME] and [LOCATION]

Tips and Techniques for Mindfulness

- 1) Journaling. Write down 1 thing each day you're grateful for or reflect and write down the day's events.
- 2) Enjoying your coffee, tea, alcohol, or choose a meal to eat mindfully with no distractions
- 3) Attend a yoga class or engage in a daily/weekly yoga practice such as [Yoga with Adriene on YouTube](#)
- 4) Attend a Tai Chi class or Qigong <https://www.goldster.co.uk/all-classes/>
- 5) Pick one daily task to pay more attention to: brushing your teeth, taking a shower, eating breakfast, a walk, driving to work (maybe just at red lights), washing dishes, walking the dog, drinking tea, or waiting in a line.
- 6) Embrace boredom. Next time you're in a que avoid looking at your phone and practice a bit of mindfulness.
- 7) [Take 5 good breaths.](#) A very quick way of getting a dose of mindfulness into your day.
- 8) Subscribing to a guided meditation app like Calm or Headspace or [find free sessions on YouTube.](#)



How to Practice Mindfulness

mindful
mindful.org

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



More Mindfulness Tips

- ▶ Your mind will wander, don't ignore or suppress these thoughts, simply notice that it's wandered and bring the attention back to the breath. This will happen frequently. It is ok.
- ▶ Imagine your thoughts as individual vehicles on a road. Watch the cars, trucks, and buses pass from the side of the road without judgment. Be the watcher of your thoughts rather than the thinker.
- ▶ Feel your belly rise and fall, inhale with your nose and exhale through your mouth with pursed lips or through your nose. Using the breath as your anchor for presence is the most common 'home-base'.
- ▶ You can ask yourself "What will my next thought be?"
- ▶ You can also count your breaths from 1-5 and repeat
- ▶ Embrace the relaxation. This relaxed feeling is an ally.
- ▶ Watch [How to Practice Mindfulness by Jeff Warren](#) for more

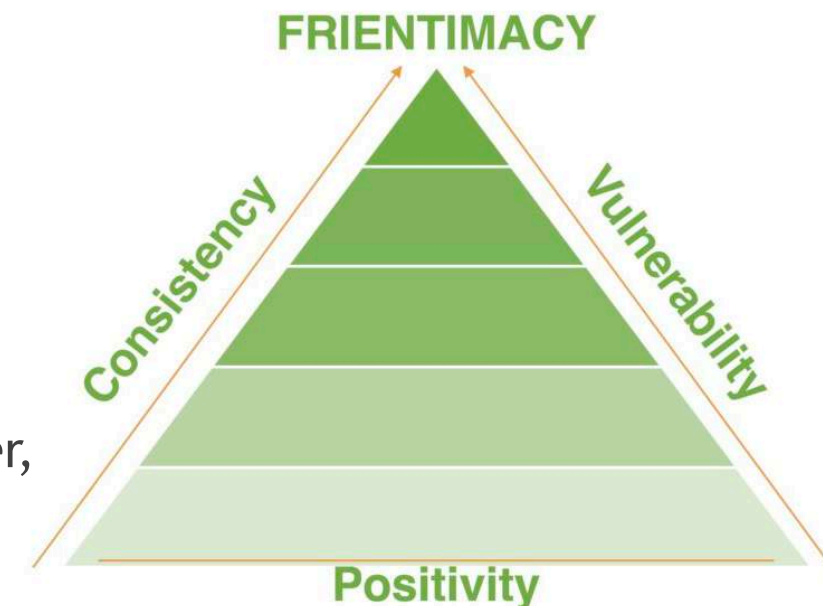
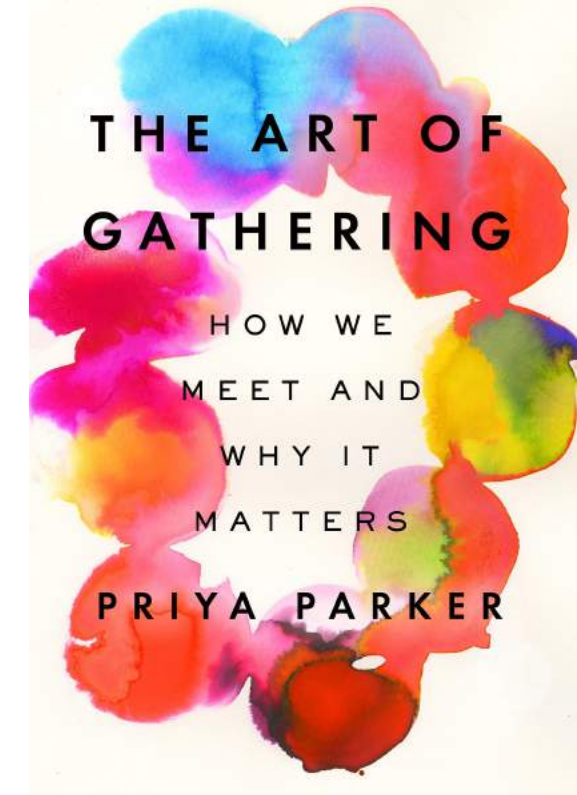


11 MORE TIPS TO BETTER BONES AND JOINTS

- 1) Try cooking from scratch for 30-days using olive oil, butter, and coconut oil for your cooking oils.
- 2) Developing a mindfulness practice has been shown to reduce chronic pain and manage stress.
- 3) Try a 30-day elimination diet of sugar and / or grains.
- 4) Talk to your GP about supplementing with Magnesium, Vitamin D3 (3000-5000 IU), and Vitamin K2.
- 5) Eat foods such as kefir, Greek yogurt, and Sauerkraught to support your gut health.
- 6) Supplement with Omega-3's such as [Algae Oil](#). These fats are anti-inflammatory.
- 7) Cut down on excessive caffeine intake, alcohol, and soda.
- 7) Try a 30-Day elimination diet of nightshade vegetables (eggplant, tomatoes, bell peppers, potatoes)
- 8) Get sun on your skin daily without sunscreen for an amount you can tolerate without burning.
- 9) Try some of the [Otago balance exercises](#), which help reduce falls-risk.
- 10) Continue to move the join, pain caused by arthritis does not exacerbate or injure the joint.
- 11) Reduce tripping hazards in your home (e.g. throw rugs, loose wires, clutter). Have those high-risk areas in your home well lit, install a grab bars in the shower, or a step to help you in and out of the bath. If you do fall, try to land on your forearms to break your fall instead of your wrists [like this video explains](#).

7 Tips to Social Connection

- 1) Embrace vulnerability. Speaking up for your own needs, sharing difficult events, and asking for help are act of vulnerability, embrace them!
- 2) Build the path to '[frientimacy](#)' with consistency, positivity, & vulnerability.
- 3) Positive feelings are the foundation for every relationship, but we must accept imperfections in others and within ourselves. Think 1:5 Rule. Meaning for every negative interaction with someone, we should have five positive interactions with them to maintain a healthy relationship.
- 4) Be emotionally responsive. Meaning are you accessible, listening, responding, and engaging appropriately to the person's emotions and needs.
[- Maya Diamond, relationship coach](#)
- 5) Show Up Consistently. And offer your true presence to the person. You can then ask yourself: "Do the people I love feel loved?"
- 6) Replace ego and desire to win an ideological argument with curiosity, empathy, and desire to learn from someone with different opinions.
- 7) It takes effort. Get creative and plan something fun to do together. For example, plan a game night, start a new hobby, volunteer together, read the same book,



8 TIPS ON PRACTICING GRATITUDE

- 1) Practice minimalism. Less clutter = Less stress and can make you appreciate the things you have.
- 2) After your feet touch the floor in the morning, think about 1 thing you're grateful for that day.
- 3) Before you eat a meal, instead of saying a prayer, take the moment to practice gratitude.
- 4) Verbalise your gratitude it to others. Substitute the word grateful sometimes instead of thank you.
- 5) Take a gratitude visit to someone or volunteer your time to an organization you are grateful for.
- 6) Write a gratitude letter and/or write a thank you note, you don't even have to post it.
- 7) Practice a self-reflection mindfulness on the days events and find one thing you were grateful for
- 8) Start a gratitude journal and keep it in a prominent, obvious place like on your bedside table.

FIVE Journaling prompts to get you feeling more grateful:

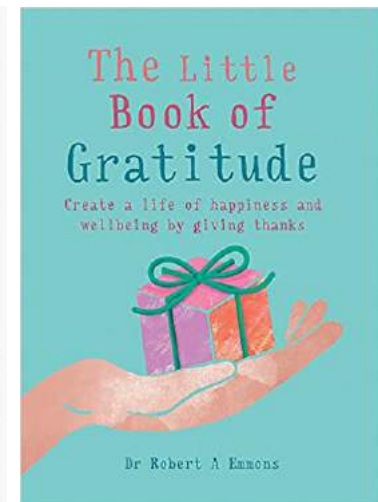
What am I grateful for today?

Why am I grateful for that thing I am grateful for?

Who can I serve, help, or wish positive thoughts toward today?

What relationship, past or present, am I grateful for?

Right now, I am feeling..



11 TIPS TO IMPROVE INSULIN RESISTANCE

- 1) Cut Out high glycaemic carbs and replace them with more vegetables
- 2) Stop Eating Fructose (fruit sugar) specifically in the form of fruit juice and fizzy drinks
- 3) Swap to cooking with butter, coconut oil and olive oil instead of vegetable oils
- 4) Exercise! Brisk walking is a great way to help reverse insulin resistance
- 5) Prioritise Sleep. One single night of sleep deprivation can contribute to insulin resistance
- 6) Chronic stress contributes to insulin resistance
- 7) Start an Intermittent Fasting habit of only eating for 12 hours or less everyday
- 8) Try eating just 2 meals-a-day.
- 9) Stop snacking. Give your body and insulin a rest from constantly digesting food.
- 10) Practice strength training exercises. More muscle = improved insulin resistance.
- 11) Supplement with Vitamin D3, Apple Cider Vinegar, and Cinnamon

Nutritional Supplements to Consider

Walk + Talk for Your Life



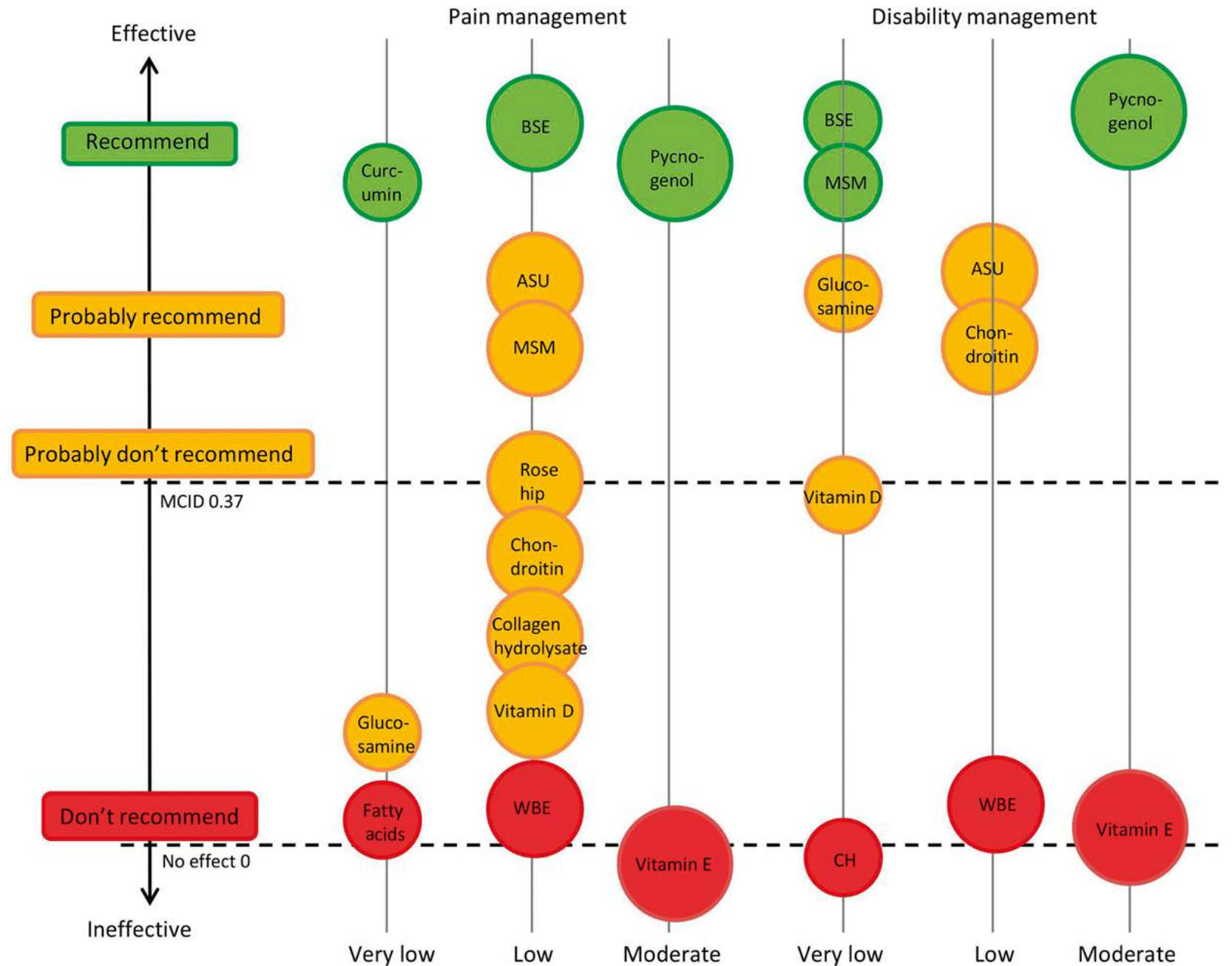
Supplements to Consider for Diet

- ▶ **Protein** 1-1.2g/kg/bw -Example: An 11 stone older adult should eat 77g protein. 1 Salmon fillet (20g), 1 serving of lentils (12g), 2 eggs (12g), and 1 serving of beans (7g) is only 51g!?
- ▶ **Creatine 5g/day** - plays a crucial role in the production of energy. It can help increase muscle strength boost brain power. Combine creatine with strength training like squats for even better results including increases in bone mineral density (Rawson and Venezia, 2011)
- ▶ **CoQ10 100-300mg** - is an antioxidant that may reduce fatigue, oxidative stress, muscle loss, and is often depleted due to statins, anti-depressants, and blood pressure medications.
- ▶ **Selenium (3 Brazil Nuts)** - is an antioxidant that boosts the immune system, reduces the risk of certain types of cancers. Combine CoQ10 (200 mg) and selenium (200 µg) to reduce CVD risk
- ▶ **Omega-3 Algae Oil** - Increasing your amount of Omega 3 fats in your body can reduce inflammation, joint pain, and improve brain function.
- ▶ **Vitamin D3 3000-5000 IU** - and get outside b/w 11-3pm for 10-20 minutes. Vit D helps calcium be absorbed into the bones, boosts the immune system, and help prevent against depression.
- ▶ **Magnesium** - Great to reduce the risk of osteoporosis and is depleted in most UK older adults. **Magnesium Glycinate** (for sleep) and 3. **Magnesium Threonate** (memory, depression, and anxiety).
- ▶ **Vitamin B12 (methylcobalamin)** - Needed for Energy. Eat beef, mackerel, lamb, and eggs.
- ▶ **Folate (5-MTHF)** NOT Folic Acid. A deficiency in folate can cause a deficiency in B12
- ▶ Choose capsules over tablets - liquids and powders are also often more absorbable



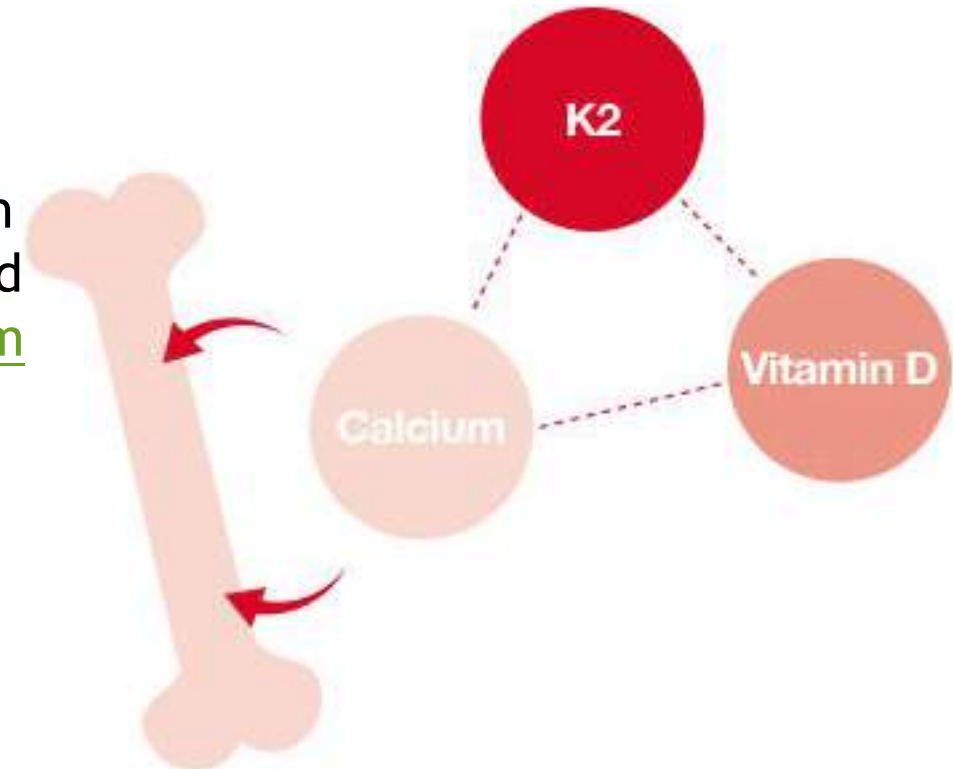
Joint Pain Supplements

- ▶ Pyconogel (pine bark extract) 50 mg, 2-3 times a day
- ▶ Boswellia Serrata Extract (BSE)
- ▶ Curcumin (1000 mg - 1500 mg per day in divided doses)
- ▶ MSM (methylsulfonylmethane) between 1.5 - 6g daily
- ▶ Glucosamine & Chondroitin 1.5g and 1g respectively daily
- ▶ Multi-Typed Collagen but specifically Type II can be effective (10g daily)
- ▶ Pain relievers should be used sparingly due to adverse side effects.



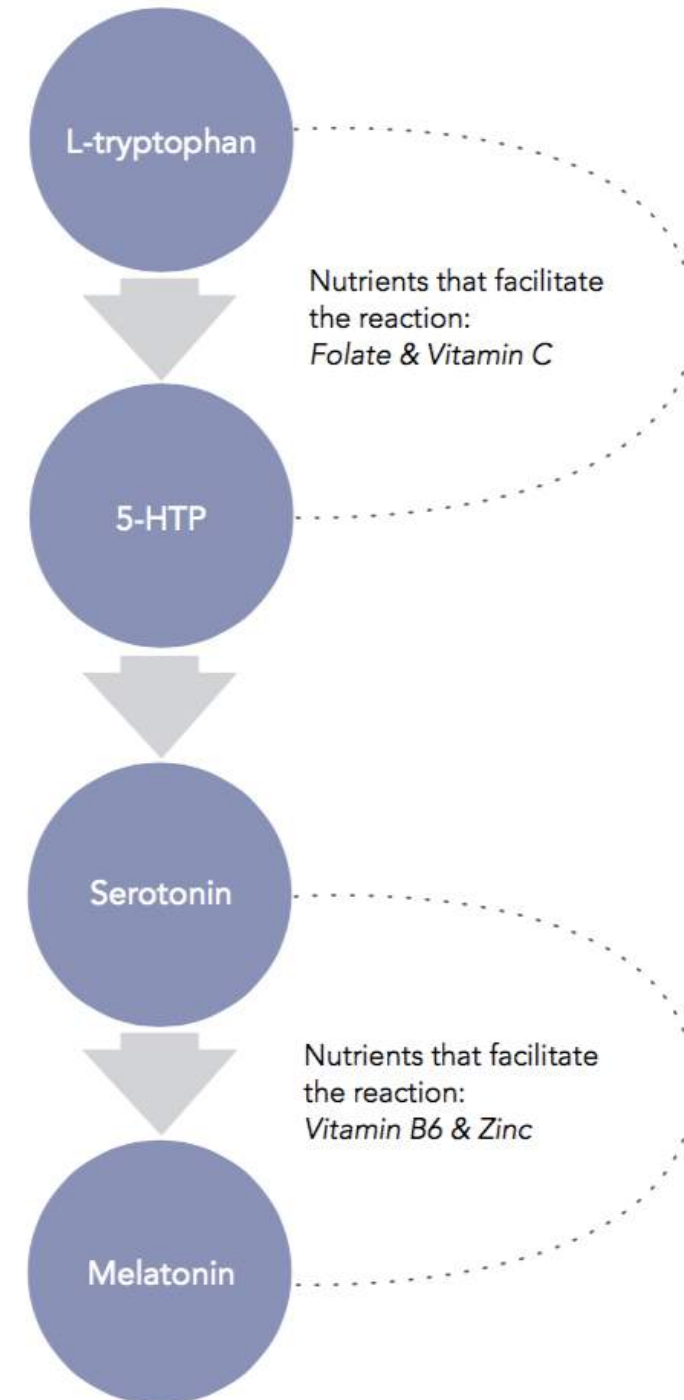
Eat Your Calcium Instead of Supplementing

- ▶ **Emerging Evidence:** The lead researcher from a [2010 meta-analysis](#) says, “risks outweigh benefits for calcium supplements.” This study indicates that calcium supplementation leads to more cardiovascular events than the number of bone fractures they prevent. This may be due to calcium supplements being deposited in the wrong places, such as arteries.
- ▶ Calcium supplements (but not calcium-rich food) may significantly increase the risk of heart attack. If you currently take calcium supplements, talk to your doctor about the risks and benefits ([Arthritis Foundation](#)).
- ▶ Supplements that are better for your bone health and worth talking to your GP about include [vitamin D3](#), [vitamin K2](#) and magnesium, specifically [magnesium glycinate](#) or [magnesium threonate](#).
- ▶ Are you on a blood thinner medication such as Warfarin? Vitamin K2 may not be for you. Always consult your GP before beginning a supplementing regimen.



Supplements to Support Sleep

- ▶ Magnesium threonate or magnesium glycinate, acts to help calm the brain
- ▶ Zinc: Best food sources of zinc are egg yolks, lamb, cashews and brazil nuts. Try Zinc Picolinate 15mg-30mg, for less wake-ups in the night.
- ▶ L-Theanine - 200 mg (amino acid) - improves sleep quality
- ▶ L-Taurine -1000-2000 mg (amino acid), supports sleep-onset and deep sleep.
- ▶ Valerian root - improves sleep quality (Herb)
- ▶ Prescription for Melatonin instead of other sleeping pills. Start with low doses Dollins et al., 1994 found as low as 0.1mg - 0.3mg to be effective
- ▶ Especially if you are on a low-calorie diet, trying to lose weight, or think you are not eating enough protein, supplementing with essential amino acids can be highly beneficial for your body and promote more peaceful sleep
- ▶ Eat tryptophan (amino acid) rich foods 1 or 2 hours before going to bed: whey protein, pumpkin seeds, cashews, turkey, chicken, pork, or beef



Session Outline: The Pillars of Health Review

1. General Questions: How everyone is doing? Any habits you'd like to share that you came up with? Reiterate the importance of building the habit of building healthy habits.

2. What did you think about the [TED Talk by Dr. Rangan Chatterjee](#)?

Key Points

a. He boldly claims that he can make diseases disappear (e.g. depression, diabetes, and even dementia). A UK GP who was frustrated with the feeling that he was just managing his patient's chronic diseases.

b. The story of his son being rushed to hospital due to a preventable calcium deficiency. That his Dad a GP couldn't prevent or was concerned about vitamin and mineral deficiencies. Then he started applying the ideas of vitamin and mineral (i.e. nutrient) deficiencies in his patients and experienced great results. That he started treating the root cause of chronic conditions rather than managing the side effects.

c. Disease being on a continuum. What were your thoughts on that idea? That the closer we are to optimum health the farther we are away from disease. And the closer we are to optimum health the longer our 'health span'

d. He cites [Dr. Dale Bredeesen's work](#) about dementia. Feel free to share Dr. Dale Bredeesen's book [The End of Alzheimer's](#).

e. "Our genes load the gun but lifestyle pull the trigger."

3. Transition about benefits of mindfulness as one tactic I hope you'll be able to take away from this course and is something that likely helps improve insulin resistance as you become more aware of the foods you eat and health behaviours.

Exercise (Cardio Based) followed by 2 min break

4. Right, it's now our last week of class, I want to answer any remaining questions you have. But to help generate a bit of discussion what were some of the things you have learned from this course or found most valuable?

5. Ask about their questions on the attached PDF about supplements to consider. Emphasise the need to first be tested for Vitamin D status or other nutrients before supplementing and to talk to your GP.

6. What are your plans following the conclusion of the course? Do you think you'll be able to keep the habit of building healthy habits? How has your relationship with strength training changed?

Example Post-Email: The Pillars of Health Review

Good afternoon everyone,

Hopefully, Dr. Chatterjee's video on making disease disappear was helpful to wrap up some of the learning and topics we covered so far. As mentioned, [Dr. Chatterjee's book The 4 Pillar Plan](#) acts as a framework for the design of our course, so I would highly recommend checking out his work. Our talk on Thursday will be all about signposting, and you can follow Dr. Chatterjee more closely via his [YouTube channel](#).

Next, we talked a bit about blood tests and markers to be aware of such as c-reactive protein, which I believe is somewhat easily requested from your GP. A c-reactive protein test measures the level of c-reactive protein (CRP) in your blood. CRP is a protein made by your liver and is sent into your bloodstream in response to inflammation. Our modern lifestyles have led our body to be at a constant state of low-grade inflammation, even if we do not have an infection or acute injury. This chronic inflammation can be detrimental to our health and can be treated with the 5 Pillars of Health (Relax, Eat, Move, Sleep, Socialise). I referenced a book in class about the connection between inflammation and depression called [The Inflamed Mind](#), if you're interested.

Next, we discussed constant glucose monitors (CGMs) being something you might want to consider investing in to determine what foods spike your blood sugar. Identifying which foods cause blood sugar spikes can help you avoid insulin resistance and reverse type 2 diabetes. It may be worth purchasing this before you develop or are diagnosed with prediabetes or diabetes, and is something that I'm considering purchasing in the next few months to help customise my diet. The [Freestyle Libre 2](#) is the most popular option in the UK for CGMs and costs £96+VAT for a 30-day trial.

Lastly, we discussed Vitamin D3, in some depth, but if you'd like to watch a comprehensive video on the subject of Vitamin D3, check out [this talk by medical doctor Dr. Ken Berry](#).

Hope that gives you a few ideas on not just avoiding disease but optimising our health.

Thank you all again for your involvement and participation as always and see you Thursday!

To your health,
Nick

Week 10, Session 20
Signposting



Walk and Talk for Your Life
10-week Course

Example Pre-Email:

Signposting

Good afternoon everyone,

Wow what a journey we have been on together. I can't believe tomorrow will be our last official class of our 10-week course!

I honestly can't thank you all enough for your consistent participation in class, your attendance, your efforts during our exercise sessions, and just overall your good-natured attitudes. I feel like our group has really connected and it's been so good to share this time together as we semi-emerged from lockdown.

As tomorrow will be our last session, at least for a few weeks, I wanted to have a class on signposting. There are many other courses and classes that are available for you to check out and I have attached an updated list of online exercise groups, activities, and other resources collected from recommendations made by all members of the study.

Of course, you do also have the option of continuing with the Walk + Talk classes and I would love for you all to stick around. These weekly 'maintenance' sessions could be held weekly on Tuesdays at 2:45pm. Depending on your interest, we could begin meeting for maintenance classes as early as Tuesday 13 July.

Looking forward to talking more about this and all things signposting tomorrow in class!

[Link to Class --> https://us02web.zoom.us/j/84976889605](https://us02web.zoom.us/j/84976889605)

Meeting ID: 849 7688 9605

See you all at 2:45pm :)

To your health,
Nick

Example of Signposting Attachment:

Online Exercise Classes

The Telegraph Hill Centre

This London-based Community Centre now host free exercise classes online via Zoom
Yoga, adult ballet, self-massage, Chi Gong and many more..

<https://thcentre.com/thczoom/>

Find your **London Cares** contact to see what's on in your area:

North London Cares: Roxanne.rustem@northlondoncares.org.uk

South London Cares: johanna.brooks@southlondoncares.org.uk

East London Cares: <https://www.facebook.com/EastLondonCares/>

Virtual Village Hall

Part of the Royal Voluntary Service – offering free online exercise classes and other activities

<https://www.facebook.com/VirtualVillageHall/>

Dance and Exercise Sessions for Older Adults

Tuesdays 11am – 12pm & Sundays 10am – 11am

Meeting ID: 87649009100

Contact: TheBlairAcademy@gmail.com – 02086385603

LatinMotion Dance Classes

Various times are available

<https://www.facebook.com/LatinMotion/>

Croydon Simply Connect

A Social Prescribing service for the borough of Croydon. They offer loads of activities including adaptable fitness programmes

https://croydon.simplyconnect.uk/activities?post_code=Croydon&distance=50&type_id=1&type_id=2&page=1&limit=20&sort=

Goldster

Providing exercise groups, nutrition talks, book clubs, pilates, yoga, dance, mindfulness and more via Zoom for older adults.

<https://www.goldster.com/goldster-all-classes-healthy-ageing>

Coin Street

A community organisation based in Waterloo and North Southwark which also provide loads of online activities for middle-aged and older adults.

[https://coinstreet.org/whats-on?type \[7\]=7](https://coinstreet.org/whats-on?type [7]=7)

Exercise YouTube Channels

Yoga with Adriene – 30 Day Yoga Challenge

<https://www.youtube.com/watch?v=AjhvRX57XkE>

Silver Fit – Dance with Rosaria Workout

<https://www.youtube.com/watch?v=Tb-ajgQZoEQ&feature=youtu.be>

375 Dance Studio – Dance/Steps Workouts

<https://www.youtube.com/watch?v=dOJjIIHa0jk>

Joe Wicks Workout for Seniors

<https://www.youtube.com/watch?v=PWic8ckZ1q0>

Leslie Sansone – Walking Workouts

<https://www.youtube.com/watch?v=iok-dkEfNtg>

Rick Bhullar Fitness – Walking Workouts

<https://youtu.be/R7K7sCgd57k>

More Life Health Seniors – Seated and Standing Bodyweight Exercises

<https://www.youtube.com/channel/UCC4TRhL4BiA7--jpxVVXcpQ>

Other London-Based Online Activities

The Silver Tent

An online Facebook community for women over 50 where they engage in conversations on holistic topics similar to our Walk + Talk classes

<https://thesilvertent.com>

The ManKind Project

A free, men's online community group established to help men pursue and nurture their life purpose and emotional well-being

<https://mankindprojectuki.org/#>

Made in Hackney

Online vegan cooking classes

<https://madeinhackney.org/whats-on>

Sunday Assembly London

A secular community that now hosts online assemblies on the 1st and 3rd Sundays of each month. Check out their website below:

<https://www.sundayassembly.com>

They also host exercise classes that you can sign up to here:

<https://www.sundayassembly.com/events/>

OV Pen Pals

A Pen Pal Organisation

Connect with other adults through letters, emails, and online Zoom calls.

<https://www.oldvictheatre.com/whats-on/2020/your-old-vic/pen-pals>

Choir for Carers

Wednesdays: 10.30–11.30am

Weekly sessions

Starts 17th Feb

Register: https://us02web.zoom.us/webinar/register/WN_-4kzBW7kSjKxwVHEOaVHgg

Forage London

Urban wild food walks and workshops. Dorset seashore foraging trips. Online Foraging options as well.

<https://www.foragelondon.co.uk/walks-courses/>

To find out more and register for a course contact: john@foragelondon.co.uk

London Drawing Group

Offering Loads of Online Art Classes

<https://www.eventbrite.co.uk/o/london-drawing-group-11407647443>

Online Mindfulness Classes

Heart Movement

This non-profit organisation hosts mindfulness-based courses or you can drop-in for online classes on Monday and Fridays for a total cost of £5 a month

<https://theheartmovement.org/aboutus/>

Abby Robb Therapies

Abby Robb run two free meditation sessions a week at 9am on Mondays and Thursdays

Find them on facebook: <https://www.facebook.com/abbeyrobbtherapies>

Awakin Circle

Free, mindfulness and discussion sessions with Londoners of all ages.

<https://www.awakin.org/local/city/london>

Quaker Social Action

Free online coaching and mindfulness course

<https://quakersocialaction.org.uk/taking-social-action/events/mindfulness>

Centre for Mindful Self-Compassion

Three daily, free, 45-minute practice circles of Mindful Self-Compassion, open to the public.

<https://signup.centerformsc.org/?fbclid=IwAR11jKuOKkBFScKwl4SuaOA5RjErJTOT5wCiQTc7EQKpMLhD7qAADm26a1Y>

Phone Apps

Three Good Things

A happiness and gratitude journal that uses gamification to encourage engagement.

https://play.google.com/store/apps/details?id=co.plumstudio.threegoodthings&hl=en_GB&gl=US

UCLA Mindful App

<https://www.uclahealth.org/marc/ucla-mindful-app>

Calm Meditation App

https://play.google.com/store/apps/details?id=com.calm.android&hl=en_GB&gl=US

Waking Up – Meditation App

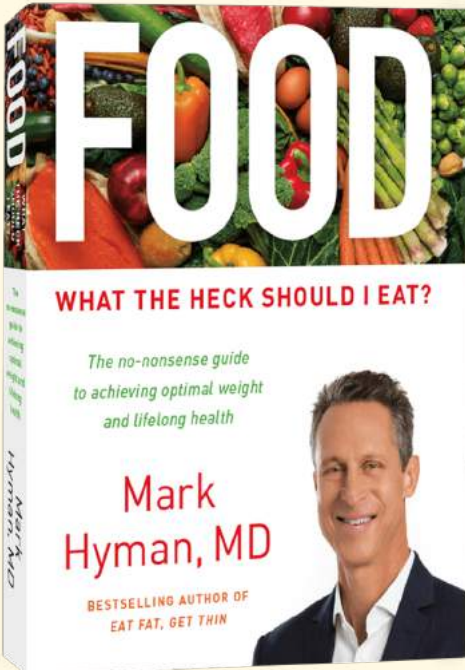
<https://wakingup.com>

Heart Movement

<https://theheartmovement.org/app>

Dr. Mark Hyman

Dr. Hyman is a medical doctor and director of the Cleveland Clinic Center for Functional Medicine. Functional medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease and treating that disease through diet, lifestyle, and behavior change and pharmacology when necessary.



Dr. Hyman is also a New York Times Best selling author and his book “Food What the Heck Should I Eat” is a great beginners, no fuff book on nutrition.

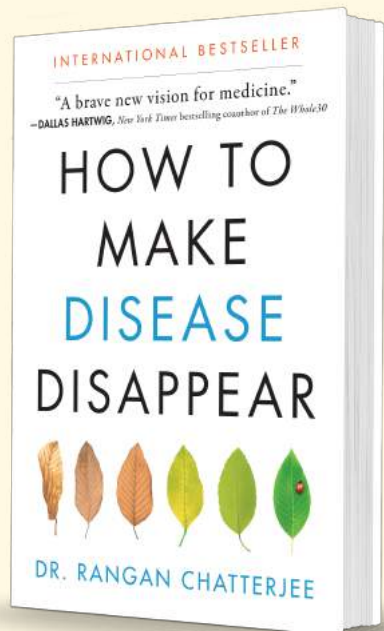
You can also tune into Dr. Hyman’s YouTube channel and podcast called The Doctor’s Pharmacy where he expands on his idea that food isn’t like medicine, it is medicine.

Dr. Rangan Chatterjee

Dr. Chatterjee is a UK based medical doctor, author, and television presenter of the BBC One series, Doctor in The House. Dr. Chatterjee believes that GPs should have training in nutrition to incorporate 'Lifestyle Medicine' within their practice.



You can follow Dr. Chatterjee online via his YouTube channel and podcast called Feel Better Live More. You can also check out his bestselling books: How to Make Disease Disappear, The 4 Pillar Plan, The Stress Solution, and his latest book, Feel Better in 5.





Mark Sisson

Mark Sisson is a fitness author and nutrition expert who's philosophy is rooted in an ancestral or 'primal' approach to health. Mark began his now wildly successful blog in 2006, which can be found at marksdailyapple.com. His book *Primal Blueprint* helps summarise his years of blogging on his unique approach to health.

Join over 300,000 subscribers and receive his email newsletter or simply check out his website for a load recipes, exercise ideas, and great articles he's published which are well researched and cited.



HEALTHIER YOU

Healthier You is a 9-month programme for individuals who have high levels of blood sugar, but not quite diabetic. These courses are free and are led by by certified nutritionists and personal trainers to help you lose weight for free. Ask your doctor if you qualify.

SECOND NATURE

Very similar to Healthier You, but 100% online. Second Nature is a 12-week online course led by a certified nutritionist with the goal of weight loss and improved health. This service is also free for those who qualify or you can simply sign-up for between £40- £60 per month

Session Outline: Signposting

1. General Questions: How everyone is doing? Habit development? Allow 5-10 minutes for informal discussion.

2. Our goal today is to answer any remaining questions, but also to signpost you to GP's like Dr. Rangan Chatterjee and Dr. Mark Hyman who you can follow. These GP's have podcasts and robust websites to help you continue to explore your curiosity about the nature of health and disease. Of course Second Nature's website is also full of high quality articles and information that I would mostly recommend.

3. Transition about benefits of mindfulness and plug the attached 'online exercise, group, and activities' document, which has a host of classes and courses you can attend that are free or affordable to continue your mindfulness practice.

Exercise (Strength and Balance). Have participants go to ground to practice the technique again of getting back up. Break for 2 min.

4. Ask participants about the programmes that have been on and if they would recommend it. Has anyone tried Second Nature? What about the national diabetes prevention programme? Any falls prevention classes?

5. Ask participants if there are any other health practitioners that they follow. And admit that sadly, the majority of the GP's that have high impact websites, podcasts, etc are men. However, in the email to follow I'll include my favorite women for you to check out. Women just happen to be more technical in their approach.

6. Thanking everyone for the participation and that you will see them next week for graduation and hopefully maintenance classes

Example Post-Email: Signposting

Good afternoon everyone!

So lovely to see many of you for our final class! And great to hear some of your feedback today and I do hope our group has been as impactful to you as it has been for me in supporting health and wellbeing. I also hope that following our conclusion that you are able to carry on your health journey with other courses that were included in the previously attached PDF or by sticking around with us at Walk + Talk for weekly maintenance classes.

I wanted to follow-up our discussion to with some inspiration women to follow. These women are more technical in their discussions and approach than the men I shared with you on the PDF. For example, Dr. Rhonda Patrick is an absolute juggernaut in the health space. You can find her on YouTube at [Found my Fitness](#) or her website foundmyfitness.com. Her style, however, may not be as accessible to some as she often uses long form podcasts to dive into the science and biochemistry and her audience tends to be health professionals rather than lay people, but definitely worth it to check her out.

[Dr. Cate Shanahan](#) also doesn't shy away from the biochemistry but is fundamental in my understanding of the damage likely caused from our consumption of industrialised seed oils (which seems to be in everything today!) You can learn more about her on her website DrCate.com.

Next, while quite a small YouTube channel, [The Menopause Movement](#), led by Dr. Michelle Gordon, is a great resource, not only for all things menopause, but also more holistic health topics. Again, her style is of a long-form podcast nature, may not be done with as much production quality, and may not be perhaps as accessible as [Dr. Chatterjee](#) or [Dr. Mark Hyman](#) who both have a team and additional resources to help them.

Many other women such as Dr. Sarah Hallberg also do not have podcasts of their own, instead go on other people's podcasts such [Dr. Peter Attia](#)'s, [Dr. Mark Hyman](#)'s, or [The Diet Doctor](#), who of course are all men.

There are also YouTube channels like [Low Carb Down Under](#) and [CrossFit Health](#) that many women are featured on such as [Nina Tieholz](#), author of the book [Big Fat Surprise](#), but again Nina does not have her own channel or podcast that is well established.

Looking forward to seeing you all Tuesday at 2:45pm to conduct the physical assessments and celebrate together. I again wanted to thank you for your involvement and participation. It has been an absolute pleasure to have you all on our course together.

To your health,
Nick

Week 11, Session 21
Graduation



Walk and Talk for Your Life
10-week Course

Example Pre-Email: Graduation Celebration

Good afternoon everyone,

I hope you all are having a lovely weekend and were able to watch England score 4 goals against Ukraine. And thanks so much to many of you who have already completed the follow-up survey :)

I just wanted to send out a reminder this afternoon for our call tomorrow at 1pm where we will conduct the physical assessments (sit to stand and balance tests) and celebrate the finish of our 10-week course!

[Link to Class --> https://us02web.zoom.us/j/89682413042?](https://us02web.zoom.us/j/89682413042?)

Looking forward to seeing you all tomorrow at 1pm!

To your health,
Nick

Example Post-Email: Graduation Celebration

Good evening everyone,

So good to see many of you today for our final session and to conduct the follow-up assessments. Great to see so many improvements with our balance and strength.

I wanted to follow-up our final session today with another thank you to you all. Something really special happened with our group and I don't want that to go away anytime soon. You all have done so well to support each other and I can't thank you enough for that. Please do stay in touch with one another, organise a group meet-up, group walk or the like in the upcoming weeks or months or of course come to our walk on July 18th from 2-4pm at [Wanstead Park](#).

I also wanted to attach the certificates I shared today with you as a token of your accomplishment! You all improved so much in many aspects of your health and that comes down to your commitment and consistency in and out of class. I'm proud of each one of you and how we as a team have come together, "Team Firestormers." Please stay in touch and if you have any questions, need anything, or just want to reach out. I'll also be in touch with you individually, in the upcoming days, if you mentioned you'd like to join our Walk+Talk maintenance classes :)

Thank you all again and wishing you all the best. Happy walking!

To your health,
Nick

Section 4: Equipment and Example Exercises

Equipment

Chair (ideally with no wheels and no arms)
Cans (such as baked beans)
Spice Cannisters
Wine Bottles
A Thick Book
Couch Cushion or Pillow
Small Towel
Long Broom Handle

Exercises

Neck

Right Earlobe to Sky
Left Earlobe to Sky
Seated Thoracic Rotation – Same side hand resting inside of same side knee for assistance
Chin Tucks Sitting - Taking the ears behind the shoulder

Shoulders

Shoulder Shrugs – Hold and Squeeze for 10-15s at a 70% effort
Rolling Shoulder Shrugs
Arm Circles
Pull-Aparts – Knuckles up, arms straight at chest height, use band if available
External Rotation – Palms up, elbow tucked with forearms parallel to the ground
Lateral Raises (with Soup Cans)
Diagonal Raises
 AKA 'Full Can' – Diagonal Shoulder Raises with cans or wine bottles –
Front Raises
Seated, Alternating, Overhead Shoulder Press with Cans

Chest

Over and Backs with wide grip on a broom handle for chest and shoulder stretch
Hands Behind the Back chest Stretch
Wall Press-Ups
Narrow Grip Wall Press-Ups
Countertop Press-Ups
Narrow Grip Countertop Press-Ups
Isometric Wall Push – split stance holding and breathing for 10-15 seconds at 70-80% effort

Mid-Back

Wall Angels

Back, shoulder blades, head up to the wall, then get the back of your hands against the wall, keeping the knuckles in contact with the wall reaching overhead and then squeezing downward to activate the Lats. Great for posture and building strength in the lats.

Wall Angels while also in a Wall Sit or high/half Wall Sit

Standing Row – With Cans in the hands

Abdominals

Standing March

Seated March – can add super slow motion with mental focus squeezing the core.

Rocking Chair. Seated in middle of the and slowly leaning back and forth. Sit on tail bone.

Rocking Chair with Bicycles. Stay in the leaning back position and add in bicycle pedals.

Trunk Twists – Holding 1-2 books in front of body with arms straight

High Chops / Reverse Chops – Holding 1-2 books in front of body with arms straight

Lower Back

Romanian Deadlift – Single-Leg Bend Over

Seated Cat/Cow Pose

Seated Good Morning –hips in a neutral position, add weights (hug books) as needed

Glute Bridges on Couch – Posterior Pelvic Tilt to activate the glutes.

Marching Glute Bridge on Couch

Wrist, Hands, and Forearms

Quacks – squeezing or pretending to squeeze a roll of masking tape with tips of fingers while all fingers are straight. Hand is in a C position

Standing Wrist Lifts – start with a wall and desk as a progression

Squeeze cans when doing shoulder exercises.

Hips

Standing Hip Abductor Stretch while holding onto a chair- IT Band Stretch

Standing Leg Lifts to side, slightly behind and slightly in front to work all angles.

Standing Fire Hydrant – similar to the leg lift but now the knee is bent

Hip Drop – Stand on a small stack of books and drop the straight foot to the ground – works the glute Medius.

Hip Flexor Strengthening – Slow one-legged march – not losing tension in the muscle. You can place a pair of keys, a rock, or something on your toes to balance and add weight.

Pelvic Tilts – Forward and Backward, Left and Right

Lower Body

Sit-to-Stand Chair Squats holding weights such as books, wine bottles, or cans.

Half-speed Eccentric Sit-to-Stand holding weights such as books, wine bottles, or cans.

Mini Air-Squats (Knee Bends)

Reverse Step-Ups on Book – Touch heel to ground and pull yourself back onto the book

Romanian Deadlift – Single-Leg Bend Over
Seated Back Extension Stretch
Isometric Lunge Stretch
Mini Lunges
Knee over Toe Forward Lunges
Mini Lunges standing on a cushion on front leg
Bulgarian Split – lunges with back leg elevated about 12 inches
Laying Glute Bridge Legs elevated onto a Couch to target the hamstrings

Calf, Shin, Ankle, Arch of Foot

Tibialis Anterior Toe Raises while back is against the wall – heel is 12 inches away from wall
Standing vertical Calf Raises
One-Legged Vertical Calf Raises
Flexor Hallucis Longus (FHL) Calf Raise – AKA - Wall Leaning Calf Raise and Single-Leg (FHL) Wall Leaning Calf Raise
Towel Crunches – Take a towel, place it to the ground, and crunch it to your feet
Standing on one foot and supinate the foot slightly to activate and squeeze the arch
Standing on a one foot on a pillow or cushion for ankle stability
Single Leg Mini Squat – Stand on side of book and with a flat foot touch the floor, bending the knee
Hip Drop – Similar to Single Leg Mini Squat but pop the hip to reach down to touch the floor with a straight leg. Works the Glute Medius.

Balance Exercises

Walking Forward and Backward Heel to Toe
Static Heel to Toe – with one-eye closed – or both eyes closed
Walking Forward and Backward on Toes as if on a tightrope
Standing on 1 Leg
 Standing on a Hard Pillow with 1 Leg – Great for Ankle Strength
 Standing on 1 Leg with Arms out in Front moving horizontally, vertically, figure 8
 Standing on 1 foot and supinating (leaning outward) the foot.
Static with Both Eyes Closed. – Ensure participants are between a wall and a chair or are in a hallway.

Cardio Movements

Marching in place
Jogging in place
Jogging forward and backward, left and right.
Jogging in an Asterix (front-back, side-side, diagonally and then back to centre)
Half-Jacks (Half Starjumps) with arms side-to-side or forward
Shadow Boxing
Shuffling Side to Side Toes Pointed Forward to activate Hips
Shuffling Side to Side Toes Pointed Forward while adding Lateral, Forward, and extension shoulder raises
Grapevine
Standing Mountain Climbers (Alternating arms reaching overhead while marching)

in place)

Standing Pretend Assault Bike (punching and pulling the arms with marching in place)

Adding intermittent 20-30secs of intensity where we increase the intensity to 80-90% effort.

Getting up from a Fall Exercise (going to the ground, getting back up again)

Example Workout: <https://youtu.be/ltOnRwR00BU?t=100>



Walk + Talk

for your life.