



# LLR moving more to BREAK-150

This journal aims to help you get closer in reaching the recommended 150 minutes of activity with ideas and suggestions we hope you find interesting.

You do not need to complete every section of this journal, it is a tool to encourage meaningful efforts to improve physical activity and wellbeing. Use as you see best!

**Send a copy of your journal to**  
[llrhwh.leadconnectcarefestival@nhs.net](mailto:llrhwh.leadconnectcarefestival@nhs.net)  
**before 29/02/2024 to be entered**  
**into a prize draw to win £50.**

***Win!***

Winner chosen at random. £50 to be spent on item(s) which may encourage physical activity. Your anonymised journal submissions may be used in future marketing and evaluation. Please let us know when submitting your journal if you would prefer for your details not to be used in this particular way, or if you have any other queries.

This journal belongs to

A proud partner in the:



**Leicester, Leicestershire  
and Rutland**  
Health and Wellbeing Partnership



**#moregooddays**

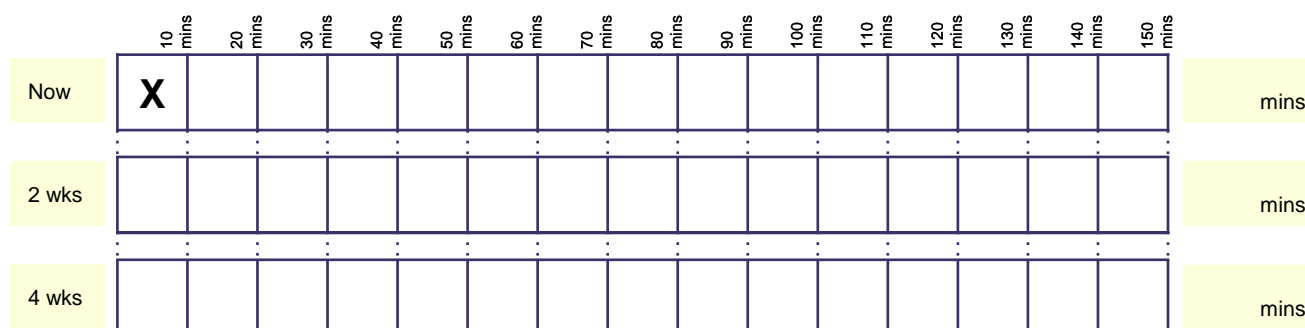
# I Aspire

Creating a vision of what you aspire (however big/ small) will help you to develop effective strategies to achieve your goals- you can do this wherever you are along your physical activity journey. Think of the next 4 weeks, what would you like to have happened?

Draw pictures, insert images, think of encouraging words, and anything else you'd like to add. First, give your vision a title in the box below (e.g., to encourage more physical activity, to try new things, to add focus to holistic health, to keep a progress diary, or, simply 'being healthier and happier'...)

# Checking in

Use the bars below to show your current average daily activity level. When calculating, think of activity that increased your breathing rate. Check back in 2 and 4 weeks and use the other bars to show your new average activity level. Continue to monitor your journey.



# Breaking LLR

Let's put it into context- Actively move (outside, home, gym, wherever!) whilst tracking your miles. Once you reach a milestone, as shown in the table below, give yourself a star and make a note of the day and month you achieved this in the space beside. The distances below approximately show how far you would have travelled between popular places in Leicester, Leicestershire and Rutland. How much distance across LLR can you break?

<b>0.5 mile</b>	Curve Theatre – Jubilee Square	★ 29/01/24
<b>1 mile</b>	National Space Centre – start of Golden Mile	★
<b>5 miles</b>	Leicester Racecourse – LOROS Hospice	★
<b>10 miles</b>	Watermead Country Park – Fosse Everards Meadows	★
<b>15 miles</b>	Bradgate Park – Ashby de la Zouch Castle	★
<b>20 miles</b>	Foxton Locks – Kirby Muxloe Castle	★
<b>30 miles</b>	Hinckley Marina – Melton Carnegie Museum	★
<b>40 miles</b>	Rutland Water – Stoney Cove	★

# Active Traveling

How can you incorporate active travel into your weekly routine? (active travel means making your journeys physically active, such as cycling, walking, scooting (or skipping!) etc. to your destination instead of driving. They are often short journeys such as a trip the supermarket, into town, or your daily commute to work.

Write a quick action plan below of how and when you can next implement active travel.


Log when you embraced active travel and how it went

Date:	From:	To:
How did you travel?		
How did you find it? How did you feel for choosing active travel?		
Will you do this again? When? What can you change?		

Date:	From:	To:
How did you travel?		
How did you find it? How did you feel for choosing active travel?		
Will you do this again? When? What can you change?		

# New is New

Keeping things interesting is a great way to inject more fun and excitement into your physical activity routine. Trying something new is a great way to achieve this. It can help if you're beginning to find your usual routine a little boring/ easy, or if you're in need of motivation to energise you in keeping to your goals – or, simply to change things up! Stop to reflect on your practice – What can you do differently to turn up the satisfaction?


What new places can you visit to increase your movement?  
Think realistically- perhaps a stroll around a museum or at a local park; this might be the perfect time to arrange that outing with your friends... (crazy golf, anyone?)

Place:	Place:	Place:
Increased movement:	Increased movement:	Increased movement:
Date: 150	Date:	Date:

New activity:

Star Rating: ★ ★ ★ ★ ★

How did you find it:

Will you do this again?:

# Myself in Mind

Read a new book/ magazine and give it a rating

Title:

Star Rating: ★ ★ ★ ★ ★

How did reading make you feel:

Have you recommended this read:

Make some time for the positive people in your life. Think of people you enjoy meeting and how they leave you feeling, people you may not have had the chance to speak to in a very long time or people you speak with daily but never about their passions. Having these interactions in person works best but online, over a phone call and even via messages can leave you feeling uplifted... just be mindful about all your screentime!

**Week 1**

Time out with...

A sentence of reflection:

**Week 2**

Catching up with...

A sentence of reflection:

**Week 3**

Downtime with...

A sentence of reflection:

**Week 4**

Chatting with...

A sentence of reflection:

# Rolling Ball

Recognising what you've achieved (smaller achievements are just as important!) help identify what to keep doing, where to plan some more and what to focus on next.

Think about your aspirations, what you've tried over the past weeks, what you've enjoyed and where you've seen improvement. Think back to the practices in this journal- which of them did you try, which didn't you try, which can you adapt to suit you better?

Much like the mood board at the front of the journal, use this space to reflect and set yourself a new challenge. Set yourself a reminder of when to review this.

**New Challenge:**

Review Date:

# More Support and Info

Useful links to find more information and ideas to support your physical activity journey. Ctrl + Click on a tile to be signposted to the webpage.

## Available in LLR



Active Leicester



Get Active Leicestershire



## National Resources

