Is EAT MOVE THINK tabs contains data like this ?? is this data will be static ?? Yes it will be with information updated

=> Give samples of all three tabs

1. The EAT MOVE THINK TABS should only have information that is updated like a blog.

It is only the CHALLENGES/PROGRAMS tab that have the layout of view program/ join program (like you have in eat move think tab)

1. So in the home page it will preview, so when they “Read MORE” THIS WILL LINK TO EAT MOVE THINK WHATS NEW PAGE

The home page has 4 squares

PicTURE (SUGAR) EAT

TITLE : SUGAR IS EVERYWHERE

Sugar is toxic and research has shown that it plays a significant role in lifestyle related diseases. Many people are aware of the dangers of extra sugar in their diet but what many may not know is that sugar is added to most food products, such as smoked salmon, pasta sauces, bread and more. Learn how to read labels and how to eliminate sugar forever! Read more ( GOES TO EAT PAGE)

Pic 2 – MOVE (PICTURE STANDING WORKSTATION)

TITLE : IS SITTING REALLT THE NEW SMOKING?

Research has shown that sitting for extended periods of time can cause numerous health issues. And even if you participate in one hour of exercise a day either running or going to the gym, does not make up for the 8 or more hours sitting at a computer. Follow these simple tools to counteract the effects of sitting. READ MORE

Pic 3 called(stress) – THINK

TILTE: Are you running away from a lion everyday?

Well, you may think you are not running away from a lion every day but your body may feel, react and process its environment as such. We are talking about the dreaded S word, STRESS!. We all have it and we cannot avoid it, our fast paced lifestyle, high work demands, our environment are all conducive to high stress levels. However, chronic stress levels can cause serious health issues. Follow these simple steps to deal with every day’s stresses and prevent dis-ease. Read more.

Pic 4 called(world health day) – WHAT’s New

Title - World Health Day April 7th

The WHO has focused for World Health Day is “Depression, let’s talk”

There is a rapid rise of mental health problems, where 1 in 5 Australians experiencing some form of mental health concerns. Talking openly about this can allow the sigma of mental health to disappear and for suffers to get help they need. Read more

EAT PAGE

Sugar is toxic and research has shown that it plays a significant role in lifestyle related diseases. Many people are aware of the dangers of extra sugar in their diet but what many may not know is that sugar is added to most food products, such as smoked salmon, pasta sauces, bread and more.

Our recommended sugar intake, even from natural occurring sugar like fruit, should be 5- 9 teaspoons a day.

Learning to read labels is essential so you are aware of how much sugar you are consuming when eating a food product.

When reading labels, you should remember that 4 grams of sugar equals 1 teaspoon of sugar.

This way you can assess if you are eating above the recommended amount. The average Australian has about 45 teaspoons a day!

Here’s 8 easy starter tips to quit sugar for good!

**Remove all sugar from your diet** – not just the overt sugars but any packaged foods and sauces that contain added sugars. Watch-out for dried fruit in cereals and nut mixes – dried fruit is extremely high in sugars.

**Know that once you remove sugars your cravings will start to reduce** – sugars are additive, once you remove them from your diet, your cravings will start to dissipate.

**Make sure you have protein at every meal**– adequate protein in our diet helps with blood glucose regulation which stops us reaching for sugary snacks to boost our energy.

**Drink more water –** often when we think we need a sugary snack, we are just thirsty. Drink at least 1.5- 2 litres of water a day. Add fresh lemon, lime or mint to change up the flavour.

**Drink Cinnamon herbal tea –**cinnamon is a natural blood glucose regulator. If you are craving something sweet, a simple cinnamon herbal tea can replace this craving.

**Raw cacao powder**– this is chocolate in its natural state before it’s processed (and isn’t bitter!). High in antioxidants and magnesium, it is a natural blood glucose regulator. Add to protein balls, smoothies or chia puddings for a “healthy” treat.

**Be prepared –** make your own protein balls, chia puddings or healthy smoothies to have as snacks. Or activate your own nuts or prepare vegetable sticks to have with hummus.

**Do something different–** if you do get a sugar craving… go for a walk around the block, go sit in a nearby park for 10 minutes and get your daily dose of vitamin D, download a guided Meditation App such as Headspace and do a 10-minute meditation, call a friend. You’ll notice once you’ve distracted yourself, the sugar craving will most likely pass.

If you are doing all the above and you still notice you are having sugar cravings, you may have some underlying nutritional deficiencies or your blood glucose levels or insulin may be out of range.

Here are healthy sweet treats, all without refined sugar, gluten or anything processed.

**Chocolate Bliss Balls**

* 1 cup raw seeds or nuts of choice (eg. sunflower and pumpkin seeds)
* 1/4 cup cacao
* 1 tsp vanilla extract
* 1/4 tsp sea salt
* 1 cup medjool dates, pitted and chopped
* 1-3 tbsp water
* 1/4 cup cacao nibs (optional)
* cacao powder or unsweetened shredded coconut, optional for coating

Instructions

* Place seeds/nuts in a food processor, and process until finely ground. Pulse in cacao, vanilla, and salt.
* Add in the chopped dates and water, 1 tablespoon at a time until the dough comes together nicely. Process until all ingredients are distributed evenly (you may need to stop a few times and scrape down the sides and separate the dough if it forms a ball).
* Pulse in the cacao nibs or chips.
* Roll pieces of the dough into small, tablespoon-sized balls. You may roll them in the cacao powder, shredded coconut, or any other toppings of choice.
* Place your energy bites in a container in the refrigerator or freezer for at least 30 minutes, then serve!

MOVE

Is sitting really the new smoking?

At our presentations, we often delve into the research surrounding the health issues that sitting all day can cause. It has been coined “the new smoking”.

A study published in the journal Diabetologia in November 2012 studied the results of 18 studies with a total of nearly 800,000 participants. When comparing people who spent the most time sitting with those who do not, researchers found that sitting:

* **increases the risks of diabetes (112%),**
* **increases cardiovascular events (147%),**
* **increases the risk of death from cardiovascular causes (90%) and**
* **increases the risk of death from all causes (49%).**

As soon as you sit, electrical activity in the leg muscles shuts off; calorie burning drops to 1 per minute and insulin effectiveness drops to 24% hence the increase risk of diabetes.

So it is wise to say that a standing workstation is a great solution to the epidemic that is sitting, however over the 15 years of working and caring for the corporate community, I have noticed some issues that have arisen when my clients get their standing workstations.

Clients have reported the following:

* Increase in back pain: The reason that may be happening is that standing for prolonged periods also can put pressure on a weak or problematic back, especially for long hours.
* Leg and foot pain: This is also caused from standing on hard surfaces, wearing the wrong shoes to work and or pre-existing knee or foot problems.
* Lack of focus: This is usually due to pain or discomfort in the above-mentioned areas
* Increase in shoulder tension: Standing requires correct posture, just like sitting does. Forward head posture and rounded shoulders will both cause pain in neck and tension in the shoulder region.

So what is the solution if sitting is the new smoking and standing can cause pain and discomfort? I believe that movement is the answer. Being able to modify your desk to sit and stand helps counteract the above-mentioned problems. So when ordering a new desk make sure you opt for a sit-stand desk, and vary your time standing and sitting.

Whether you’re sitting or standing you should move every 45 minutes, which mean walk around or stretch.

Movement is life, so move to live long and well.

THINK

Are you running away from a lion everyday?

Well, you may think you are not running away from a lion every day but your body may feel, react and process its environment as such. I am talking about the dreaded S word, STREEEESSS!

We all have it and we cannot avoid it, our fast paced lifestyle, high work demands, our environment are all conducive to high stress levels.  Some 50 years ago the level of stress was much less. We could live on one wage, the bread winner would come home and was able to switch off at the end of the day and spend time with his family. This does not happen today, the increasing cost of living, constant contact with work via with emails, messages and other digital medias, make as be constantly connected and the ability to “switch off” ( literally) does not happen.

When exposed to stress the body perceives it as danger and goes into what is called “fight or flight response” which is what we need so we can run away from lions.  Stress is a survival tool, it enables us to run faster and react instantly,   the release of chemicals in your body when faced with such danger results in the production of cortisol, increased blood pressure, blood sugar and suppressed nervous system.  Can you imagine this process going through your body daily? High blood pressure, increase blood sugar and increase heart rate, imagine what that will do to your health?  In terms of the suppression of the immune system, are you the type of person that never gets sick and goes on a much needed holiday and gets sick? Well that is a big sign of chronic stress, when in fight or flight being ill is not good for survival but when the stress is removed, the body has a huge rebound response and your immune system expresses itself with illness.

These are 10 simple steps to decrease stress and increase health has made a huge difference to how I felt and to  my health and I have recommended it hundreds of times to my busy and stressed clients.

**10 Steps to manage stress and survive**

1. Identify the stress! There is no point living in denial and not recognizing what is happening in your life.
2. Write it down. Write what source of stress is, how and why it is  affecting you. And what you have learned from it. What has it taught you? How has it served you? How have you grown from it?
3. What can you do to improve it? That is different for each person. I wrote my “bucket list” and planned when and how I was going to start crossing those things off my list.
4. Meditate. Ok,  so not everyone can be Zen and it can be a hard habit to stick to , but we found a guided meditation app done that daily for 10 minutes every night and morning, made sleep better, deeper and hleps you feel refreshed in the morning , and it only took 10 mins.
5. Exercise, this is so important, it is a great stress relief and essential for good health.
6. EAT REAL FOOD. A high sugar, high carbohydrates and a diet full of preservatives and other nasties will only aggravate your condition causing higher levels of blood sugar and inflammation in your body.
7. Write down your to-do list at night. This will help you sleep better and feel like your next day is organised. Allowing you a more relaxed and deeper sleep.
8. Do something relaxing at night before bed. Don’t use laptop, phone, TV for relaxation since it stimulates part of the brain that causes bad sleeping patterns. Read a book, talk to your partner or meditate.
9. Laugh! At least once a day, watch something funny, read something that will make you smile or speak to your funny friend. Laughter is a release of energy that sends happy hormones all through our body.
10. Get in touch with Nature, go outside and walk. We all have time for it, do it on your lunch break, before or after walk. Being in the sun with allow Vitamin D exposure and increase Serotonin levels which helps with mood balance and deficiency has been linked to depression.

So unless you are moving to a deserted island and living stress free, I hope you implement some of these easy and simple tips to help you IGNITE your life, and live stress free, well, maybe manage it well instead.

WHAT’S NEW

WORLD HEALTH ORGANISATION – WORLD HEALTH DAY. A LOOK AT DEPRESSION

### Key facts

* Depression is a common mental disorder. Globally, an estimated 350 million people of all ages suffer from depression.
* Depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease.
* More women are affected by depression than men.
* At its worst, depression can lead to suicide.
* There are effective treatments for depression.

### Overview

Depression is a common illness worldwide, with an estimated 350 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds.

Although there are known, effective treatments for depression, fewer than half of those affected in the world (in many countries, fewer than 10%) receive such treatments. Barriers to effective care include a lack of resources, lack of trained health care providers, and social stigma associated with mental disorders. Another barrier to effective care is inaccurate assessment. In countries of all income levels, people who are depressed are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

The burden of depression and other mental health conditions is on the rise globally. A World Health Assembly resolution passed in May 2013 has called for a comprehensive, coordinated response to mental disorders at country level.

### Types and symptoms

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe.

A key distinction is also made between depression in people who have or do not have a history of manic episodes. Both types of depression can be chronic (i.e. over an extended period of time) with relapses, especially if they go untreated.

**Recurrent depressive disorder:** this disorder involves repeated depressive episodes. During these episodes, the person experiences depressed mood, loss of interest and enjoyment, and reduced energy leading to diminished activity for at least two weeks. Many people with depression also suffer from anxiety symptoms, disturbed sleep and appetite and may have feelings of guilt or low self-worth, poor concentration and even medically unexplained symptoms.

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe. An individual with a mild depressive episode will have some difficulty in continuing with ordinary work and social activities, but will probably not cease to function completely. During a severe depressive episode, it is very unlikely that the sufferer will be able to continue with social, work, or domestic activities, except to a very limited extent.

**Bipolar affective disorder:** this type of depression typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated or irritable mood, over-activity, pressure of speech, inflated self-esteem and a decreased need for sleep.

### Contributing factors and prevention

Depression results from a complex interaction of social, psychological and biological factors. People who have gone through adverse life events (unemployment, bereavement, psychological trauma) are more likely to develop depression. Depression can, in turn, lead to more stress and dysfunction and worsen the affected person’s life situation and depression itself.

There are interrelationships between depression and physical health. For example, cardiovascular disease can lead to depression and vice versa.

Prevention programmes have been shown to reduce depression. Effective community approaches to prevent depression include school-based programmes to enhance a pattern of positive thinking in children and adolescents. Interventions for parents of children with behavioural problems may reduce parental depressive symptoms and improve outcomes for their children. Exercise programmes for the elderly can also be effective in depression prevention.

### Diagnosis and treatment

There are effective treatments for moderate and severe depression. Health care providers may offer psychological treatments (such as behavioural activation, cognitive behavioural therapy [CBT], and interpersonal psychotherapy [IPT]) or antidepressant medication (such as selective serotonin reuptake inhibitors [SSRIs] and tricyclic antidepressants [TCAs]). Health care providers should keep in mind the possible adverse effects associated with antidepressant medication, the ability to deliver either intervention (in terms of expertise, and/or treatment availability), and individual preferences. Different psychological treatment formats for consideration include individual and/or group face-to-face psychological treatments delivered by professionals and supervised lay therapists.

Psychosocial treatments are also effective for mild depression. Antidepressants can be an effective form of treatment for moderate-severe depression but are not the first line of treatment for cases of mild depression. They should not be used for treating depression in children and are not the first line of treatment in adolescents, among whom they should be used with caution.

### WHO response

Depression is one of the priority conditions covered by WHO’s Mental Health Gap Action Programme (mhGAP). The Programme aims to help countries increase services for people with mental, neurological and substance use disorders, through care provided by health workers who are not specialists in mental health. The Programme asserts that with proper care, psychosocial assistance and medication, tens of millions of people with mental disorders, including depression, could begin to lead normal lives – even where resources are scarce.

What will happen when user click join program ?? Then there will be text and pics about the program

Is there any detailed view of the program ?? Yes, should I send all this to you?

=> Yes send me these details

There should be another tab Programs/Challenges

In Programs/CHALLANGES

5 day Health Kickstart – Join this program to kick start your health. With delicious refined sugar and gluten free recipes for the whole family and essential exercise to increase strength and flexibility. From beginners to advanced.

View program JOIN PROGRAM

FOOD CLEANSE – Join this program for delicious and healthy food recipes to boost your metabolism and increase health. (see below)

MINI DETOX CHALLENGE – If you want to slowly detox your body from toxins follow these 3 simple steps to better health. (will send soon)

BEGINNER RUNNING PROGRAM – From couch to 5 km in 6 weeks. Safely and without injury. This program is recommended together with the flexibility challenge. (see below)

FUNCTIONAL TRAINING PROGRAM- This program contains exercise that will strengthen and lengthen muscle groups that are essential for optimum function. View /Join (see below program)

IMPROVE YOUR POSTURE- will send tomorrow

GET FIT TONE UP- will send tomorrow

MARATHON TRAINING- Your complete 12 week training to completing a marathon. Make sure you also add the flexibility challenge to prevent injury. (will send completed tomorrow)

STRENGTHEN YOUR CORE- Core strength is essential to improve posture and prevent back pain. These simple yet effective exercises will help you feel and look strong. (will send complete link tomorrow)

30 day SQUAT CHALLENGE- The squat has been found to be an essential exercise that needs to be added to any exercise routine. This challenge will take you from 5 to 100 squats in 30 days. (will send soon)

30 day PLANK CHALLENGE – The 30 day plank challenge only has 1 exercise which you have to do each day, and the time spent doing the exercise slowly increases day by day to help you build up your core body muscle strength gradually, ensuring you are able to complete the final day of the challenge easily. The plank strengthens legs, core , and many other muscles making it a complete exercises to improve muscle strength. (will send soon)

FLEXIBILITY CHALLENGE – This program is great to add to any of the other challenges or just to use on its own. Prevent and improve aches and pains but doing these whole body stretches. (will send link tomorrow)

1. 5 day health kickstart

Download the recipes and exercises here. ( I have a pdf download, how should we do this)

|  |
| --- |
| 1. Beginner Running Program from Couch to 5km in 6 weeks.   WEEK 1  Walk fifteen minutes three times a week for one week  DAY 1 WALK 15 MINUTES  DAY 2 WALK 15 MINUTES  DAY 3 WALK 15 MINUTES |
| WEEK 2  Walk fiffteen mins, with a five minute jog at the end of the walk, three times a week  DAY 1 WALK 15MINS JOG 5 MINUTES  DAY 2 WALK 15MINS JOG 5 MINUTES  DAY 3 WALK 15MINS JOG 5 MINUTES |
| ◊ Walk fifteen mins, with a ten minute jog at the end of the walk, three times a week |
| ◊ Walk fifteen minutes, then fifteen minute jog, three times a week |
| ◊ Walk ten minutes, then jog twenty minutes, three times a week |
| ◊ Walk FIve minutes, then jog thirty minutes, three times a week |

After every walk/ run you should complete the flexibility challenge also.

1. FUNCTIONAL TRAINING PROGRAM:

The following are exercises designed to suit levels of fitness, follow the exercises most suited to your level.  
  
If you are a beginner :   
 <https://secure.webexercises.com/desktop/patient/rx.html?DQPHE82AP2NA>  
  
If you are intermediate:  
 <https://secure.webexercises.com/desktop/patient/rx.html?XUOQLMZFE9MR>  
  
If you are advanced:   
 <https://secure.webexercises.com/desktop/patient/rx.html?FJ17UROENYBD>

what is ccw offer ?? and whats in it ?is this data will be static ??

No this will be updated fortnightly

=> I still didn't understand what will be ccw offer

DELETE TAB AND ADD WHAT’S NEW

“WHAT’S NEW” WILL HAVE UPDATED INFO LIKE BLOG STYLE

I HAVE SENT YOU THE INFO ABOVE (KEY FACTS ON WORLD HEALTH DAY)

------------------------------------------------------------------------------------------------

what is in the daily goals ??? DAILY GOALS ARE “EAT MOVE THINK GOALS”

is this data will be static ?? YES

Daily goals are what they enter every day - WHAT YOU HAVE IN EAT MOVE THINK GOALS IN HI HISAM DROP DOWN MENU

AND ALSO IF THEY COMPLETE THE CHALLNEGES OR PROGRAMS EVERYDAY.

For example if I do a challenge I can say they need 30 Points from the daily goals and have joined 4 programs

=> I still didn't understand .. in HI HISHAM dropdown menu there is EAT,MOVE,THINK when you click it you get a form for todays

and these total 30 points . Challenges are seprate thing ?? Do they forms ?? Give me some mockup view

------------------------------------------------------------------------------------------------

what are the challenges and what is in it ?? is this data will be static ??

I will be changing this to Weekly challenge 6 week challenge - 12 week challenge

They will then choose the programs from the eat move think programs

=> Elaborate using mockup

SEE ABOVE

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SO TO CLARIFY

EAT MOVE THINK TABS– WILL BE A BLOG STYLE OF INFORMATION THAT I WILL UPDATE FORNIGHTLY AND SUMMARY WILL BE READ IN HOME PAGE

CCW OFFERS TO CHANGE TO WHAT’S NEW – SUMMARY IN HOME PAGE

DAILY GOALS IF THE EAT MOVE THINK GOALS PAGE – RECORDS DAILY INTAKE OF FOOD, ALCOHOL, EXERCISE ETC

CHALLENGES TAB SHOULD BE PROGRAMS/CHALLENGES – HERE IT WILL HAVE PROGRAMS AND CHALLENGES THAT I SENT YOU BELOW AND WILL COMPLETE TOMORROW