



LIVE HEALTHY, STAY HEALTHY

Your wellness challenge



Pacific
Community
Communauté
du Pacifique

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, LEAN MEATS, 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

(meat, dairy products, seafoods, nuts, eggs, etc.) are great sources of protein, which help build and repair your body.

2.

USE NATURAL
INGREDIENTS
FROM THE
PACIFIC



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



1.5 LITRE



= 1 TEASPOON
OF SUGAR



WATER



1 COCONUT



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

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*

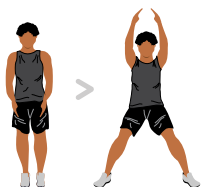
Increased physical activity will also help you to complete everyday activities without fatigue and maintain mobility into old age.



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.

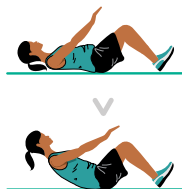
Rest for 30 seconds between each exercise.



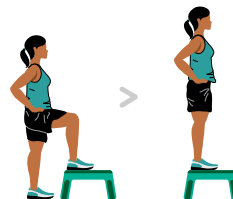
1 **Jumping jacks**
30 seconds



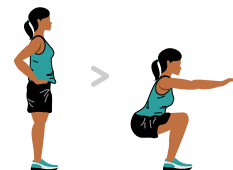
2 **Wall sit**
30 seconds



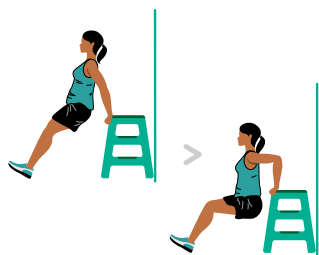
3 **Abdominal crunch**
30 seconds



4 **Chair step-up**
30 seconds



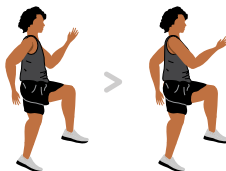
5 **Squat**
30 seconds



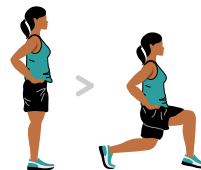
6 **Tricep dips**
30 seconds



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:



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's a standard drink?

1 STANDARD DRINK =



285ML FULL-
STRENGTH BEER

=



375ML LIGHT BEER
(1 AVERAGE CAN)

=



100 ML WINE
(1 SMALL GLASS)

=



30ML SPIRIT
(E.G. VODKA)

REDUCE 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.

Alcohol should not be consumed during pregnancy.

*Men should not consume more than two standard drinks per day,
and women should not have more than one standard drink per day.*

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/m²). For example, an adult who weighs 70 kg and whose height is 1.75 m will have a BMI of 22.9.
70 (kg)/1.75² (m²) = 22.9 BMI*

****If available and accessible*

CHECKLIST

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------|-----|-----|-----|-----|-----|-----|-----|
| 2 Fruits | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 3 Vegetables | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 30 mins Activity | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 2 Fruits | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 3 Vegetables | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 30 mins Activity | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 2 Fruits | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 3 Vegetables | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 30 mins Activity | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 2 Fruits | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 3 Vegetables | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 30 mins Activity | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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 |
| 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 |
| 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 |
| 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"/> |



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



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