



# LIVE HEALTHY, STAY HEALTHY

*Your wellness challenge*



Pacific  
Community  
Communauté  
du Pacifique



Seventh-day  
Adventist Church

*Trans Pacific*

*In partnership with*



*The recommendations contained in this booklet are based on the latest nutrition research, and the unique contexts of Pacific Island countries and territories.*



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# CHALLENGE YOURSELF!

The Pacific region has very high rates of non-communicable diseases (NCDs), such as diabetes and heart disease, which are threatening the health and livelihoods of our communities.

The good news is that diseases brought on by unhealthy lifestyles can be prevented through smart choices. Small, everyday changes in how we eat and move, can lead to lifelong benefits to our health.

To get you started, we've designed a 60-day Wellness Challenge to help you reduce your risk factors for developing NCDs:

## THE WELLNESS CHALLENGE

EAT AT LEAST  
**3 OR MORE  
SERVINGS OF  
VEGETABLES**  
EVERY DAY



EAT AT LEAST  
**2 SERVINGS  
OF FRUIT**  
EVERY DAY



**BE ACTIVE FOR  
30 MINUTES**  
EVERY DAY



The Wellness Challenge, and the information, tips and activities in this guide, will support you on your journey to:

- ✓ Lose weight
- ✓ Lower your blood pressure
- ✓ Lower your blood cholesterol
- ✓ Improve your fitness

You might find it hard at first, but don't be discouraged – just aim to beat your personal best!



# WHAT SHOULD I BE EATING?

*Our diet should be made of high-quality local foods. These high-quality foods carry lots of vitamins, fibre and nutrients to keep us fit and healthy.*

1.

**LOAD UP ON FRUITS, VEGETABLES, WHOLEGRAINS, LEGUMES AND FISH FROM THE THREE MAIN FOOD GROUPS**



## **PROTECTIVE FOODS**

(fruits and vegetables) are rich in vitamins and minerals that protect your body from diseases.



## **ENERGY FOODS**

(starchy foods, grains, oil, etc.) are high in carbohydrates and healthy fats that provide your body with energy.



## **BODY BUILDING FOODS**

(tofu, legumes, lentils, nuts and eggs) are great sources of protein which help build and repair your body.



2.

USE NATURAL  
INGREDIENTS  
FROM THE  
PACIFIC



With thanks to the  
Ministry of Health  
of French Polynesia  
for this image

3.

CHOOSE  
HEALTHY SNACKS



# WHAT FOODS SHOULD I AVOID?

*Low-quality foods contain a lot of sugar, fat and salt, and are lacking in healthy vitamins and nutrients. These low-quality foods are also likely to be digested quickly, raising our blood sugar levels and leaving us feeling hungry, which can cause us to overeat and gain weight.*



= 1 TEASPOON OF SUGAR



= 1 TEASPOON OF FAT



THESE FOODS SHOULD BE EATEN AS AN OCCASIONAL TREAT



# WHAT BEVERAGES SHOULD I AVOID?

*Our shop are full of sweet fizzy drinks, juices, cordials, flavoured milks and sports drinks. They are taking over our supermarket aisles, littering our beaches, and wreaking havoc on our budgets and our health.*

*Sugar-sweetened beverages are a major cause of obesity, diabetes and tooth decay.*

*It's so important to stay hydrated under the hot Pacific sun. Fresh water is always the best option to keep you hydrated. For a flavour hit, you can try fresh coconut water, or squeeze some lime into your water.*



600 ML



355 ML



1 LITRE



= 1 TEASPOON  
OF SUGAR



1.5 LITRE



*Do you know how much sugar you're drinking?*



WATER



1 COCONUT



HOW MUCH  
SHOULD I BE

# Eating?

1.

EAT AT LEAST  
**3 SERVINGS  
OF VEGETABLES**  
EVERY DAY

## WHAT'S A SERVING?

TWO HANDS CUPPED  
TOGETHER OF ANY OF  
THE FOLLOWING: BEANS,  
CELERY, CUCUMBER,  
LETTUCE, GREEN  
LEAFY VEGETABLES,  
PUMPKIN, CARROT,  
TOMATO.



2.

EAT AT LEAST  
**2 SERVINGS  
OF FRUIT**  
EVERY DAY

## WHAT'S A SERVING?

ONE OF ANY OF THE  
FOLLOWING: BANANA,  
MANGOSTEEN, STARFRUIT,  
GUAVA, ETC.,  
OR ONE HANDFUL OF  
CHOPPED PINEAPPLE,  
MANGO, PAWPAW,  
WATERMELON, ETC.





3.

AIM TO EAT FROM EACH FOOD GROUP AT EVERY MEAL.  
YOUR PLATE SHOULD CONTAIN...



Use Natural Pacific  
Flavours!



*Eating salty foods contributes to high blood pressure. We should consume **LESS** than 1 tsp (5g) of salt per day.*

FILL HALF YOUR PLATE WITH VEGETABLES AND  
REMEMBER THAT ONE PLATE IS ENOUGH!

# GET ACTIVE

*It doesn't have to be organised, structured or done in the latest gear – you can get active anywhere and anytime. It could involve going for a walk, cleaning the house, gardening or playing a game of volleyball.*

*Doing at least 30 minutes of moderate intensity activity (brisk walking) on five or more days each week will help you to:*

- ✓ *Maintain control of your weight*
- ✓ *Lower your risk of developing diabetes and high blood pressure*
- ✓ *Improve your energy, appearance and self-esteem*
- ✓ *Clear your mind*
- ✓ *Improve the quality of your sleep*
- ✓ *Reduce stress*

*Increased physical activity will also help you to complete everyday activities without fatigue and maintain mobility into old age.*

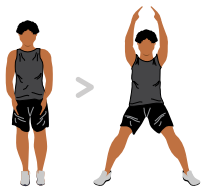




# 10 MINUTE FITNESS BOOST

*This 10-minute workout requires nothing but a wall and a chair (and water – it will get you sweating!)  
Once you build up your endurance, you can repeat the workout for a 20- or even 30-minute fitness blast.*

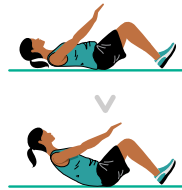
*Rest for 30 seconds between each exercise.*



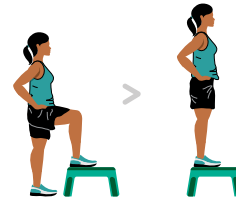
**1** **Jumping jacks**  
30 seconds



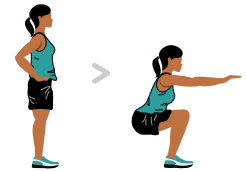
**2** **Wall sit**  
30 seconds



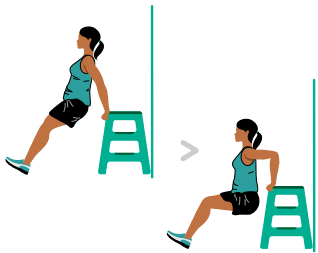
**3** **Abdominal crunch**  
30 seconds



**4** **Chair step-up**  
30 seconds



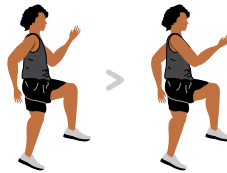
**5** **Squat**  
30 seconds



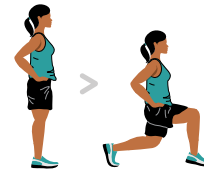
**6** **Tricep dips**  
30 seconds



**7** **Plank**  
30 seconds



**8** **High knees running**  
30 seconds



**9** **Lunge**  
30 seconds

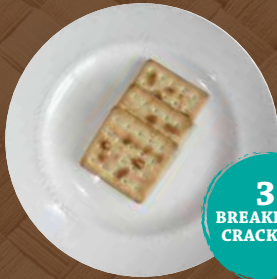


**10** **Knee to elbow**  
30 seconds

# BALANCING

# Calories

## WHAT DOES 100 CALORIES LOOK LIKE?



**3**  
BREAKFAST  
CRACKERS



**10**  
CRISPS



**6**  
SLICES OF  
PINEAPPLE



**430g**  
CARROTS



**1.5**  
COOKIES



**1**  
CUP OF  
SOFT DRINK

*That depends on the food! The more fat and sugar a food has, the less you can eat for 100 calories. Each one of these plates represents 100 calories.*



# TO BURN 100 CALORIES TAKES:

# HOW DO I BURN THESE OFF?



2KM / 20 MINS  
WALKING



20 MINS  
DANCING



15 MINS  
VOLLEYBALL



10 MINS  
JOGGING



10 MINS  
SWIMMING



10 MINS  
RUGBY /  
TOUCH



A 600ML SOFT  
DRINK



1:00HR  
WALKING



1 PACKET INSTANT  
NOODLES



1:15HRS  
WALKING



1 SERVING FISH  
& CHIPS



2:45HRS  
WALKING



# GIVE UP THOSE BAD HABITS

*Maybe it's a glass or two,  
maybe it's a long-neck  
or three. You may enjoy alcohol but do you really  
know what's happening inside your body when you drink?*

## What science and research say about alcohol

*While many health authorities including the World Cancer Research Fund recommend us to "limit alcoholic " drinks, we strongly recommend that the most appropriate advice is to abstain from or avoid alcohol.*

*Aside from research showing links to cancer, alcohol has the potential to abuse, which can be devastating to the body and the mind. On top of this alcohol is energy dense , providing more calories per gram than any other nutrient except fat.*

*It is best to refrain from alcohol consumption. We can start the journey now by contacting TPUM Health Department for more information on how to quit now.*

## Refrain From Alcohol

*It's not just the hangover we need to watch out for; binge drinking can result in abrupt mood swings, violence, accidents, exaggerated emotions, memory loss, impaired judgment, and in extreme cases, even comas, suicide attempts and death.*

*Long-term binge drinking can lead to heart disease, cancer and mental health problems.*





# BREATHE IN FRESH ISLAND AIR



BE A HEALTHY ROLE  
MODEL FOR A HEALTHY  
PACIFIC FUTURE – HELP  
MAKE THE PACIFIC  
TOBACCO FREE BY 2025!

## STOP SMOKING START REPAIRING

**IN 1 WEEK**  
*your sense of taste and smell improves*

**IN 3 MONTHS**  
*your lung function has increased by 30%*

**IN 8 HOURS**  
*excess carbon monoxide is out of your body*

**IN 1 YEAR**  
*a pack-a-day smoker will save over \$4,000*

**IN 5 YEARS**  
*your risk of a stroke has dramatically decreased*

**IN 12 WEEKS**  
*your lungs regain the ability to clean themselves*

**IN 12 MONTHS**  
*your risk of heart disease has halved*

**IN 5 DAYS**  
*most nicotine is out of your body*

*Every cigarette you don't smoke is doing you good*

*Did you know that smoking is one of the biggest health threats to Pacific peoples? We can all help address the threat by giving up smoking ourselves, and also providing encouragement to those trying to quit. Nicotine is addictive, and overcoming any addiction requires support and determination, but we can do it!*

*Check out the timeline on the left – it shows all the short and long-term health gains of choosing to quit today.*

*Not only will you experience these health benefits yourself if you quit smoking – you will also be saving your family and loved ones from secondhand smoke. Breathing in secondhand smoke causes heart disease, respiratory diseases and cancer. It can also cause sudden death in infants and interfere with healthy pregnancies. Make your house a smoke-free home, to protect yourself and your family.*

# GROW FOR YOUR HEALTH

*The Pacific is blessed to have such fertile soils. Having your own home garden is a great way to provide fresh fruits and vegetables for your family. In fact, children who get involved in gardening are more likely to eat their greens!*

*From small kitchen gardens to large orchards, we can all help the Pacific fight off climate change and the NCD tsunami by planting and eating fresh, local foods.*



*Gardening is also a great way to burn calories while enjoying some fresh air.*



# TRACK YOUR PROGRESS

Use this chart to record your baseline and your results at the 30- and 60-day mark

RESULTS	INITIAL	30 DAYS	60 DAYS
Weight (kg)*			
Body Mass Index (BMI)**			
Waist Circumference (cm)			
Blood sugar (mmol/l)***			
Blood Pressure (mmHg)***			

*\*Keep in mind, we should only lose 0.5-1 kg per week. The slower it comes off, the longer it stays off!*

*\*\*BMI is a measure for indicating nutritional status in adults. It is calculated as your weight in kilograms, divided by the square of your height in metres (kg/m<sup>2</sup>). For example, an adult who weighs 70 kg and whose height is 1.75 m will have a BMI of 22.9.  
70 (kg)/1.75<sup>2</sup> (m<sup>2</sup>) = 22.9 BMI*

*\*\*\*If available and accessible*





*Use this checklist to keep track of your healthy lifestyle challenges. Aim to tick each challenge every day.*

	MON	TUE	WED	THU	FRI	SAT	SUN
2 Fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 mins Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	MON	TUE	WED	THU	FRI	SAT	SUN
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30 mins Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



*After 60 days these challenges will have turned into lifelong habits!*



**Pacific Community  
– NCD team**  
Private Mail Bag,  
Suva, Fiji Islands  
[Health-Enquiries@spc.int](mailto:Health-Enquiries@spc.int)

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