Elements of a Healthy Lifestyle

This booklet is intended for use by recruits prior to them beginning their Phase 1 Initial Training with the British Army.

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Introduction

1. Living a fit and healthy lifestyle has many benefits including increased energy levels and being able to do your job effectively. But it doesn't have to be a chore. Keeping fit by playing sport or exercising with friends is fun too. Here you will find some tricks to keep you motivated to stay fit as well information about why a healthy lifestyle is so important.

2. If you are lacking in energy, or your working day drags and you feel bored with your lot, try doing something exciting with your spare time, go for walks, go to the gym or swimming or get involved in some adventurous training pursuit, take up an active hobby.

3. Good fitness levels will help you to carry out your task in a much more effective, efficient manner, without placing undue stress on you. A toned physique will not only boost your confidence, it will improve your general feeling of good health and wellbeing. Regular exercise actually boosts your day-to-day energy levels, rather than zapping them even further. Staying in shape can reduce your risk of adult-onset diabetes, heart disease, stroke, blood vessel disorders, thrombosis and angina to name a few. Moderate exercise can also reduce a young woman's chance of developing breast cancer by 60%. Regular exercise boosts mental health.

Foot Hygiene

4. It is important to look after yourself, both in the field and in barracks. Your personal hygiene especially your feet should be looked after, like you look after your kit.

- Washing & drying feet correctly
- Changing of socks
- Use of talcum powder
- Use of flip-flops
- Cutting of toenails

Athletes foot

SORE & ITCHY
CRACKED
PAINFUL SKIN
BETWEEN TOES

Task 1

List the methods you will use to take good care of your feet.

1
2
3
4
Introduction

1. As a soldier, you are advised to exercise for a minimum of 3 x 50 minute sessions per week. Cardiovascular exercises maintain and improve your endurance and stamina, helping you to go for longer!

   FIT 2 SERVE   FIT 2 FIGHT   FIGHT 4 LIFE

2. If you are trying to lose weight or get fitter, ideally you should exercise your heart and lungs five times a week, with workouts such as cycling, swimming, running or rowing. This lessens the likelihood of getting injured or suffering back pain. Gradually increase the number of exercise sessions that you do each week especially after a slack period. This will give your body time to adapt to the changes. More soldiers are referred to physiotherapy with an injury following a period of leave than at any other time.

Positive Effects:
- Weight control (reduce obesity)
- Reduced risk of cardiovascular disease
- Reduction in stress and depression
- Enjoyment (endorphin high)
- Builds self esteem
- Socialising

Injury Prevention and Training Tips

Keeping fit goes a long way to maintaining a healthy lifestyle but also being more effective at your job. To do this you need to know about effective exercise techniques but also what to do to remain injury free - an issue in the Army. Here you can find training tips to maximise your fitness as well as advice on how to avoid getting injured.

Task 2

Fill in the missing words from the word bank.

1. Taking part in regular physical activity can help prevent diseases such as .............. and ..............

2. Regular exercise can also help reduce ..........

3. Exercise sessions can be changed by altering the ................., ................. and ................. of the session.

4. Taking part in regular exercise and sport can ............ self esteem.

WORD BANK

- Stress
- Duration
- Heart Disease
- Frequency
- Obesity
- Build
- Intensity

Heat Injuries
Introduction

What is Heat Injury?

- Your body temperature should be around 37°C
- If the body produces more heat than it can get rid of, the temperature will rise
- Core temperature above 39°C = Heat Casualty, collapses on exertion
- Core temperature above 40°C = Heat Stroke, emergency action needed, death can occur

Risk Factors

- Overweight
- Lower physical fitness
- Dehydration
- Recent alcohol intake
- Illness
- Medication
- Nutrition
- Lack of sleep

Task 3

You are on operational tour and are given a couple of days R & R out of theatre. After an evening when a group of you were able to relax with a couple of alcoholic drinks you take a break by the swimming pool where one of you mates falls asleep in direct sunshine.

What are the dangers? _____________________________________________________________
_____________________________________________________________________________

Are there any long term risks? ______________________________________________________
_____________________________________________________________________________

If he/she suffers with sunburn as a result what effect could this have on effectiveness? __________
_____________________________________________________________________________

Could this have any effect on your safety? _____________________________________________
_____________________________________________________________________________

What about the safety of your mates? _______________________________________________
_____________________________________________________________________________
Cold Injuries

Introduction

1. Hypothermia is the drop of body temperature below 35 degrees, normally core body temperature is 37 degrees centigrade. A fall of below 32 deg C is life-threatening.

   - Hypothermia (general cold)
   - Freezing Cold Injury (FCI)
     - Frost Nip
     - Frost Bite
   - Non-freezing Cold Injury (NFCI)
     - Trench Foot
     - Jungle Foot
     - Paddy Foot

Signs

Initial:
- Feels very cold (maybe thirsty)
- Stiffness, tiredness
- Violent shivering
- Increased heart rate

Later:
- Severe Hypothermia (Body temperature less than 32oC)
- Stiff limbs - muscles and joints rigid
- Probably not shivering
- Confusion or loss of consciousness

Freezing Cold Injury

2. A Freezing Cold Injury can cause disability; the face, fingers and toes are prone to freezing.

   - FROST NIP: a freezing cold injury which fully recovers within 30 minutes once re-warming of the injured part has started

   - FROST BITE: The flesh freezes, the longer the in the cold or the colder the temperature, the deeper the damage

First Aid

- Do not re-warm if there is any danger of re-freezing
- Shelter the casualty and protect the affected part
- Do not apply direct heat or rub the frozen part in an attempt to thaw
- Smoking can delay or even prevent recovery and must not be allowed
- Do not use protective creams e.g. “Deep Heat”

General Prevention Advice

- Clothing and equipment - get to know how to use kit and clothing properly
- Wear many layers of clothing rather than one thick layer
- Always have spare socks and boots and change them when wet
- Use gloves
- Remove damp/wet clothing before getting into your sleeping bag and put on dry clothing
**Smoking**

**Introduction**

1. Smoking kills around 120,000 people prematurely in the UK every year - more than 13 people every hour. It is also responsible for many diseases, including cancers, heart disease and stroke. By giving up smoking, you will reduce your risk of getting most of these diseases.

   - Cancers
   - Heart Damage
   - Stroke Risks
   - Lung Damage
   - Gum Disease
   - Physical Appearance
   - Passive Smoking

2. 1 out of every 5 deaths are smoking related, causing an average loss of 16 years of life. Smoking is a personal battle, but each individual has the power to stop if they really want to. It is hard to stop smoking - and stay stopped, but research has shown that with the help of expert advice and support, the chances of success are increased.

   - Military Smoking Cessation clinics are flexible - to fit in with the soldier's turbulent lifestyle, military duties and even operational deployments.
   - Stopping smoking is a personal issue - the military stop smoking service is personal too, helping to address the individual needs and problems of each person.

Despite running at a time when operational commitments for the Armed Forces have never been higher, a significant number of military personnel are successfully stopping smoking.

**Why People Start Smoking**

- Curiosity
- Parental example
- Social acceptance
- Peer pressure
- Role model
- Habit
- Addiction to nicotine
- Emotional dependence
- Fear of failure
- Enjoyment

**Help**

- Smoking cessation clinics
- Make a plan
- Tell others you are quitting
- Nicotine Replacement Therapy (NRT) or other drugs
- Avoid areas where you may be tempted to light up e.g. smoke shelters
- NHS Smoking Helpline 0800 169 0169

**Please answer the questions below:**

Q1 Why do people continue to smoke? ______________________________________________

______________________________________________________________________________

Q2 What do you think are the benefits from quitting.________________________________

______________________________________________________________________________
Nutrition

Introduction

1. It is extremely important to maintain a healthy balanced diet, you will require energy during training and it is vital your food and fluid intake is sufficient for the course you are about to undergoing.

2. A diet providing adequate carbohydrate, fat, protein, vitamins and minerals, fibre and fluid is essential for maintaining body composition and providing energy. Under or over consumption of any nutrient can be detrimental to health and performance, e.g. excess energy intake can lead to obesity, poor calcium intake can prevent sufficient bone formation, and too high a protein intake can lead to kidney failure.

3. Good nutrition is essential for maintaining health, and physical and mental performance. The food we eat is linked to some of the body’s most basic functions, and failure to eat the correct type and amount of food for your level of physical training, can lead to:

   • Inability to carry out your military duties to the expected standards
   • a reduction in the ability to resist infection and illness
   • impairment in basic functions such as breathing, movement and temperature regulation
   • an increase in negative moods and a decrease in motivation
   • an increase in the time taken to recover from serious illness

4. Aim for 5 servings of fruit & vegetables every day, a single serving consists of:

   ● 1 med apple, banana, orange etc.
   ● 2/3 tablespoons of canned fruit.
   ● 2 heaped tablespoons of vegetables.
   ● Bowl of salad.
   ● Glass of fruit juice.

Hydration

5. You should be aiming to drink between 8-10 glasses per day or 21/2 Litres, more when exercising or in hot weather.

When to drink

● Before you feel thirsty.
● Before, during and after exercise.

Task 4

What are the signs of dehydration?

1_______________________________________
2_______________________________________
3_______________________________________
SOLDIERS UNDER TRAINING (SUTs)

FITNESS DEVELOPMENT PROGRAMME
This Fitness Development Programme (FDP) has been progressively designed to standardise training for all Soldiers Under Training (SUTs). By following the programme it will enable you to remain focused and motivated to becoming a valuable member of your unit.

The aims of the FDP are as follows:

a. To develop your physical fitness in between attending ADSC and commencing your Phase 1 training enabling you to achieve with ease the physical elements required during the course.

b. To develop your self motivation demonstrating your ability to carry out exercise or other tasks unsupervised.

This programme will give you an idea the level of Physical Training and should be seen as a commitment between yourself and the Training Staff. It demonstrates to us and yourself that you can motivate yourself. Self-motivation is a highly respected characteristic and integral part of being a soldier.

This programme has been designed in conjunction with The Official British Army Fitness Guide,

Please see the link below for the British Army Fitness Website:

http://www.armyfit.mod.uk
NOTES:

1. **Ensure** you carry out a warm up for 5-10 minutes (unless you are doing an endurance run or loaded march only, where you can start slowly and warm up as you go). During the warm-up, conduct progressive pulse raising exercises and carry out functional mobility exercises specific to the activity you are about to undertake.

2. **Always** cool down after **every** session. Gentle walking for approximately 2-3 minutes followed by 10-15 minutes of stretching specific muscle groups which you used during the session. Hold each stretch for 20 - 30 seconds and repeat 3 times.

3. It is paramount that you eat sensibly to assist your performance by optimising energy levels and managing weight where appropriate. To achieve this it is essential to eat a balanced diet. Include plenty of fruit, vegetables, fish, white meat, wholemeal/brown pasta, rice and bread in your diet. Avoid too many fatty foods such as pastry, fried food, all fast food and visible fat on meat. Cakes, biscuits, sweets, chocolate, crisps and processed foods should be kept to a minimum.

4. It is essential that you take on plenty of water (juice is acceptable but try to drink just water where possible). 2 litres per day, everyday, 1 litre extra for every hour of exercise that you do. **Always** make sure you are well hydrated before training and that you have water available during and after.

5. You must only train with weights in a gymnasium once you have been introduced to them by a qualified instructor; seek advice from them with reference to assisting you with exercises for specific muscle groups. If you are not in a position to become a member of a gym it is possible to train at home with your own weights set. Still seek advice from a fitness instructor or your Unit PTI who will assist you with specific exercises and correct techniques.

6. Correct posture and lifting techniques are extremely important, therefore **do not** lift weights that are too heavy because this will cause you to use other muscles incorrectly to compensate. This will increase your risk of injury so it’s important to train sensibly and reduce the weight when it becomes too heavy.

7. If at any time during training you feel dizzy, generally unwell or sustain an injury **STOP**.

8. If you sustain an injury seek advice from your GP before you continue training.

9. If you are struggling to follow this training programme due to other commitments, availability of facilities or time constraints then be flexible with the training programme. This can be achieved by changing the orders of the sessions in that week however, ensure you complete all the sessions stipulated.

10. **Record results after every session on the right hand side of the programme and inform your Training Staff on completion.**
**SuTs FITNESS DEVELOPMENT PROGRAMME**

### FDP A

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
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<tbody>
<tr>
<td><strong>WEEK 1</strong></td>
<td><strong>ASSESSMENT</strong>&lt;br&gt;Body Mass Index&lt;br&gt;2 min press ups test&lt;br&gt;2 min sit ups test&lt;br&gt;2.4 km (1.5 mile) run&lt;br&gt;Sit and reach test</td>
<td><strong>AEROBIC</strong>&lt;br&gt;Warm up&lt;br&gt;30 mins jogging&lt;br&gt;60-70% RPE</td>
<td><strong>STRENGTH CIRCUIT</strong>&lt;br&gt;Warm up&lt;br&gt;2 x 20 press ups&lt;br&gt;2 x 25 sit ups&lt;br&gt;2 x 30 secs plank&lt;br&gt;2 x 30 secs bridge&lt;br&gt;2 x 15 secs squat&lt;br&gt;Cool down</td>
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<tr>
<td>All details are in the Official British Army fitness guide</td>
<td><strong>COOL DOWN</strong>&lt;br&gt;10 mins stretching&lt;br&gt;major muscle groups</td>
<td><strong>STRENGTH CIRCUIT</strong>&lt;br&gt;Flexibility&lt;br&gt;Cool down stretch&lt;br&gt;major muscle groups</td>
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**WEEK 2**

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<thead>
<tr>
<th>AEROBIC</th>
<th>STRENGTH CIRCUIT</th>
<th>AEROBIC &amp; STRENGTH</th>
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<tr>
<td>10 mins warm up then alternate jog/run for 18mins. Pyramid session. a. jog 1min-run 1min b. jog 2 mins-run 2mins c. jog 3 mins-run 3mins d. jog 2mins-run 2mins e. jog 1min-run 1min Cool down</td>
<td>STRENGTH CIRCUIT</td>
<td>Cross Training</td>
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<tr>
<td>Stretch with a good stretch on all major leg muscles.</td>
<td>Warm up&lt;br&gt;10mins warm up&lt;br&gt;3 x 5 pull ups&lt;br&gt;3 x 10 press ups&lt;br&gt;3 x 15 dorsal raise&lt;br&gt;3 x 10 dips&lt;br&gt;3 x 15 sit ups</td>
<td>Warm up&lt;br&gt;40 min Steady state run&lt;br&gt;2 mins press ups&lt;br&gt;2 mins sit ups&lt;br&gt;1 min press ups&lt;br&gt;1 min sit ups</td>
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<td>Cool down</td>
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<td>Flexibility&lt;br&gt;Cool down stretch&lt;br&gt;major muscle groups</td>
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### FDP B

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<th>WEEK</th>
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<tr>
<td><strong>WEEK 3</strong></td>
<td><strong>AEROBIC</strong>&lt;br&gt;2 Mile March – 30mins&lt;br&gt;Stretch out runs of no more than 100m&lt;br&gt;Dress&lt;br&gt;Training kit &amp; boots</td>
<td><strong>STRENGTH CIRCUIT</strong>&lt;br&gt;Warm up&lt;br&gt;3 x 15 press ups&lt;br&gt;3 x 20 sit ups&lt;br&gt;3 x 30 secs plank&lt;br&gt;3 x 30 secs bridge&lt;br&gt;3 x 30 squat</td>
<td><strong>STRENGTH CIRCUIT</strong>&lt;br&gt;Warm up&lt;br&gt;3 x 6-8 pull ups&lt;br&gt;3 x 15 press ups&lt;br&gt;3 x 20 dorsal raise&lt;br&gt;3 x 15 dips&lt;br&gt;3 x 20 sit ups</td>
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<td>Cool down</td>
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<td>10 mins stretching major muscle groups</td>
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<td>AEROBIC</td>
<td>STRENGTH CIRCUIT</td>
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<td>Warm up</td>
<td>Warm up</td>
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<td>10 min jog</td>
<td>4 x 15 press ups</td>
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<td>5 x downhill reps at 90% effort approx 150m each rep, walk uphill to recover</td>
<td>4 x 20 sit ups</td>
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<td>10 mins cool down and stretch</td>
<td>4 x 30 secs plank</td>
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<td>4 x 30 secs bridge</td>
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<td>6</td>
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<td>ASSESSMENT</td>
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<td>2 Mile March – 30mins</td>
<td>10 mins warm up</td>
<td>Body Mass Index</td>
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<td>Stretch out runs of no more than 100m</td>
<td>3 x 8 pull ups</td>
<td>2 min press ups test</td>
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<td>Dress</td>
<td>3 x 20 press ups</td>
<td>2 min sit ups test</td>
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<td>Training kit &amp; boots</td>
<td>3 x 25 dorsal raise</td>
<td>2.4 km (1.5 mile) run</td>
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<td>Carrying 10kg (All arms) 15kg (INF)</td>
<td>3 x 20 dips</td>
<td>Sit and reach test</td>
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<td>3 x 25 sit ups</td>
<td>All details are in the Official British Army fitness guide</td>
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WEEKLY PLAN

This programme commenced on ________________

Week 1

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Week 2

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### Week 6

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**What is the Borg RPE Scale?**

The RPE (Rate of Perceived Exertion) scale was devised by Borg and is a 15-point scale ranging from 6 to 20 with exertion descriptions at every odd number. The RPE response has been shown to correlate highly (80 - 90%) with cardio respiratory and metabolic variables such as breathing rate, oxygen uptake, blood lactate concentrations and heart rate.

The Borg RPE Scale:

- **6** Very, very light (example: sitting reading / watching TV, relaxed)
- **7**
- **8** Very light
- **9** Fairly light
- **10** Somewhat hard
- **11** Hard
- **12**
- **13** Very hard
- **14**
- **15** Very, very hard (example: trying to run fast up a very steep hill)
- **16**
- **17**
- **18**
- **19**
- **20**

If you are not on heart rate lowering medicines add a zero to the end of the RPE score you have chosen to describe how hard an exercise / activity was and compare this with your peak exercising heart rate. For example an RPE of 12 becomes 120 and the cardiac athlete takes her pulse and finds it is 118 bpm! This is very close to 120. An RPE of 12 - 13 is approximately 60% of MHR and an RPE of 15 is the equivalent of 90% MHR.

Please see the RPE for your exercises within the training programme.