

Healthy Eating & Exercise

Our most popular resources



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There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or visit the library with work ID to see them in person. We are based in the old building to the right of main reception, our address is:

**Library and Health Promotion Resources,
Lynfield Mount Hospital,
Heights Lane,
Bradford,
West Yorkshire,
BD9 6DP**



Replica Food Kits

A wide selection of realistic replica food and drink items. All kits include the newly updated Giant Eatwell Plate mat. Food items vary between kits

African/ Caribbean Replica Food Kit B04842

Asian/British Replica Food Kits B04839, B04841, B19549, B38256, B19547, B49485, B60595

World Foods Kit B60132 (contains a selection of British, Asian and African-Caribbean items)



Fat Chance - a closer look at fast food

B49304

A set of ten replica fast foods including chicken nuggets, hot dog and fried rice. Also includes information cards.



Think Drinks - fizzy drinks and juices toolkit

B60879

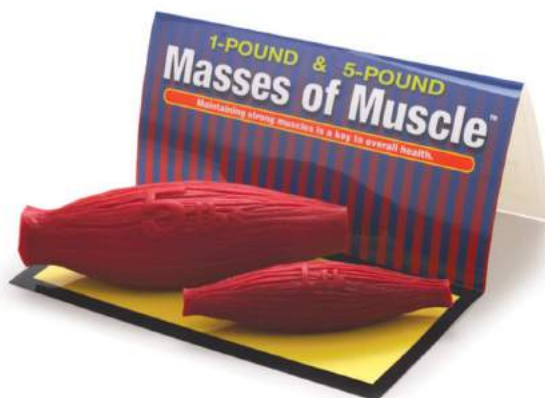
Drinks containers and associated pots showing the sugar content of each drink. Also includes teaching notes, activity ideas and acidity exercise.



Globs of Fat

B29985, B38375, B49221

A 5lb and 1lb block of body fat made from a synthetic fat like material. Also includes title stand and comes in a carrying case.



Masses of Muscle

B38377, B60121, B60124

A 5lb and 1lb model of muscle made from a synthetic muscle like material. Also includes title stand and comes in a carrying case.



Roll of Fat - 5lb

B49480

A 5lb and 1lb roll of body fat made from a synthetic fat like material. It can be wrapped across your middle for the 'spare tyre' effect. 5lb roll is 73 cm long. We also have a kit available with only the 5lb roll (B49480)



Fat Vest

B61370

The vest allows you to "gain" up to 20 pounds (9 kg), the extra weight makes movement and daily activities much harder. Featuring images of organs affected by obesity. Weighted inserts included.



A day's worth of Fat

B29025, B38257, B39977

A heart-shaped glass jar showing the daily amount of saturated fat in a high fat diet. Globules of fat float around in the simulated blood medium. Shake the jar for best effect!.



Occluded Artery

B49533

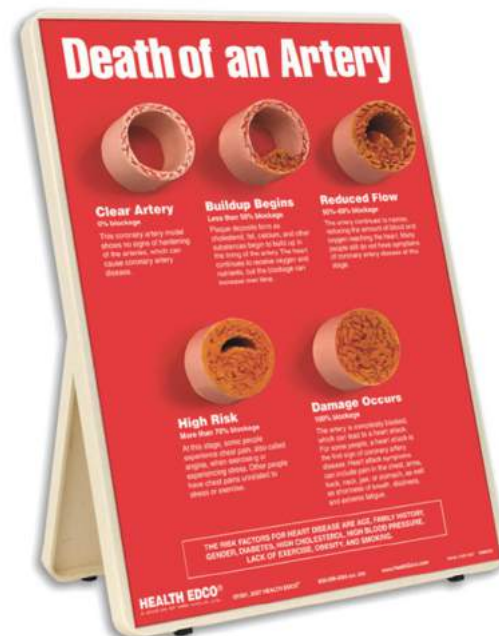
This display compares the flow of blood cells through a healthy artery and a fat-clogged (occluded) artery. 18cm x 30 cm x 8cm.



Artery Model (progressive set)

B60038

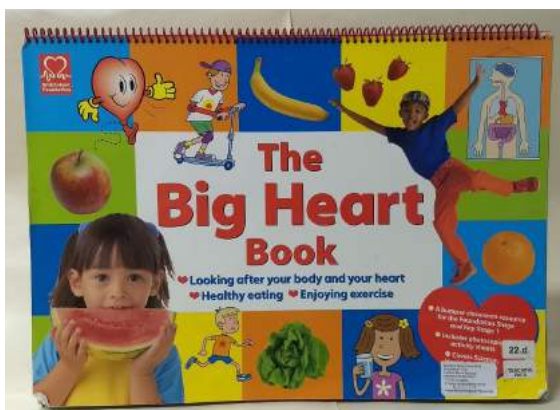
A small 4-stage cross-section of an artery demonstrating cholesterol and plaque build up (arteriosclerosis). Normal artery, fatty streak, fibrous plaque, and blockage. All stages rotate on hinge pin.



Death of an Artery Display

B60041

This tabletop display shows plaque buildup in five artery sections. 23 cm x 30 cm.



The Big Heart Book

B32429

An A3 classroom book about healthy eating and looking after your body. For KS1 and Foundation. Also includes pages for classroom discussion, teachers' notes and photocopiable worksheets.



Healthy Hearts Kit

B44244

A kit to help raise awareness and knowledge of heart disease and how to prevent it. The training can be delivered as a two day course or in modules.



Heart and Lungs Board Game

B61630

A game for 2-6 players, ages 5+, to teach people about how to look after their heart and lungs.



Chompy's Happy Healthy Mealtimes

B38371, B60631

A pack containing bright and colourful cards with easy and healthy recipes.



The Basics of Cholesterol

B61605

A 3-fold table top display explaining LDL, HDL, cholesterol testing, blood cholesterol levels and advice on improving our cholesterol.



Human Heart

B29024

A detailed human heart which opens up to reveal the internal structure. This heart model is slightly larger than a real human heart.



Giant Muscle Cell

B61305

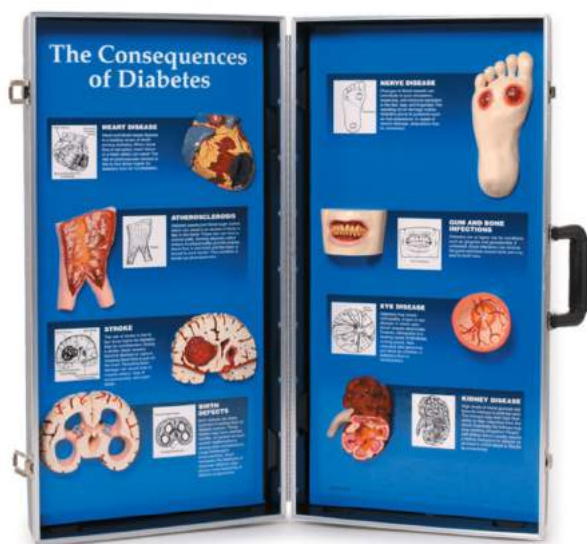
Tactile, filled fabric model representing a myocyte (muscle cell). Magnified 100,000 times!



Diabetes disease-related vascular effects

B61307

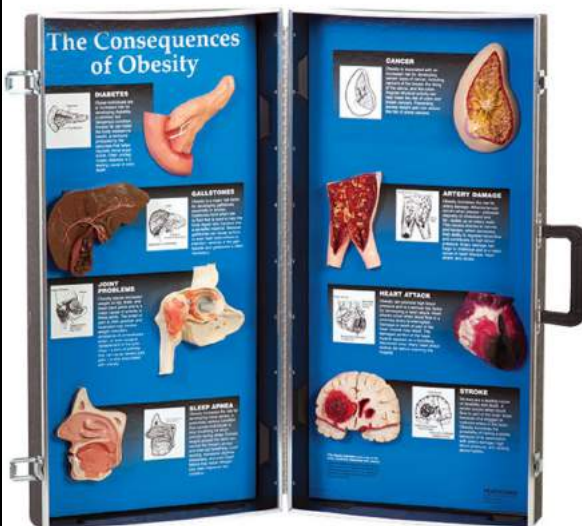
A small, 4-stage cross-section showing the damage diabetes can do to the kidneys, arteries, nerves and eyes. All stages rotate on hinge pin.



Consequences of Diabetes

B49473

A 3D display showing eight consequences of diabetes including heart disease, stroke, nerve damage and eye problems. Display is contained within its own sturdy carrying case, 71 cm x 69 cm when opened.



Consequences of Obesity

B49475

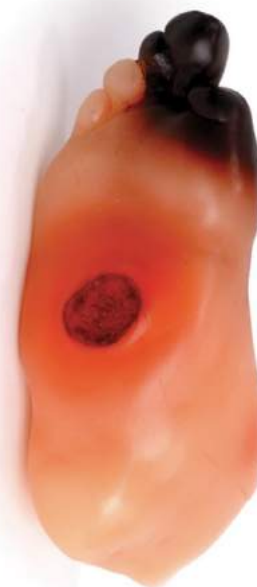
A 3D display showing eight consequences of obesity, including sleep apnoea and type 2 diabetes. Display is contained within its own carrying case, 71 cm x 69 cm when opened.



Diabetic Foot

B48450

Life-size and realistic, this diabetic foot model is made of synthetic tissue and contains three ulcers in various stages of development along with other features commonly associated with diabetes.



Severe Diabetic Foot

B48448

A more severe version of the diabetic foot. Shows the possible consequences of nerve damage (loss of feeling) in the extremities from diabetes. Shows Charcot foot deformity, severe ulceration and necrosis.



Healthy Portion Plate

B61141, B61142

The plate is divided into segments to illustrate portion sizes. Helps to make changes to a healthier diet and lose weight.



Portion Patrol Activity Set

B62179

Use this lineup of 12 food models to help your group learn to pick out appropriate portion sizes and cut extra calories. Comes with a comprehensive activity guide. Foods included are peanuts, orange juice, spaghetti and beef.



Food Choices: Take Your Pick

B61805

The flip chart's divided pages allow side-by-side comparison of 40 entrees and side dishes and users count out cubes representing each food's calories, fat, and carbs.



Snack Swaps

B62776

A set of popular snacks and activities to encourage people to think about their snack choices.



Fruit & vegetable costumes - Child

B61026

A selection of costumes that can be used to demonstrate the benefits of eating more fruit and vegetables in a fun way.



Fruit & vegetable costumes - Adult

B 61027

A selection of costumes that can be used to demonstrate the benefits of eating more fruit and vegetables in a fun way.



Stomach Size Wise

B61143

These life-size stomach models show an infant stomach aged 2-6, capacity 500 ml ; also an adult stomach 1500 ml capacity to emphasise giving smaller meals and more frequent healthy snacks throughout the day for children.



Healthy Lunch Box

B28799, B28800, B29058

This pack contains 22 laminated pictures of food items that can be put into a healthy lunchbox. Included is an activity worksheet with suggestions for a healthy lunchbox and some A2 posters.



Vat of Fat

B61477, B61658

This jar contains 1lb simulated gloopy fat - the amount of weight you could gain in a week if you take in an extra 500 calories a day that your body does not burn.



Weigh your options - snacks

B61358

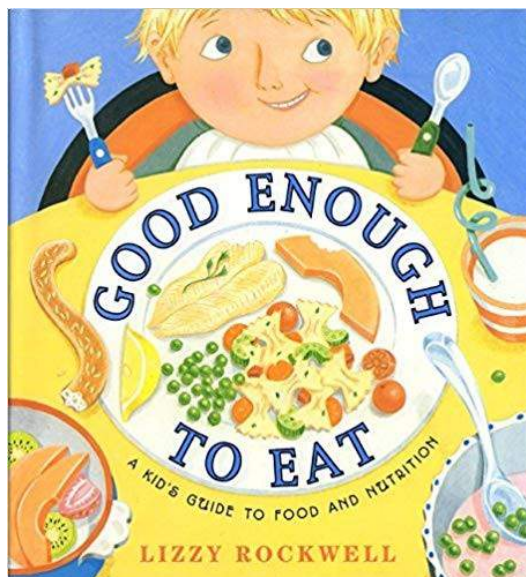
Five weighted bags showing the amount of weight gained in a month by the additional daily consumption of these popular snacks. Snacks include fries, crisps, biscuits, smarties and a chocolate bar. Includes info card.



Good Food Sorted: Save Time, Cook Smart, Eat Well

B61734

A down-to-earth cookbook full of quick, cheap and nutritious meals which can be enjoyed by the whole family.

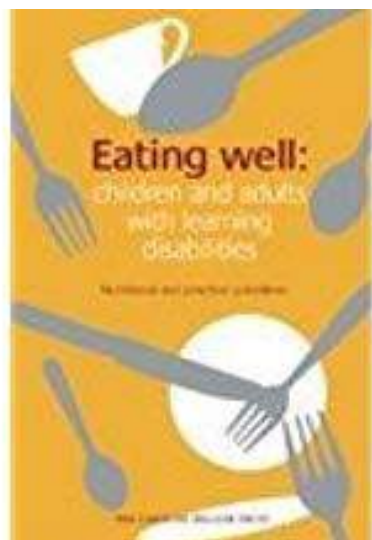


Good Enough to Eat

B61434

A Kid's Guide to Food and Nutrition by Lizzy Rockwell

A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies.



Eating Well: Children and adults with learning disabilities

B44301

Training manual by Dr Helen Crawley. Published by Caroline Walker Trust



Oliver's Fruit Salad & Oliver's Vegetables

B27324, B32444 (Fruit) B27323, B32443 (Veg)

Story sacks containing picture books, puppets and props from the story. Aimed at young children.



Fad Diets

B48522, B49887, B49888

This A2 poster outlines the true and often dangerous effects of quick-fix weight loss programs. Diets covered include high protein diets, single food diets, fasting and very low calorie diets.

EXERCISE & CALORIE GUIDE									
ACTIVITY	CALORIES BURNED IN 30 MINUTES								
	100 LBS.	120 LBS.	140 LBS.	160 LBS.	180 LBS.	200 LBS.	220 LBS.	240 LBS.	
AEROBICS	115	147	173	195	220	246	271	294	
AEROBICS (LOW-IMPACT)	169	203	237	258	290	327	365	400	
AEROBICS (HIGH-IMPACT)	101	122	142	162	182	203	223	243	
BICYCLING (MODERATE - 15 MPH)	180	216	252	288	324	360	396	432	
GOLF (CARRYING CLUBS)	124	149	173	198	223	248	272	297	
KARATE / KICK BOXING	245	293	342	390	440	490	539	582	
JUDO / TAE KWON DO	238	279	326	382	419	465	512	570	
RACQUETBALL	181	190	223	255	289	326	364	400	
ROWING (MODERATE - 15 MPH)	180	216	252	288	324	360	396	432	
RUNNING (1.5 MPH, 10.5 MIN)	225	270	315	360	405	450	495	540	
RUNNING (2.0 MPH, 8.0 MIN)	285	342	395	450	503	559	614	668	
STATIONARY CYCLING (MODERATE)	158	189	221	252	284	315	347	378	
STATIONARY CYCLING (HIGH-IMPACT)	238	284	331	378	425	473	520	567	
SWIMMING (CREEPER - 25 YARDS)	180	213	247	283	318	354	387	417	
SWIMMING (SPRINT - 25 YARDS)	218	263	305	349	393	446	488	528	
TENNIS	180	216	252	288	324	360	396	432	
TENNIS (SINGLES)	135	162	189	216	243	270	297	324	
WALKING (4.0 MPH)	61	74	89	101	114	127	140	153	
WALKING (3.0 MPH)	91	108	129	143	160	180	196	213	
WALKING (2.0 MPH)	118	140	161	186	210	235	257	278	
WEIGHT TRAINING (MODERATE)	180	216	252	288	324	360	396	432	
WEIGHT TRAINING (LIGHT)	125	150	175	201	225	250	276	300	
YOGA	86	105	121	139	156	174	192	209	

Exercise & Calorie Guide Chart

B48523

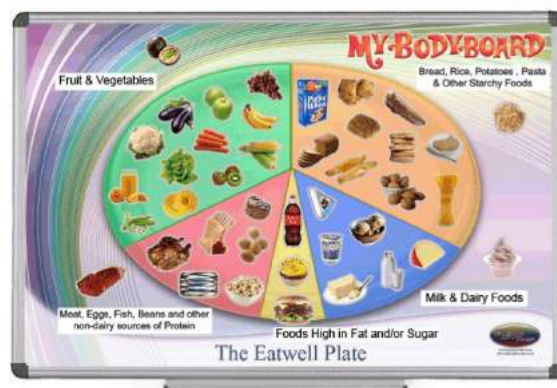
A2 poster showing the amount of calories burned in 30 minutes for a range of activities at a range of body weights.



Portion Size - Chart

B48520

An A2 poster giving tips about food swaps and portion size guidance.



Eatwell Plate Magnetic Pack

B60035

This magnetic food pack, used with the Eatwell Board (B60027) allows users to produce their own 'Eatwell Plate'.



Benefits of Physical Activity

B49925

This display has four rotating panels, mounted front-and-back, with striking anatomical models which paint contrasting pictures of a body bolstered by exercise and one wasted by a sedentary lifestyle.



Consequences of an Inactive Lifestyle

B49012

A 3D display showing eight consequences of inactivity, including high blood pressure and stroke. Display is 71 cm x 69 cm when opened.



Hula Hoops

B60885

Set of 4 colourful hula hoops for use in games. All hula hoops are the same size.



Play Parachutes

B28742, B28743, B28744, B28745

A multi-coloured parachute 1.8m diameter with eight handles. Good for team building and exercises. Can be used in several games.



Fitness Dice

B29010, B61138, B61139, B61155

Two giant fabric-covered dice, one showing numbers and one showing different exercises.



Target Mat

B61158

Large plastic target mat and eight bean bags. Score the most points by throwing the beanbag into the target centre. Mat size 145 x 145 cm



The 5 + 1 Game

B27998, B32441

A game about healthy eating and exercise. 5 Fruit/Veg soft balls and 7 playing cards.



Lawn Darts

B61356

Lob the darts underhand 'boccia style' and try to get them inside the target hoops. Can be used outdoors or indoors. Harder than it looks!!



Giant Fruit and Vegetable Bingo

B44285, B44286

Large bingo game to teach people about healthy foods and portion size.



Activity Bingo

B62187

Traditional bingo with a twist: The whole group completes the physical activity listed on each calling card. Physical activities include stretches, windmills, and jumping jacks. Includes 30 laminated bingo cards and 35 activity-calling cards.



Fruit and Vegetable Shy

B38409 (shy), B38335 B38425 (beanies/ bags)

Healthy eating game aimed at young children. Kit contains fruit & veg beanies and bags. Knock the beanies off the shy with the bean bags.



Grub! You can't live without it

B19425, B28895, B43577

A board game about healthy eating and the Eatwell Plate. Answer correctly to gain segments of the plate. Difficulty level adaptable. 2-4 players and ages 5+



Healthy Eating Board Game

B61631

A game for 2-6 players, ages 5+, to raise awareness about the healthy eating and maintaining a good health.



Healthy Living Board Game

B61629

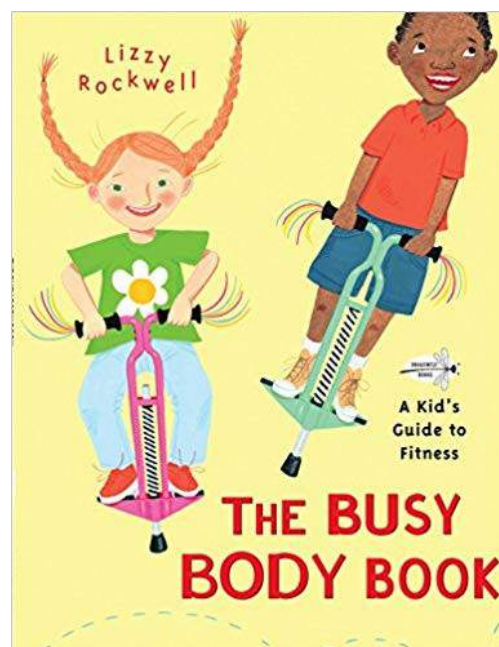
A game for 2-6 players, ages 5+, to raise awareness about the benefits of a healthy lifestyle including diet and weight.



Food, Mood and Health Game

B61627

Explore the impact of food on our physical and emotional health with this educational board game for children and young people



The Busy Body Book

B61331

A Kid's Guide to Fitness by Lizzy Rockwell. Explains how your bones, muscles, heart, lungs, nerves and brain all work together to keep you on the go.



Wooden Fruit and Vegetable Jigsaws

B49367 (fruit) B49368 (veg)

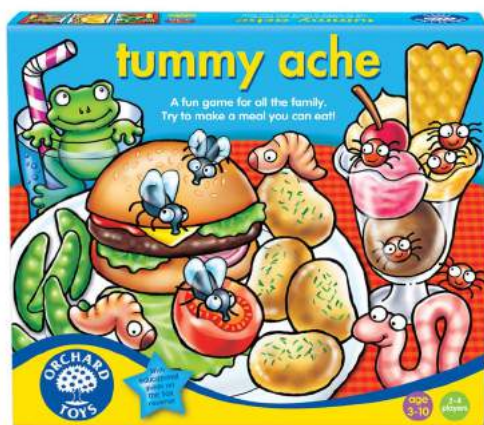
Large colourful 24 piece wooden jigsaws of either fruit or vegetables. Puzzle size 60cm X 40cm.



Shopping List Game

B48808, B60628

Game for 3-7 year olds to try and fill their shopping trolley with the items from the healthy shopping lists. 2-4 players. Expansion packs available.



Tummy Ache

B61033

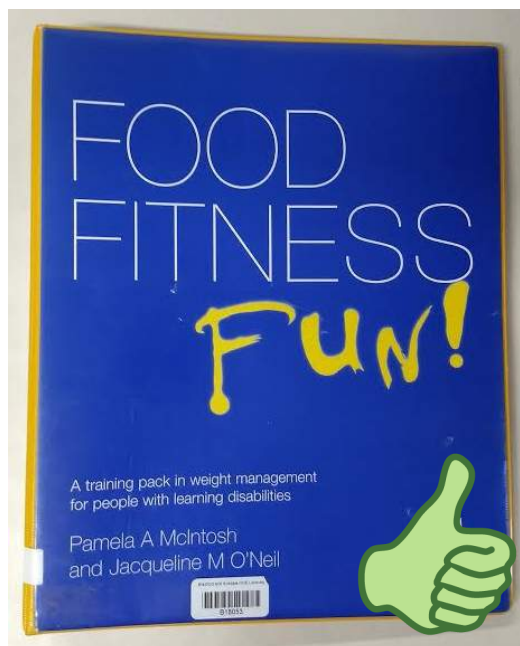
A board game for 3-7 year olds. To encourage children to make healthy meal choices.



Greedy Gorilla

B60632

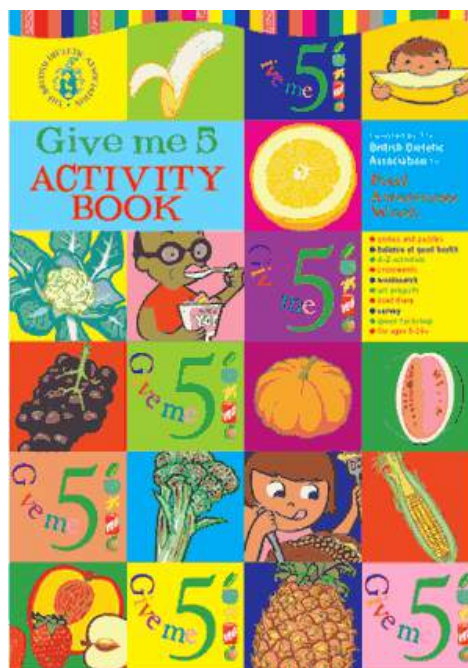
An educational game to help children learn the difference between healthy food and junk food in a fun way. Includes 3D burping gorilla. For 2-4 players.



Food Fitness Fun!

B18053

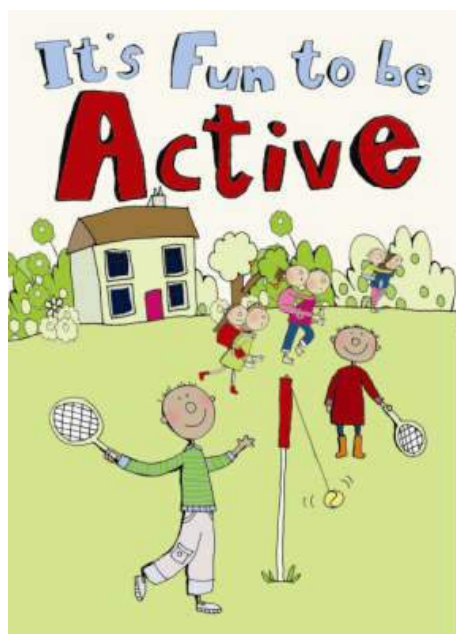
A teaching pack about healthy eating and exercise for carers and professionals supporting people with learning disabilities. Provides assessment tools for baseline measurement of progress.



Give me 5 Activity Book

B28755, B29049, B29980

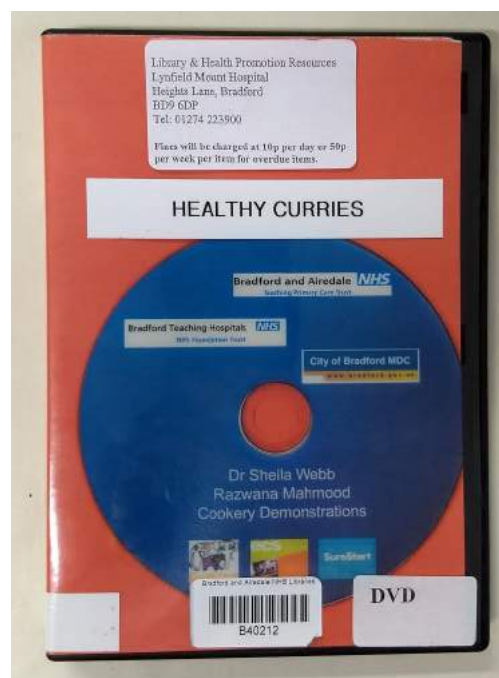
A spiral-bound book by British Dietetic Association containing photocopiable worksheets and activity ideas. Suitable for children.



It's Fun to be Active!

B60113, B60124

A picture book about being active. Available in A5 and giant A3 size.



Healthy Curries

B40212

DVD showing 7 healthier recipes and two short clips explaining heart disease risk for the South Asian community due to changing lifestyles.

Running Time: Selection of clips less than 5 mins