

## Action Plan – Module 3 – Top Tips

### 1. Discuss Top Tips:

- How will this affect advice to staff?
- Eating healthily: Staff food review?
  - Encourage the reduction in the consumption of processed foods and fizzy drinks which are the main contributing factors to weight gain.

### 2. Hydration: Discuss how you can ensure staff have ready access to water.

- What reasonable adjustments do you need to make?
- Consider their role at work, where natural 'restrictions' may deter the need to hydrate: Teaching, Police, Fire, Armed Forces for example.

### 3. Physical Exercise: As a group or individually, do you engage in physical exercise of any kind?

- Talk to your trainer or organiser about including pelvic floor exercises into the mix. It will fit into any activity.