

Following the completion of the 9 week programme, there will be on-going support available:

- Online drop in sessions
- Exercise on Referral Scheme
- Other local services available on discussion

## What is expected from you?

### Motivation

Participants will be supported to take ownership of their own plan and goal setting.

### Commitment

Participants will be encouraged to attend all of the 9 sessions. Participants will be advised to exercise as per government guidelines.

### Access to the programme

Participants will need access to the internet and a device on which to watch the videos and join the Zoom sessions.

### Clothing

Comfortable clothing and supportive footwear is advised to wear whilst exercising.

## So what happens now?

If this programme is suitable for you, you will be sent a letter with 2 options of group dates and times. Please contact the BALANCE team to confirm your attendance or if you wish to discuss the programme further.

If you have any questions, please contact the BALANCE team at the University Hospital of Wales:  
02921 844294

# BALANCE



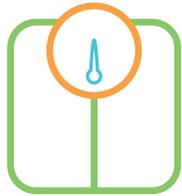
## Balancing And Learning About Nutrition, Change & Exercise

## A 9 week interactive online programme to manage your diet, activity and lifestyle



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Is my lifestyle affecting my health?



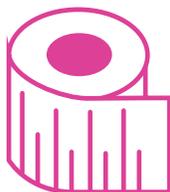
Maintaining a healthy lifestyle and exercising regularly is important pre and post kidney donation and transplantation, and when you have chronic kidney disease.

Incorporating some positive changes to your diet and lifestyle and maintaining a healthy weight has many advantages to your wellbeing.

### Healthy eating and exercise can:

- Lower blood pressure
- Lower cholesterol
- Help blood sugar control
- Improve breathlessness
- Improve back and joint pain
- Improve strength and mobility
- Improve mood and confidence
- Reduce stress
- Lower short and long term risks of having surgery
- Help keep to a healthier weight

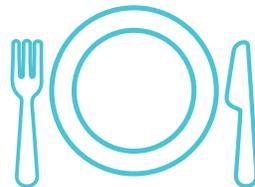
The purpose of BALANCE is to provide a programme involving both healthy eating education & exercise to improve your health and weight before or after surgery or when making choices on renal replacement therapy.



## What to expect from the Programme?

The online BALANCE programme is run by a specialist dietitian and physiotherapist with input from renal psychology. Over the 9 weeks you will receive an educational video and a zoom Q&A discussion session, weekly.

### Part 1: Food

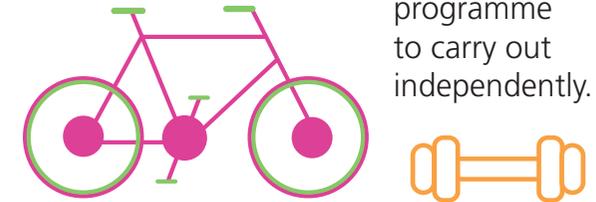


Each week you will be emailed a YouTube video on the following topics:

- Individual calorie requirements and energy prescriptions
- Eatwell guide, food groups and meal planning
- Increasing physical activity
- Portion control
- Understanding food labels
- Eating out & takeaways
- How to set achievable goals
- Managing lapses & cravings
- Importance of self monitoring

## Part 2: Exercise

The week 3 video concentrates on increasing physical activity. The physiotherapist will call you individually to discuss your current activity levels, and help to devise an exercise programme to carry out independently.



- Individual assessment
- Advice on gradual warm up and cool down
- Signposting to online activity apps, websites and programmes
- Support to exercise at a level comfortable for you

## Part 3: Learning More about Yourself

The psychologist will help you to think about

- your own patterns and behaviours with regard to lifestyle choices
- recognise areas of your lifestyle you would like to change
- offer strategies to help you make and maintain change