



The Men's Shed *Lighten Up* Program

A toolbox for building Men's Healthy Lifestyles
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Where are we at with health in Australia?

- World leaders in healthcare
- Immunise Australia Program
- 13 Health and Health Direct Australia
- Longer Life Expectancy





And yet.....

- Increasing rates of chronic diseases
 - Diabetes
 - Kidney disease
 - Cardiovascular disease
 - Pulmonary (Lung) disease
 - Stroke
- What is happening about Quality of Life?



How did this happen?

- Aging Population
- Increasingly Sedentary Lifestyle
- Greater availability of food
- Quick fix society

What does it mean to lead a healthy lifestyle?

- Feeling good about yourself, enjoying food, being active and getting the most out of life
- Being positive and having choices - take control of your health
- A new way of thinking, feeling and doing - creating a sense of well-being
- Not just targeting one element of your health to the detriment of other aspects of your well-being





The *Lighten Up* program provides:

- Tools for success
- Making and maintaining healthy lifestyle changes
- Nutrition information; eating for health, label reading, practical eating
- Physical activity
- Self-esteem, stress and relaxation



Program Outline

Session 1	Workshop 1: Introduction to <i>Lighten Up</i>
Session 2	Workshop 2: Making Changes towards Success
Session 3	Workshop 3: Eating your way to health – food guide
Session 4	Workshop 4: Practical Eating
Session 5	Workshop 5: Physical Activity Guide
Session 6	Workshop 6: Self-esteem, Stress and Relaxation
Session 7	Workshop 7: Keep the Ball Rolling

Lighten Up **does not...**

- focus on the short term
- focus on absolute weight loss
- provide a 'diet' to follow, nor is it about counting kilojoules
- involve 'going it alone'
- provide a 'magic formula' for success



Lighten Up **is...**

- about finding solutions to problems
- focusing on positive experiences
- providing guidelines that are suitable for the whole family
- promoting realistic behaviour changes
- assessing success using a range of different measures



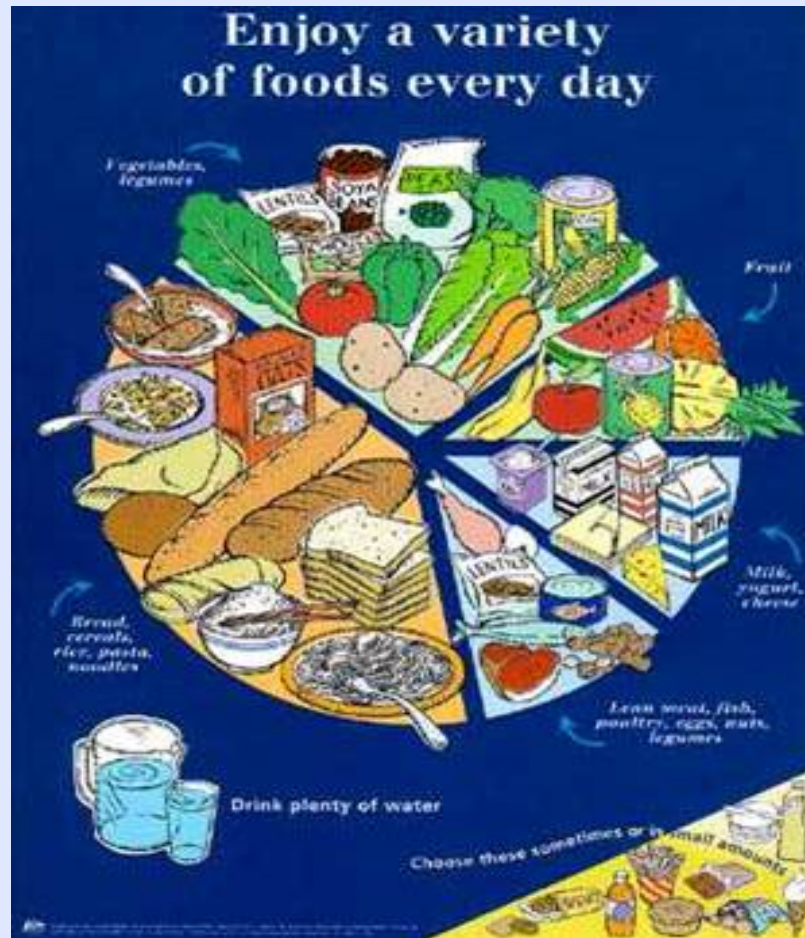
How to measure success the Lighten Up way

1. Awareness of healthier eating
2. Changes in your body weight
3. Changes in your fat distribution
4. Ability to be more physically active
5. How you feel physically and mentally



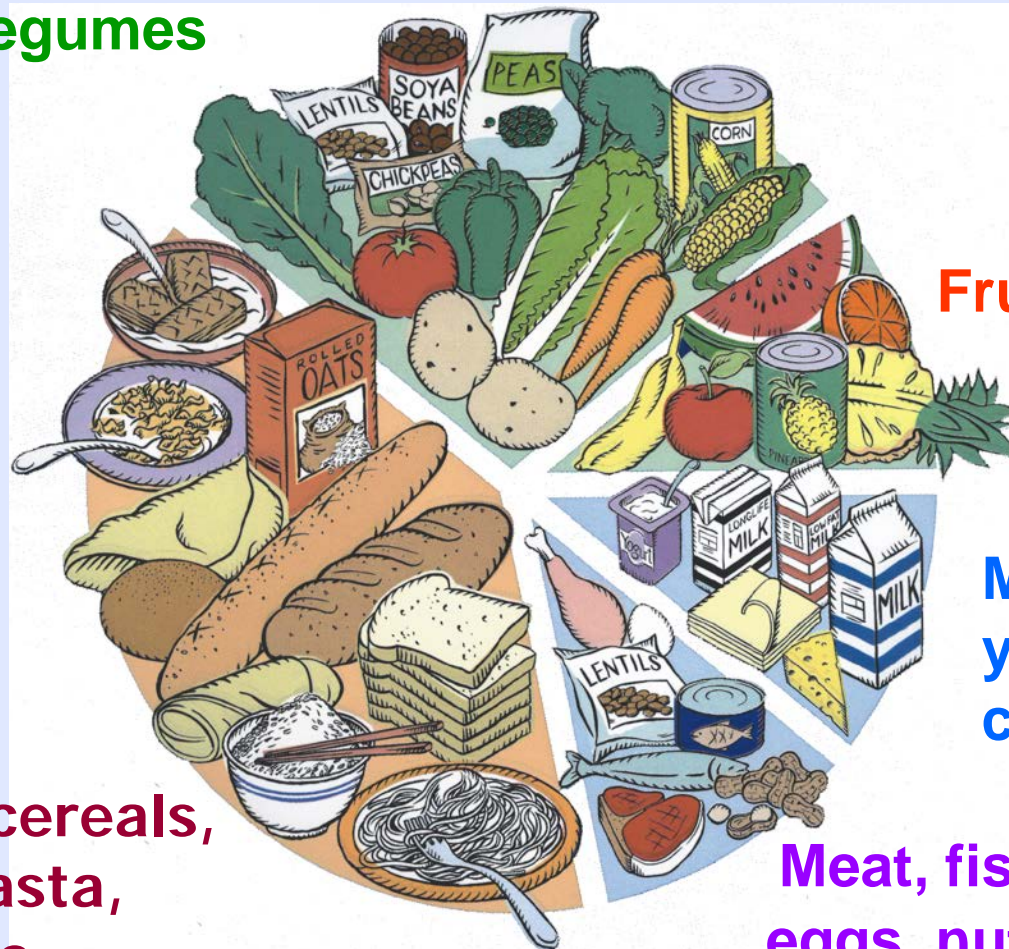
Healthy Eating

Enjoy a wide variety of nutritious food



The five food groups

Vegetables,
legumes



Fruit

Milk,
yoghurt,
cheese

Meat, fish, poultry,
eggs, nuts, legumes

Bread, cereals,
rice, pasta,
noodles



Good Food Choices can:

- Help maintain a healthy body weight (along with physical activity)
- Help reduce risk of chronic disease:
 - Type 2 diabetes
 - Cardiovascular disease
 - Some forms of cancer
- Provide all the nutrients required for good health



A realistic approach to weight changes include:

1. No weight gain
2. No weight gain and improvements in lifestyle
3. Some weight loss (but some gradual regain)
4. Weight loss that stays off





Waist Circumference

- Weight is not always an accurate measure of body fat
- A waist circumference greater than 94cm for men and 80cm for women contributes greatly to type 2 diabetes, cardiovascular disease and other chronic health conditions
- More accurate indication of body fat is waist circumference
- Measurements to aim for:
 - Men < 94 cm
 - Women < 80 cm

Being physically active

- Physical activity goes hand in hand with all the other eating and lifestyle advice provided in the Lighten Up program
- As per the Australian guide to Physical Activity we recommend at least 30 minutes of moderate activity on most, preferably all days of the week
- All participants complete the Physical Activity Readiness Questionnaire before doing any physical activity
- Physical Activity goals must be **REALISTIC**



Physical and mental well being

Strengthening your inner ability

- Self-esteem
- Body Image
- Stress Management
- Relaxation

*“What lies behind us and what lies before us
are tiny matters compared to what lies within
us” (Oliver Wendell Holmes)*



Are you committed to changing your lifestyle?

1. Are you ready to make changes to your lifestyle habits?
2. Are your reasons based on short term or long term goals?
3. Are you willing to work at it?
4. Is it safe?



Commit to

Lighten Up

I, _____ hereby promise to

Lighten Up

Over the next _____ I plan to lose

no less than _____ kilograms

and no more than _____ kilograms

by making changes to my eating and exercise habits

Signature _____ Date _____

Hubby _____ Date _____

A red pencil icon is positioned at the bottom right of the form.



Tools for Success When Making Changes

- Identify your triggers
- Monitor your progress
- Set “SMART” goals
- Reward yourself
- Don't be too hard on yourself if you get off track



Lighten Up at Shed West

- 11 Participants including 10 males and 1 female
- Similar ages, interests
- Relaxed familiar environment
- Special interests – cars, tools etc
- Story telling
- Group participation encouraged
- Self esteem module more stress focused
- Cohesive group – conducive to Lighten Up



Outcomes – the good

- High attendance rates – most came to at least 6 sessions
- Eating guide and Label reading popular sessions
- Feedback from all sessions was positive
- Specific to Men's needs and interests
- Invitation to assist with health screenings for Men's Health Week



Other findings...

- Time management – men do indeed like to chat!
- Body image and self esteem - dress them up as something else
- Stress management – popular topic
- Involve participants as much as possible



Some feedback

- “Would be good to run a Lighten Up Program every year”.
- “I am happy I have learnt more about good health”.
- Most participants were confident they could maintain their healthy changes
- “My husband is now doing what I have been trying to get him to do for years”
(participant’s wife)



Conclusion

- The Lighten Up Program is a good match with Men's Shed.
- Metro North Health Service District is Working with other Sheds to provide programs.
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