



My Move to Improve journal



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What is Move to Improve?

1



Move to Improve is an 8-week program that will help me to move more.

2



At my first visit I will meet the Move to Improve team to talk about my current activity levels, complete some movement, talk about food and things I might be struggling with.



3



I will wear a watch for the first 8 days to measure my physical activity and sleep. I will wear the watch again at the end of the 8 week program.

4



I will have 8 physical activity sessions that may be at Perth Children's Hospital or in my community.

5



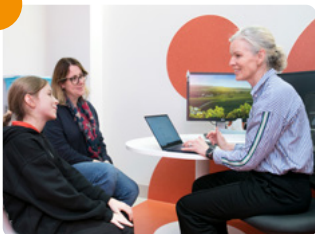
Things I might do in the PCH gym include playing games to make me jump higher, run faster and make my body stronger!

6



Things that I might do in the local sports centre include using the gym or playing ball sports. I might go into the pool to learn about water safety and swimming skills!

7



During my physical activity sessions we might talk about things like being active at home, sleep and screen time.

8



During the 8 weeks I may talk to a dietitian or psychologist about healthy eating and how I am feeling.

9



At the end of the program, I will go back to PCH to see how much I have improved, and receive my certificate and present!

Move to Improve has been made possible through funding from the Stan Perron Charitable Foundation and Perth Children's Hospital Foundation.

About me

My M2I goals

- 1.
- 2.
- 3.
- 4.

My support network

Parents/care givers:

Animals:

Friends:

My Hobbies

.....

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.....

Fun fact about me

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What to bring to a M2I session

☐

This M2I workbook

☐

Clothing you can move freely in

☐

Enclosed shoes

☐

Water bottle

☐

Any medicine/medical devices that you may need



For outside sessions, please bring:

☐

A hat

☐

Sunscreen

☐

Protective clothing

☐

Any medicine/medical devices that you may need



Staying motivated!

Sometimes we may not feel like being active. This could be due to many different reasons.

What's stopping me?	What can I do about it?
"I don't feel like it"	• Start small: break goals into smaller steps and focus on one step at a time. Try to do 5 minutes of movement and check back in. • Be mindful of self-talk: focus on trying your best and celebrating your effort. Remind yourself of the benefits (see below for ideas).
"What if I make a fool of myself?" "What if I fail?"	• It's okay to feel goofy. We all have to start somewhere, and practice makes progress. • Everyone has their own strengths and weaknesses. • Do it in an environment that you feel comfortable. • Remember to take it one step at a time.
"I'm too tired"	• Movement can create energy! • Make sure you eat regularly, stay hydrated and get a good night's sleep. • Do your movement at times you feel more energised.
"Movement is boring"	• There are lots of ways to move your body! • Talk to your M2I team to brainstorm some ideas. • Try pairing it with a task you do enjoy, like listening to music or hanging out with friends.
"I have no one to do it with"	• Try following a movement video, or listen to some music. • Ask your M2I team about local teams to join or other options in your community.
"I don't have enough time"	• Link movement with another activity. • Try scheduling your movements in each week in a planner. • Find ways to add movement into your everyday tasks like taking the stairs or carrying the groceries inside.

If there are things that stop you from being active - talk to your M2I team.



Physical activity

Why is movement good for you?



IT'S FUN!



Improves muscle strength and bone health



Improves sleep



Helps you to relax



Increases self-esteem and confidence



Reduces fatigue levels



Improves coordination



Improves heart health



Makes you feel good!



Provides opportunities to make friends



Increases concentration and learning

Aim for 60 minutes daily! Try to add movement that makes you 'huff and puff'. Don't worry - this can be broken down into smaller amounts of time.

What counts as physical activity?

Anything you do that uses your muscles to move your body counts as physical activity. This can include movement you do as you go about your normal day (incidental activity), activity you do on purpose to increase your heart rate and make you breathe more deeply (exercise), or more formal physical activity with rules and maybe organised completion (sport).



Incidental activity examples

- Walking around the shops
- Walking between classes at school
- Chores like making your bed or vacuuming the floor
- Walking up and down stairs



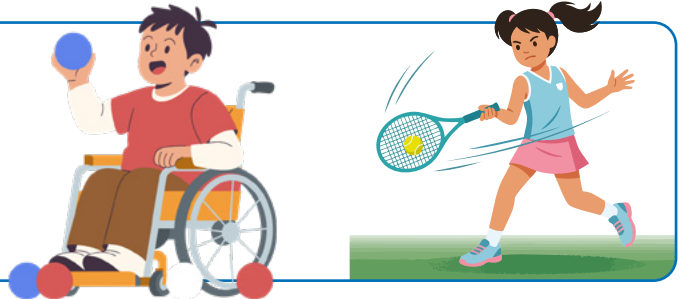
Exercise examples

- Walking the dog
- Going for a bike ride
- Swimming
- Doing a specific muscle strengthening program



Sport examples

- Netball
- Soccer
- Basketball
- Tennis



Screen time and sleep

Tips for less screen time

- Aim for less than 2 hours a day on screens (not including school/homework).
- Set time and content rules with your family and/or caregivers.
- Have a list of screen free activities that you complete daily.
- Turn off notifications.
- Have a daily checklist of other important daily tasks that need to be completed before allowing screen time. For example: brush your teeth, have a shower, complete your homework and chores, etc.
- Protect your sleep by charging your devices outside of your bedroom.



Tips to boost sleep quality

- At 5-13 years of age: aim for 9-11 hours. At 14-17 years of age: aim for 8-10 hours each day.
- Set regular bedtime and wake times.
- Create a relaxing bedtime routine.
- Ensure your bedroom is kept cool, dark, and quiet.
- Keep screens out of the bedroom, and set to “do not disturb”.
- Get exposure to direct sunlight in the early mornings.
- Do something physically active during the day.
- Minimise screen time before bed.
- Limit caffeine intake.



Fuelling your body



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties



Vegetables and
legumes/beans



Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans



Fruit



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



Helpful apps to download



Apple store

Google store

Talk N Walk app



Apple store

Google store

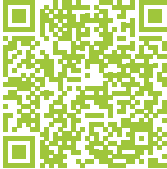
Geocaching



Apple store

Google store

Pokémon GO



Apple store

Google store

Sleep Ninja



Apple store

Google store

Headspace



Apple store

Google store

StepUp Pedometer



Apple store

Google store

Smiling Mind



Apple store

Google store

GoNoodle



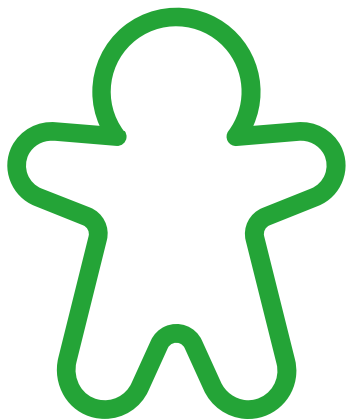
Apple store

Google store

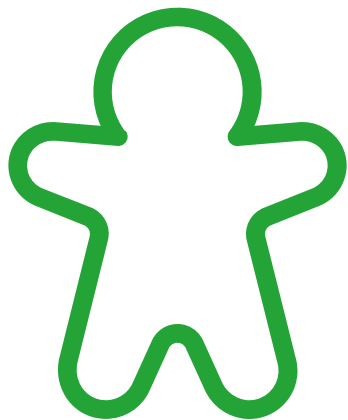
Just Dance Now

Week 1

Session focus: **Moving your body**



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

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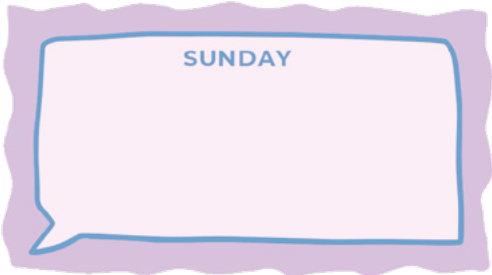
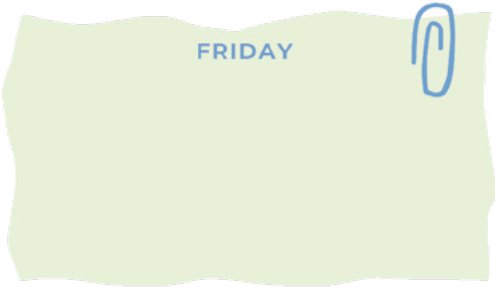
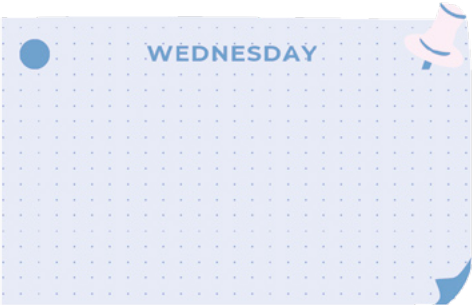
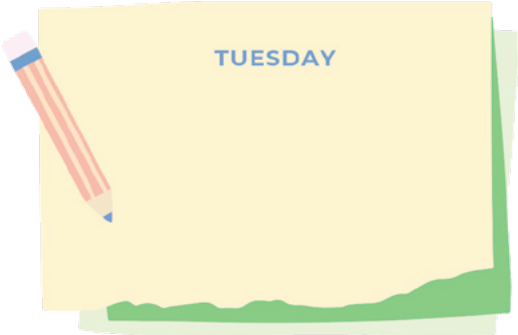
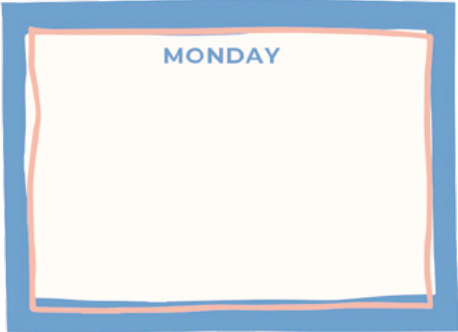
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Weekly planner



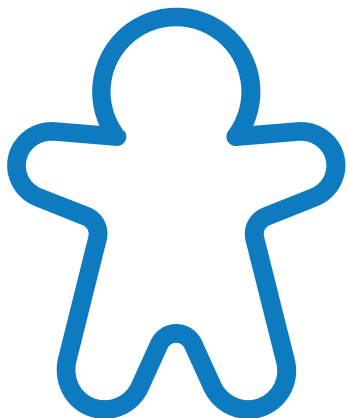
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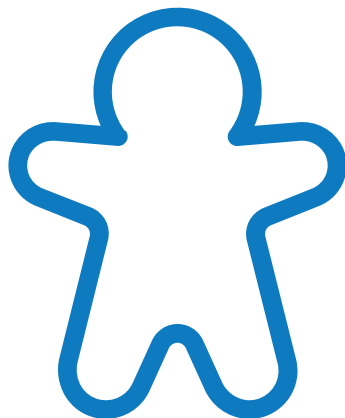
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How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

.....

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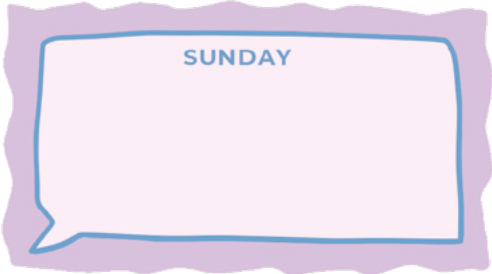
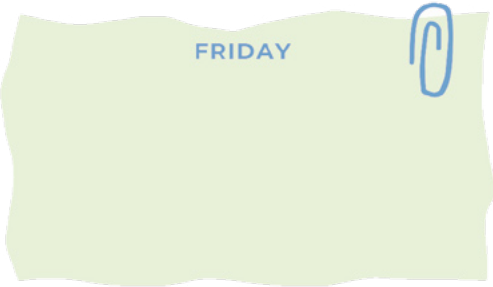
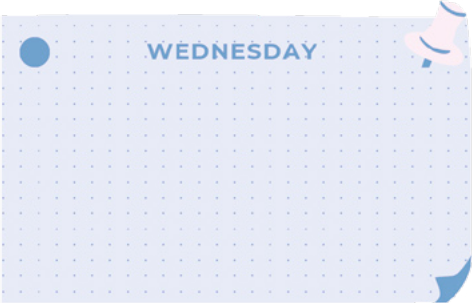
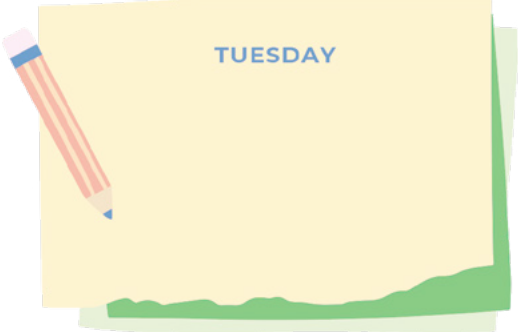
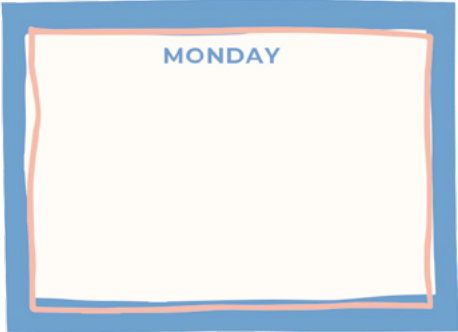
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Weekly planner



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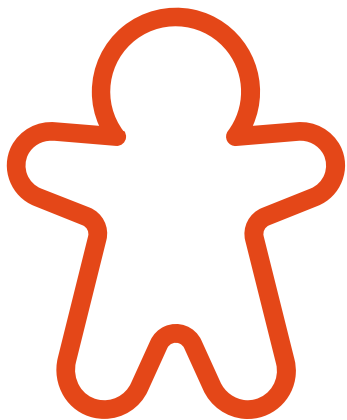
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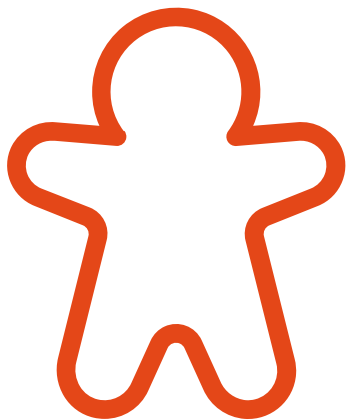
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Week 3

Session focus:
Recharging for tomorrow



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

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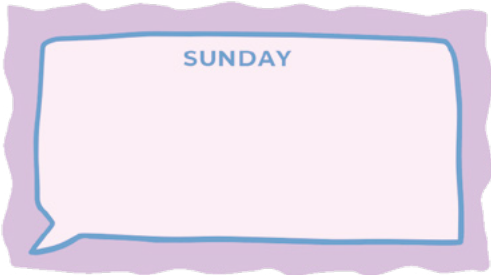
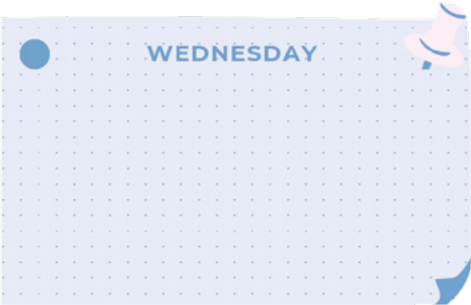
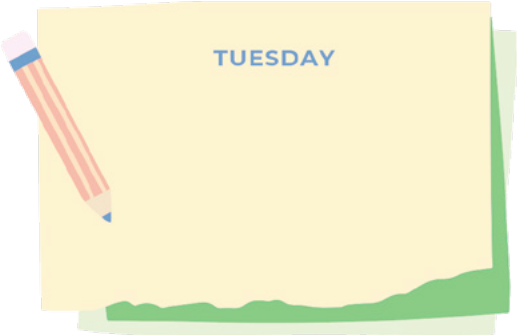
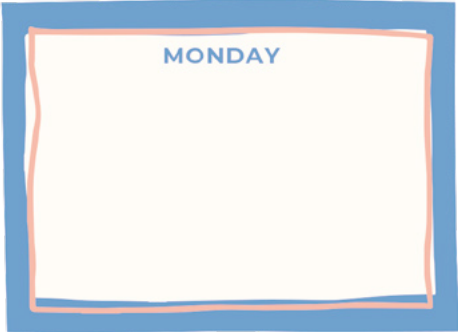
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Weekly planner



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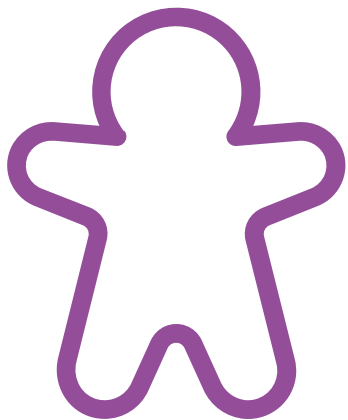
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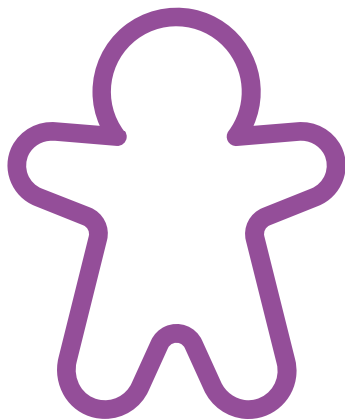
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Week 4

Session focus:



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

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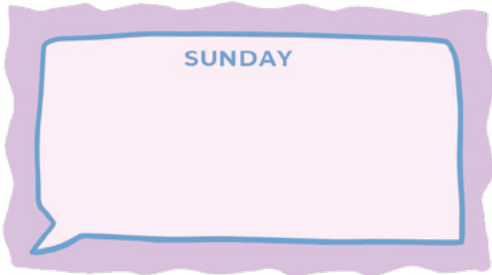
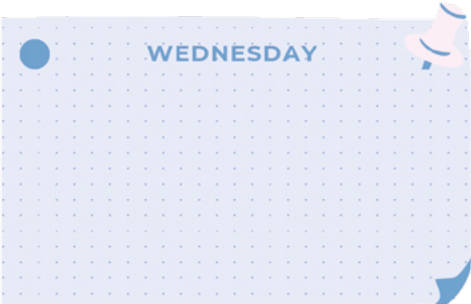
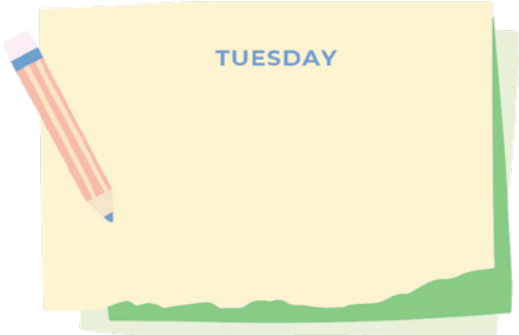
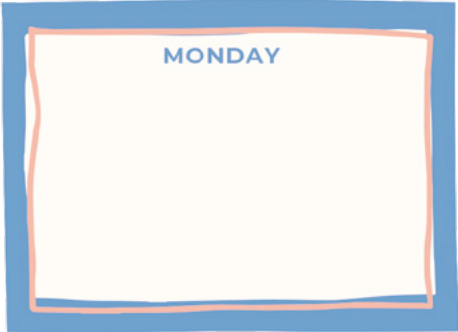
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Weekly planner



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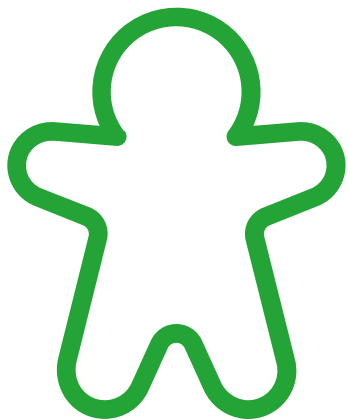
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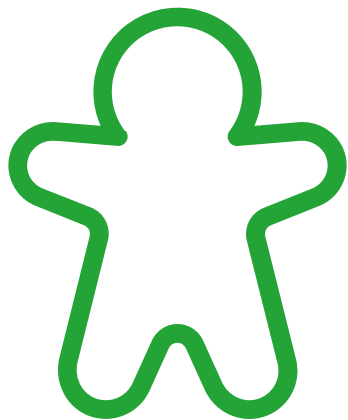
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Week 5

Session focus: **Screen and sit time**



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

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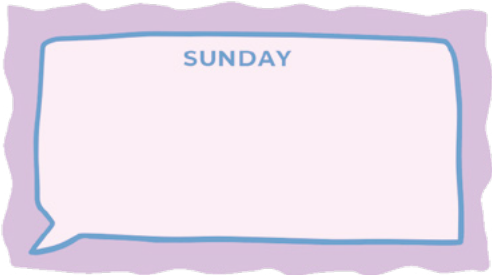
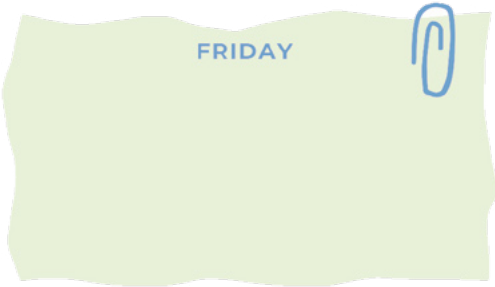
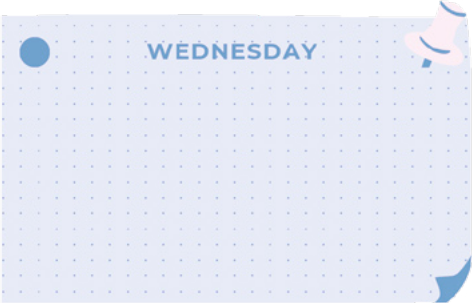
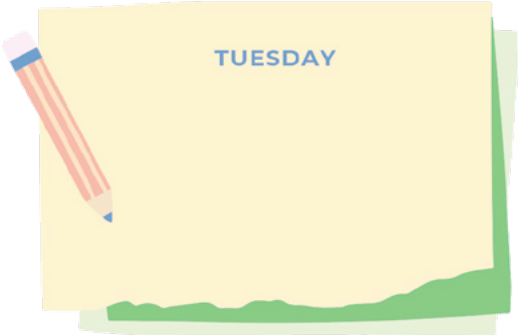
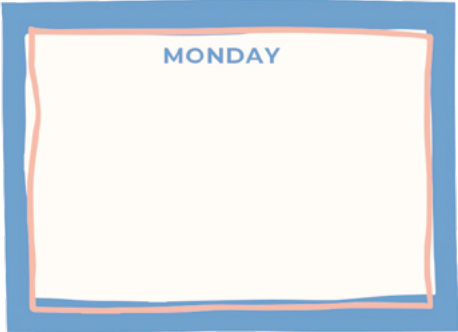
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Weekly planner



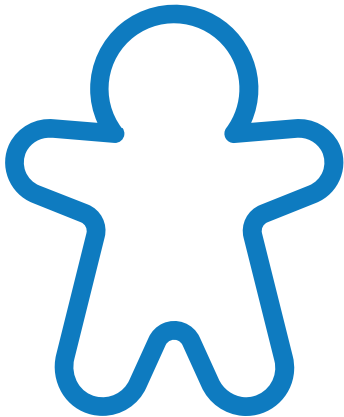
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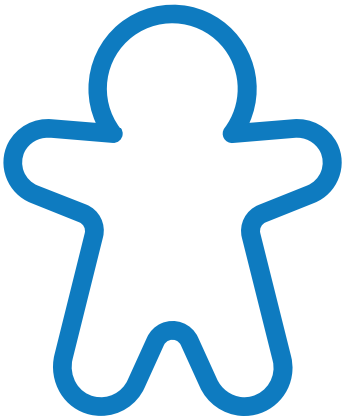
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How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



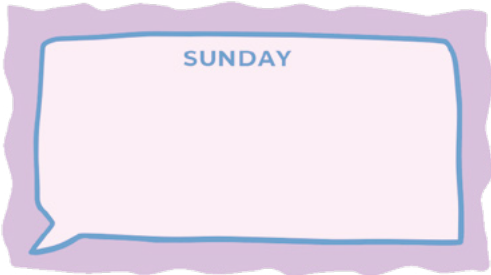
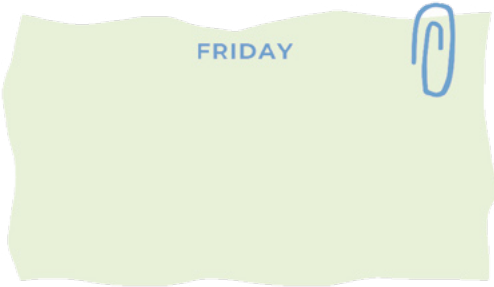
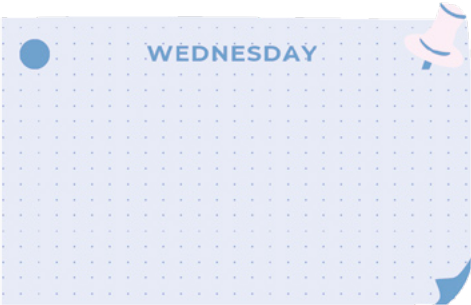
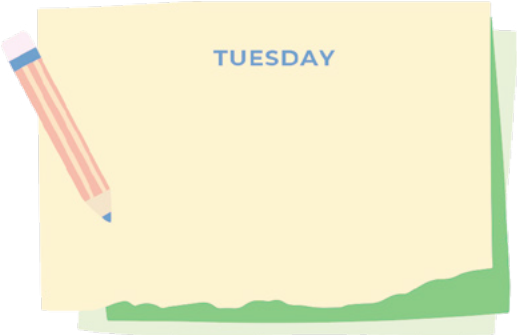
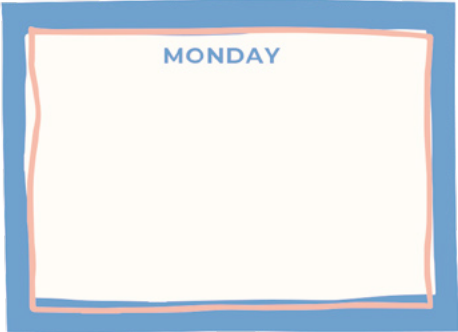
Very hard



Max effort

Tasks for next week

Weekly planner



Notes

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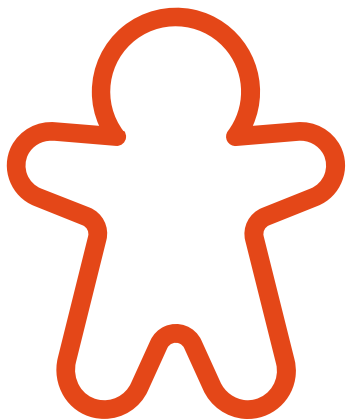
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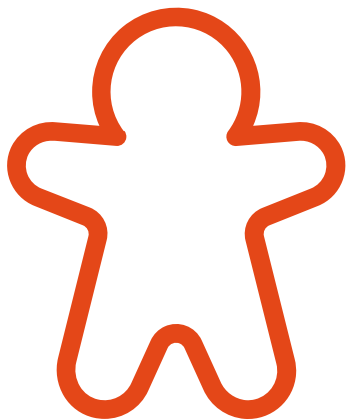
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Week 7

Session focus:
Being active in the community



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



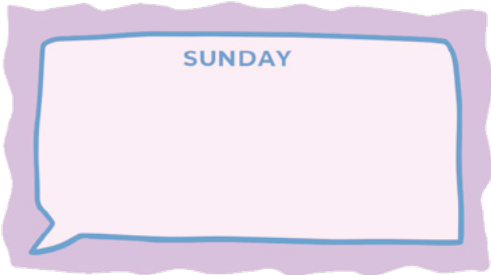
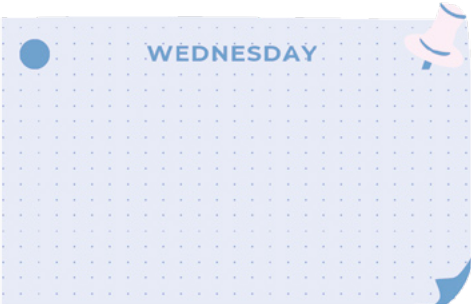
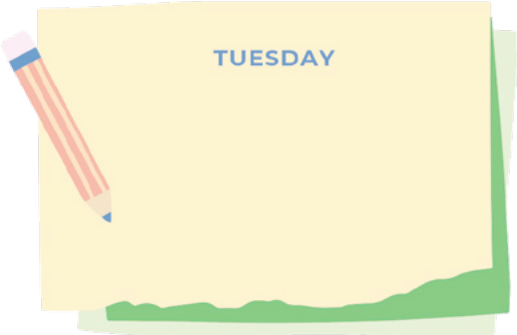
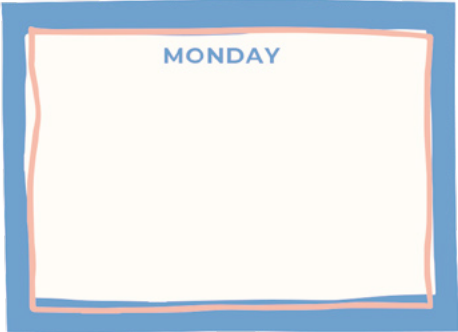
Very hard



Max effort

Tasks for next week

Weekly planner



Notes

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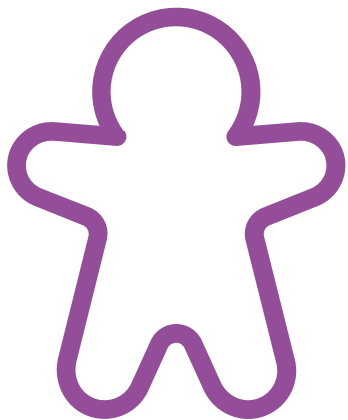
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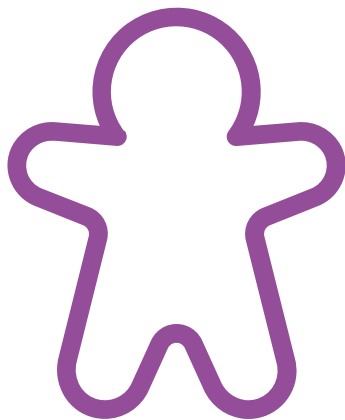
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Week 8

Session focus: Maintaining physical activity



How I feel **before** my
M2I session



How I feel **after** my
M2I session

Level of effort I put into my session:



Very light



Light



Moderate



Hard



Very hard



Max effort

Tasks for next week

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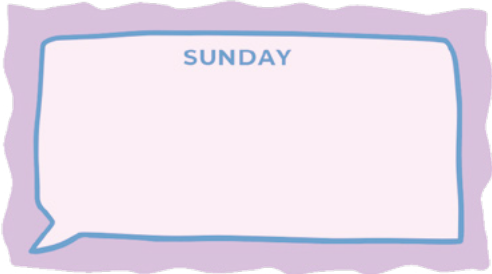
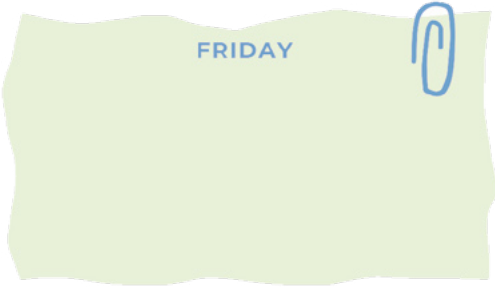
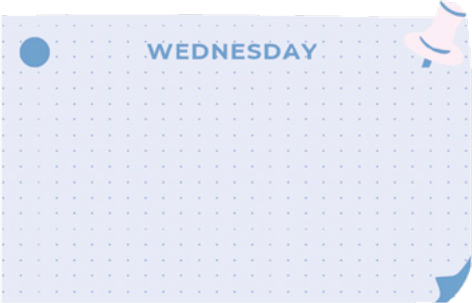
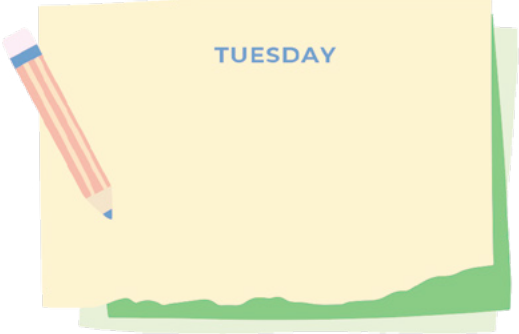
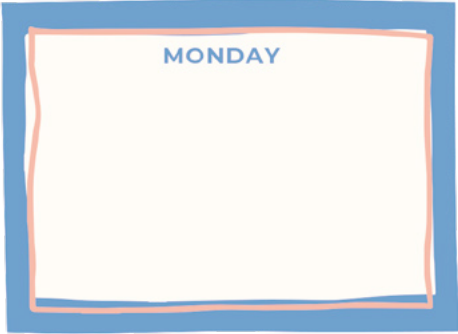
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Weekly planner



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What happens now?

You will return to PCH for your:

- post program assessment at the end of your 8 sessions
- 3 month follow up assessment.

It is important that you keep going with what you have learnt in the program. Being physically active every day will help you stay strong and healthy, and to feel good!



Helpful resources



KidSport

KidSport helps Western Australian children take part in community sport and swimming lessons.



Inclusive sport and activity directories



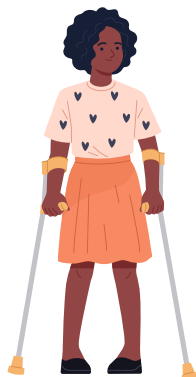
WA Disabled Sports Association (WADSA)



Disability Sports Australia



City of Mandurah inclusive community activities



Directory/information/assistance



Rebound WA



Fit5 Fitness Series Workouts



Sport NSW Active Abilities Series



Australian Defence Force Sport

Notes:

Dotted lines for note-taking.







Government of **Western Australia**
Child and Adolescent Health Service



Move to Improve (during office hours)
(08) 6456 1111, select option 6
or email movetoimprove@health.wa.gov.au

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