

Sample Get Your Life into Gear – Motivational Messages

Week No	Size	Topic	Message (150 characters)
Sign Up	160	Acknowledgement SENT	Thanks for signing up! Use your Get Your Life in Gear tool kit for tips to help you eat healthy & be active on the road! Opt Out? text UNSUB GETINGEAR to 51500
1	159	What is the prob and what can I do?	Have you set your goals? Try the walking challenge for 4weeks- wear the pedometer, track your progress. Win 150stg in vouchers! See booklet for details
2	148	How? Eat Well	Fill out your food diary for 3-5 days to see what you are eating & where you could make small changes - writing it down makes you think before you eat
3	151	How? Look at what you eat	Make small changes to what you eat - choose smaller portion sizes, cut down on snacks like chocolate biscuits and bars, fill up on fruit and veg instead
4	158	Snacking-boredom	Any activity is better then none - get it in where you can - 10 min bursts count. See booklet for ideas like taking the dog for a walk/kids to the park/doing DIY
5	160	Build on your success	Don't fuel boredom with unhealthy snacking & smoking. Fill your cool bag with healthy snacks (fruit, plain biscuits, scones, low fat yogurt & cereal) & drinks
6	157	Be Active	You're nearly half way-well done on getting this far. Bring packed lunch as often as you can. If you eat lunch out choose healthy options - see booklet for tips
7	138	Beat Stress	Work through stressful periods - take short walks during the day, have quiet time to yourself and unwind with friends/family
8	158	Relapse	If you're slipping don't beat yourself up. Start again with small changes & keep adding to them. Review your goals. Use tips in the booklet to keep you going
9	158	Energy Boosting	Food you choose can give you an energy boost - swap white bread for brown, sweets for fruit & chips for rice/pasta/potatoes. Swap coffee/fizzy drinks for water
10	153	Drinks	Alcohol is high in calories (220 cal in a pint of beer=20 min walk) & can make you feel hungry - try to cut down or drink water between every other drink
11	155	Fatigue	Fight fatigue. Don't go to bed on a full stomach-aim to eat 3 hours before, be active during the day & drink water instead of fizzy drinks/tea/coffee
12	158		Well done, you've reached the final week of the program- celebrate your progress and keep it up. Remember to attend your health check to measure your success
Health Check reminder	xxx		Your MOT is booked in for ***-*** in **** See how far you've come on the road to good health, bring your walking chart for your chance to win £150 voucher