

Title: To get fit

Quote: A bear, however hard he tries, grows tubby without exercise (A A Milne, When we were very young)

Food: chewy fruitcake (from the LDWA Handbook)

Client: me

Started as part of the Inkpot PDC in summer 2016, finished summer 2017 (but actually still on-going)

Vision:

Five minutes' head balance

26 mile walk – Spires and Steeples walk from Lincoln to Sleaford (mid October 2016)

5 km run

Eat more healthily

See base map (July 2016)

Applying ethics:

People care: be aware of the whole body (tend to spend too much time in the brain)

Be a good example to yoga students

In this culture, we are retreating from the physical life, in our own bodies and the environment. Need to re-connect

Earth care: look at how to exercise without needing to buy more things

Get exercise by walking more

Lose weight so have more clothes to wear and don't need new (larger) ones!

Fair shares: Eat less, share more

Set an example of how to take back some control over life

Helps:

What exercise do I currently do?

(I looked at ways of keeping a track of what exercise I take: phenological or biotime diary: Decided this was too complicated and I never would keep it up!)

Husband also likes yoga and long walks. We walk at the same speed (fast!)

Go to a teachers' yoga class, 2 hours/fortnight

Teach yoga classes approx 4 times a week

Walk with a friend approx. every 6 weeks (6-8 miles approx.)

Work at Permaculture Association, based in Kirkstall, twice a week – 1.4 miles from home

Work at HMP Leeds, Armley once a week – 1.8 miles from home

Kirkstall baths 100 yards from work

Hollybush is on the canal

Pure Gym approx. 100 yards from work

Members of the Long Distance Walkers' Association

Used to run a lot (London Marathon in 1993! and ran regularly for about 7 years after that)

Share an allotment

Work better with other people

Have caravan in Lincolnshire (at the Inkpot) – do land-based jobs when we are there

Love spending time with Nigel, who likes to be in the countryside

Prefer to fit exercise into other things I am doing (eg gardening, although I don't really count this as exercise)

Cook food from scratch (we get a Riverford veggie box, Suma deliveries, have a great green-grocers in Headingley)

Like to bake – always have a cake in the tin

Have osteopenia (thinner bones). Take calcium every day. Therefore weight-bearing exercise good, and I have a good reason to do this as I don't want to get osteoporosis

If things go in my diary, or if I tell other people I'm going to do something, it will get done. If not, it will be forgotten

I like to record what I have done (eg walks) – I like statistics

Equipment:

- Yoga stuff
- Running shoes
- Waterproofs
- Walking gear – all seasons
- Sports bra
- GPS

Experience:

- Have done 12 minutes head balance (6 years ago)
- Have run before (marathon in 1993)
- Walked 39 miles (Lyke Wake Walk) 9 years ago

Love walking

Love teaching yoga

Limits:

Time: I currently teach three evenings a week, so don't want to give up another evening

Laziness/inertia

Don't like to go out in the rain

Hard to start again

Like to run with friends, but don't know anyone else currently who is about my pace

Nigel runs much faster than me (long legs!)

Eat badly when by myself

Graze food when by myself (nuts, biscuits, cheese, dried fruit)

Eat biscuits at work

Used to be overweight (10.5 stone) about 10 years ago. After losing weight I said I would never be above 10 stone again – but it's easy for weight to creep up
Don't really like working from home, or doing yoga home practice at home
Don't want to spend ages recovering (ie wet and sweaty)
Love butter, salt, cheese, dried fruit
Have always been body dysmorphic, in that I think my bottom/thighs fat
Always have good home baking around
Money – currently Nigel not working much, so don't want expensive hobby, or something that needs lots of outlay to get started

Patterns:

Did the Lyke Wake Walk (39 miles) after going for regular long walks with a friend
Used to run with a friend until a few years ago – we could both encourage the other
Had a 'slimmer of the month' competition where I used to work – I won 3 months running as I like the element of competition
If something isn't a regular habit, or part of a regular routine, it doesn't get done
Can spend an hour reading the newspaper/doing a crossword/looking up random stuff on the internet
Often eat without actually being hungry or wanting to eat the particular food (eg cheap biscuits at work)
Often think I need to eat something just before going out to teach
Self limiting beliefs (People and Permaculture) – easier to think of myself as someone who doesn't exercise/is fat/doesn't finish things than acknowledge that I'm not that bad
I like to start things more than finish them!

Apply principles:

Observe and interact

- Record what exercise I do
- Record what I eat (unlikely!)
- Note when I eat
- Note when I have spare time/am wasting time

Catch and store energy

- When am I most energetic? Not in the morning
- Go to work twice a week, so if walking I don't use petrol, and feel better when I arrive

Obtain a yield

- The more exercise I do, the better I will feel
- If I lose weight, I will have more clothes to wear

Self regulation and feedback

- Keep a record of what exercise I do
- See if the amount I do increases over time
- Ask myself how I feel after exercise
- Head balance homework – needs to be a daily job, like cleaning teeth

Use and value renewable resources

- Take care of my body – currently near the overweight category
- Don't overdo exercise

No waste

- Don't go in a car when I could walk
- Healthy body produces very little energy waste. Very tiring to be stiff and aching through lack of good movement

Patterns to details

- What has worked in the past?
- Running with Bridget/Jenny
- Yoga exams

Integrate not segregate

- Don't keep exercise separate from life!
- Use the whole body – stretching the arms stretches the spine

Small and slow solutions

- Start with 2 minutes' head balance/day and build up
- Set small targets for walking/running

Use and value diversity

- Vary exercises: yoga, swimming, walking, running

Value the edges

- Hmm – take care of my skin! (think this is rather nebulous)
- Try something not tried before

Respond to change

- Increase scope/range/variety of exercise according to increasing fitness

Stack functions

- Incorporate exercise into daily life, not a special endeavour

Ideas:

Did a SWOT of myself based on the above

Strengths	Weaknesses
Relatively fit Flexible Rise to a challenge Energy Sociable Varied jobs Do things I say I'll do	Procrastination Less will-power when alone Eat less well alone Graze on food
Opportunities	Threats
Find a running mate Good to talk on long walks Good for the brain to go on long walks Spires and Steeples 16.10.2016 Good habits	Weather/season Need to establish a <u>habit</u>

Did a brainstorm of possible ways of exercising, and scored them according to my likes/dislikes (see spreadsheet)

Discovered B J Fogg and his Tiny Habits <http://www.foggmethod.com/> (thanks, Hannah T), and read up about making habits

Integration:

The scoresheet clearly said there were some non-starters in the brainstorm list!

Low hanging fruit from the list:

1. Walk to work at Hollybush
2. Walk to HMP Leeds to teach (only in good weather, as no-where to change/dry)
3. Put LDWA dates in the diary and go on them when possible
4. Go to Kate's yoga class on Mondays when there isn't an afternoon class with Debbie
5. Keep record of doing 4.
6. Put walk dates in the diary (LDWA, with Nigel, with friends)
7. Realise that food is a whole other design!
8. Look for a friend/neighbour I can go running with
9. Make a star chart to record whether I do a head balance every day
10. Book the Spires and Steeples walk (26 miles)

Action:

Just do it!

Items 3, 4, 5, 6, 9, 10 are more about admin, and getting organised
Put the start chart on the dining room table (where it will be seen clearly and regularly!)

Momentum:

Use the start chart
Use my diary
Make plans with Nigel/friends for walking

Appreciation:

Put the Spires and Steeples medal on the mantelpiece at home!
Yoga classes always go better when I have done home practice, rather than when I have just thought of what to teach without trying it all out on myself first

Reflection:

Winter of 2016-17 did a long walk every month.
Did the Hangover Hike on 1 January 2017 (21 fast miles)
Completed three months of head balance star charts, and now don't bother to use them!
Walking to work harder when bad weather, or if I need to get home by a certain time
Haven't found anyone to run with yet – so I don't run much (yet). Still looking
Decided that the food/eating element needed to be separated out of the exercise design, so went around the web again

Ideas (losing weight):

Make a star chart to record if I eat rubbish food
Ask colleagues at work if they want to lose weight
Look at clothes that don't fit
Book a tutorial at the National Gathering in February 2017 to talk about how to turn this into a design

Helps:

Had a tutorial with Klaudia Van Gool – I said I wanted to do a self-care design. Out of that came the:

Vision: (in no particular order)

To finish things:

- a blanket I started knitting last year
- a cardigan started a few years ago
- my permaculture diploma
- my getting fit design
- sort out photos (for ourselves and also for some designs)

I wanted to finish things and celebrate, to feel better about myself, and to lose weight

Principles:

The problem is the solution – Klaudia suggested saying 'Everything is a gift' which is a much more positive way to look at life. A week later I got a birthday card saying 'Eat more cake, you'll be harder to kidnap', which was perfect.

The yield is unlimited – if I finished a few things, it would be a springboard to other things

Small and slow solutions: take one thing from the list, work out why it wasn't being done, and do it

Get feedback: ask friends whether they think I am fat/lazy

Integration:

Tell everyone at work how much I weighed (10st 12) and that I would tell them how much I weighed every week until I was less than 10 stone

Reduce butter on vegetables

Tell friends/colleagues/Nigel that I don't want to be offered fattening food

Try and eat a proper (but small) meal before going out to teach

Don't eat food unless hungry

Drink more (water, barley cup, tea)

Have better nibbles around in case I needed to graze (seaweed, carob, nuts)

Appreciation:

Currently 9st 7oz!

Have lost almost 9 kilos – that's 9 bags of sugar

Gone from a BMI of overweight to healthy

Discovered I had loads of trousers that were now baggy

Colleagues have been great and supportive

Pause:

I now have more energy, so don't really need one

(have also finished the cardigan, nearly finished the blanket, and had an IPA)

Exercise possibilities	Fits with other things I do	social	convenient (not too sweaty)	no driving involved	no cost	with Nigel	Score
swim				✓			1
run to work	✓			✓	✓		3
run at lunchtime	✓			✓	✓		3
do more yoga home practice	✓		✓	✓	✓		3.5
LDWA walks		✓	✓		✓	✓	4
go to more classes		✓	✓	✓			3
join a running club		✓			✓		1
run with friends		✓		✓	✓		3
get a running app				✓			1
join a slimming club		✓	✓				2
lose weight with friends	✓	✓	✓		✓		3.5
walk to work	✓		✓	✓	✓		4
move to a farm in Lincolnshire		✓				✓	1.5
get a job as a gardener							0
get rid of the car					✓		1
join a physical exercise club		✓					1
join a gym							0