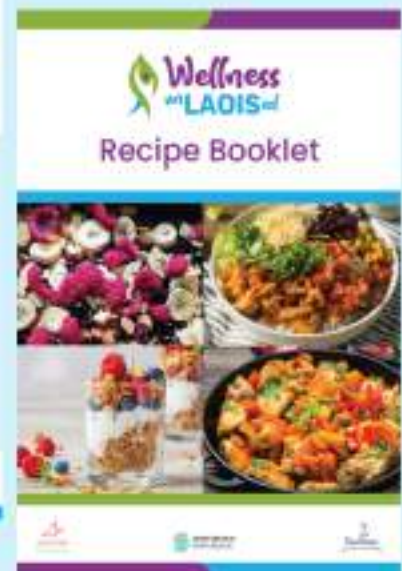




Progress Report



Acknowledgements

Laois Sports Partnership and the **True Fitness (now EduFIT)** team expresses sincere thanks and gratitude to **Sport Ireland** for the opportunity to deliver and for funding the **Wellness unLAOISed** programme for adults from economic, social and/or educational disadvantage in Co. Laois.

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Executive Summary

The *Wellness unLAOISed* Innovation Project was a partnership between **Laois Sports Partnership** and **True Fitness (now EduFIT)**. The overall aim of the *Wellness unLAOISed* project was to increase exercise participation rates in adults from economic, social and/or educational disadvantage in Laois. Additionally, the programme aimed to increase exercise, nutrition and health literacy and skills in our target group in order to increase the adoption and maintenance of exercise and other health enhancing behaviours in the long-term while being innovative in our approach.

Our *Wellness unLAOISed* Innovation Project took place over a 12-month period from September 2021 to September 2022. The activities conducted as part of this project were:

September – December 2021 (month 1-4): Stakeholder engagement. Customer discovery. Participant profiling. Development of our logic model. Planning and preparation of the course content, participant resources and technical innovative solutions to support this project. Research into potential technology partners. Preparation and submission of tender for technology partner.

December 2021 – March 2022 (month 4-7): Customer discovery. Focus groups with target groups. Participant profiling. Participant recruitment.

April 2022 (month 8): Pre programme in-person testing to assess baseline levels of strength, cardiovascular fitness, balance, flexibility, physical activity levels, perceived wellbeing, and quality of life.

May-June 2022 (month 9-10): Implement the 12-week *Wellness unLAOISed* online exercise, nutrition, and health education intervention. This consisted of two live 60-minute online multimodal exercise classes per week (from a choice of 6 different times), one twenty-minute online exercise education workshop per week, one hour nutrition or health education per week, weekly monitoring and support *via* email, phone, app/innovative technology solution and in person focus groups. Participants also received take home resources such as home-based exercise videos and circuits, weekly and monthly challenges and health homework via app, summary of workshops via the app.

July 2022 (month 11): Post programme participant testing and creation of individual feedback reports. Post programmes feedback session with participants.

August 2022 (month 12): Programme evaluation.

The key findings were that 12-weeks of multimodal exercise sessions, and nutrition and health education workshops that were co-created with our target group improved their aerobic fitness, lower body muscle strength and endurance, upper body muscle strength and endurance, balance, and habitual physical activity levels. These improvements result in numerous benefits to their physical health and mental health. The programme also improved indicators of participants' wellbeing. Additionally, the co-creation of the final

person-centred **Wellness unLAOISed** app with our participants worked very well. The end result is an exercise, health and nutrition education programme and app that is relevant, appropriate, practical, of interest to, person centred and completely specific to adults from economic, social and/or educational disadvantage. The app and programme could easily be scaled up for greater reach in this target group or modified slightly to achieve similar benefits in other adult target groups.

This was an extensive and challenging but very rewarding project. Many key learnings were experienced over the 12-month period in different areas relating to project preparation time, project partners, stakeholder engagement, customer discovery, participant recruitment, procurement and legal considerations, project management, the importance of time of year, the exercise classes, the nutrition workshops, the health education session, and the app (detailed in section 4.2). All of these learnings are important to take forward into future projects of this scale and may be useful to other groups working with similar projects in the future.

The support and training we received from Karl Thomas, Sport Ireland and everyone involved in delivering workshops for the Innovation Projects was invaluable to us. We learned so much about innovation, different ways of thinking, spending a lot of time in the problem space before moving to the solution stage, investing time in stakeholder meetings and customer discovery and useful tools to use in this and future projects. We found this support and training to be very valuable and essential for a project of this nature and scale.

The final **Wellness unLAOISed** programme and app have many potential applications moving forward. We intend to apply for round two Innovation Funding to scale up the **Wellness unLAOISed** programme in two neighbouring counties to explore the reality and feasibility of scaling up the programme for greater reach in this target group and/or modified slightly to achieve similar benefits in other adult target groups.

Laois Sports Partnership and the True Fitness (now **EduFIT**) team would like to express our sincere thanks to Sport Ireland for giving us the opportunity to conduct the **Wellness unLAOISed** Innovation Project. We really appreciate the substantial investment that has been made in us and the programme and app.

Chapter 1: Introduction

1.1. Introduction

Wellness unLAOISed is a 12-week online exercise, nutrition, and health education programme for adults from economic, social and/or educational disadvantage in Laois. The final programme content was co-created with end users and delivered in an innovative way *via* a new custom-built person-centred app.

The overall aim of the *Wellness unLAOISed* programme was to increase exercise participation rates in adults from economic, social and/or educational disadvantage in Laois. Additionally, the programme aimed to increase exercise, nutrition and health literacy and skills in our target group in order to increase the adoption and maintenance of exercise and other health enhancing behaviours in the long-term while being innovative in our approach.

We know from the existing literature that exercise participation rates are low in our target group. We also know that there are high levels of overweight, obesity and related clinical conditions including e.g., high blood pressure, cardiovascular diseases, and type 2 diabetes. Anxiety, depression, and mental ill health are also prevalent. Numerous social, environmental, financial, and personal barriers exist to exercise participation and so it is important to make it as easy as possible for people to access and engage in available exercise and health programmes. Programmes for this target group must be appropriate, relevant, and specific. Literacy skills and confidence to learn may be low so this must be factored into the classes, workshops, and take-home resources. The use of smartphone technology is reported to be high in this target group, so there is an opportunity to capitalise on this with regard to exercise and health programmes. There is a significant body of evidence in the literature to support the crucial role of education in the adoption and maintenance of health behaviours in the long term. All of this was considered in the design of the initial *Wellness unLAOISed* programme.

The initial content proposed for the 12-week *Wellness unLAOISed* programme was based on previous work conducted during a 15-year partnership between Laois Sports Partnership and the True Fitness (now **EduFIT**) team. During this time, we designed, delivered, and evaluated over 80 exercise and health community-based and online exercise and lifestyle interventions for various adult target groups in Laois and Ireland, including people who experience economic, social and/or educational disadvantage. Some of these programmes were run as scientific research studies to capture quantitative and qualitative impact. All of our published research articles that support the design of *Wellness unLAOISed* are included in **Appendix I**. The learnings of this 15-year partnership formed the foundation of the programme structure, content, and resources. However, the key goal was to work intensively with participants enrolled on *Wellness unLAOISed* over the 12-week period to test the content and content delivery and gain feedback, insights and recommendations through individual questionnaires and small group in person focus groups. In doing this we tweaked, developed, and adopted content that was important, practical, appropriate and relevant to

this specific target group. The end result was the development of a co-created person-centred programme that was custom built for our target group.

Importantly, the innovation fund provided us with the additional opportunity to be innovative in the delivery of the programme. Our previous experience had already identified a list of administrative processes we needed to automate for efficiency of programme delivery with large numbers of enrolled participants. But after that we were entering very new technology territory. Prior to *Wellness unLAOISed* we had no experience in designing custom apps. Our intention was to start with a basic version or minimal viable product (MVP) and then to co-create the final product with participants over the 12-week programme period. During that time, we worked intensively with participants to choose appropriate features, functions, look and feel, structure etc. Apps are capable of many functions and features, but we learned very quickly that it is best to include only those that are absolutely necessary and relevant. Ultimately, we worked with participants to develop an app that is very easy to use with minimal clicks and unnecessary complications, features and functions. Importantly, the final app from this pilot innovation project is one that can be used by adults of all ages, abilities, and varying levels of technical and literacy ability.

Finally, we also worked closely with Laois and Offaly Education and Training Board (LOETB) to map out the possibility of having the *Wellness unLAOISed* programme accredited. The reason for this is that participants on any potential future programmes could have the opportunity to opt in or out of accreditation as they undertake the course. For those who opt in, it may augment their sense of achievement, officially recognise their learnings, and provide a springboard for further adult education in this space. This of course would significantly contribute to long term maintenance of health behaviours and may provide other additional opportunities for individuals in our target group.

Figure 1 below depicts an overview of our 12-month project timeline from September 2021 to September 2022.

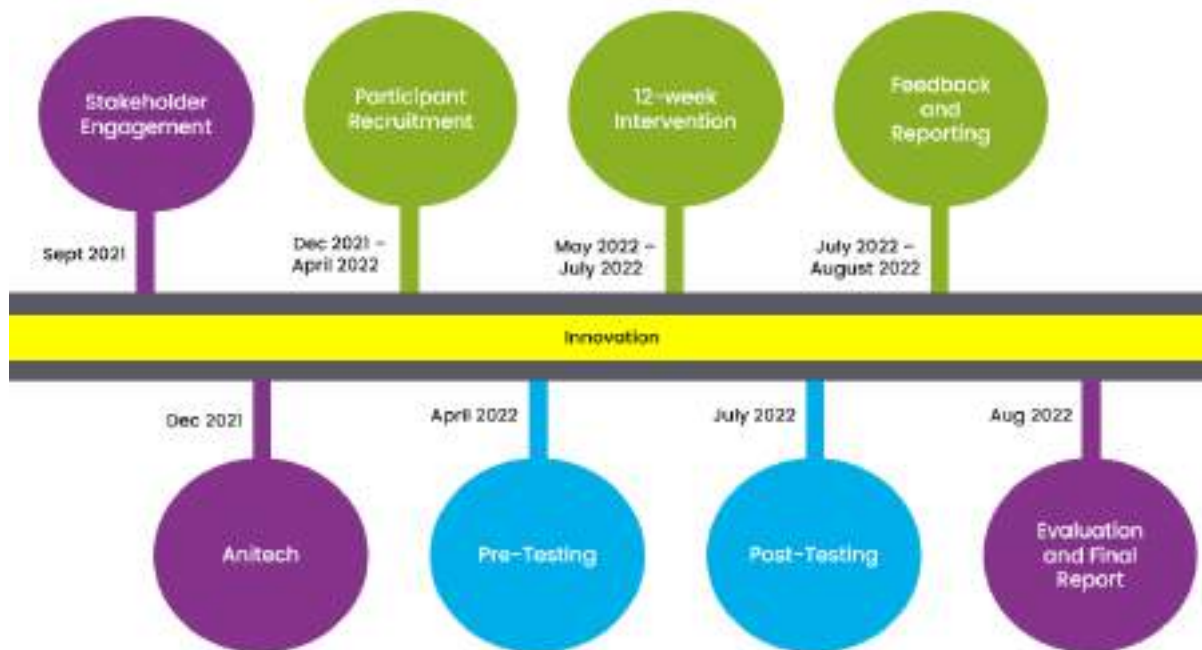


Figure 1. Overview of the 12-month project timeline.

A brief overview of the activities carried out in each stage can be found below. A more detailed description of these can be found in Chapter 2.

September-December 2021 (month 1-4): Stakeholder engagement. Customer discovery. Participant profiling. Development of our logic model. Planning and preparation of the course content, participant resources and technical innovative solutions to support this project. Research into potential technology partners. Preparation and submission of tender for technology partner.

December 2021-March 2022 (month 4-7): Customer discovery. Focus groups with target groups. Participant profiling. Participant recruitment.

April 2022 (month 8): Pre programme in-person testing to assess baseline levels of strength, cardiovascular fitness, balance, flexibility, physical activity levels, perceived wellbeing, and quality of life.

May-June 2022 (month 9-10): Implement the 12-week *Wellness unLAOISed* online exercise, nutrition, and health education intervention. This consisted of two live 60-minute online multimodal exercise classes per week (from a choice of 6 different times), one twenty-minute online exercise education workshop per week, one hour nutrition or health education per week, weekly monitoring and support *via* email, phone, app/innovative technology solution and in person focus groups. Participants also received take home resources such as home-based exercise videos and circuits, weekly and monthly challenges and health homework via app, summary of workshops via the app.

July 2022 (month 11): Post programme participant testing and creation of individual feedback reports. Post programmes feedback session with participants.

August 2022 (month 12): Programme evaluation.

1.2. Aims

The overall aims of *Wellness unLAOISed* were to increase exercise participation rates in adults from economic, social and/or educational disadvantage in Laois, increase exercise, nutrition, and health literacy, teach participants the skills and knowledge they need to adopt and maintain these health behaviours in the long term and to be innovative in the approach.

1.3. Objectives

1. Instruct six online live multimodal exercise sessions per week for 12 weeks incorporating aerobic, resistance, balance, and flexibility training.
2. Deliver one live online exercise education session per week for 12 weeks.
3. Deliver one online nutrition and health education session or cooking demonstration per week for 12 weeks.
4. Assess changes in participants' cardiovascular fitness post programme via the 6-minute walk test.
5. Determine changes in participants lower body muscular strength and endurance post programme via the 60-second sit-to-stand test.
6. Quantify changes in participants' upper body strength and endurance post programme via the 60-second press up test.
7. Assess changes in participants' balance post programme via the 30-second bilateral balance test.
8. Examine differences in the World Health Organisation Five Wellbeing (WHO-5) Index following participation in the 12-week programme as an indicator of changes in wellbeing.
9. Quantify changes in physical activity participation post programme via the M1 questionnaire.
10. Co-create the *Wellness unLAOISed* programme content with participants over the 12-week period.
11. Custom design a person-centred app to support the innovative delivery of the *Wellness unLAOISed* programme.

Chapter 2: Wellness unLAOISed

2.1. Pre-programme phase

2.1.1. Stakeholder Engagement

We engaged with a number of stakeholders in the planning and preparation phase of **Wellness unLAOISed**. An overview of these stakeholders can be seen in **Figure 2**. They were very supportive of the project and offered their support with participant recruitment, which was invaluable to us, and their support for the duration of the project and beyond. An overview of the stakeholders we engaged with and their feedback and role in **Wellness unLAOISed** is outlined in brief below.



Figure 2. Stakeholder Engagement for **Wellness unLAOISed**.

We met or talked with home school liaison officers in all deis schools in Laois about the content and purpose of the programme. This included St Fintan’s NS, Scoil Bhríde NS (girls’ school), Scoil Bhríde NS, St Joseph’s Girls NS, Mountmellick Boys NS, Portlaoise College, and Mountmellick Community School. We received very positive feedback for the project and how it fits the needs and wants of our target group. The liaison offers were very helpful to us in the recruitment phase of the project. We incorporated all advice given to us into the programme.

We consulted with senior Occupational Therapists employed by the HSE in Laois who specialise in mental health services. They were very supportive of the project and also helped us with recruitment.

The project was communicated with Laois Men’s Shed. Their volunteers were very supportive of the project and helped us with recruitment.

A phone meeting took place with Money Advice and Budgeting Services Laois (MABS). They gave us very useful insights into the specific difficulties experienced by many individuals in

our target group. We spoke with them about different elements of **Wellness unLAOISed** such as our budget friendly healthy eating recipes and cooking demonstrations and our home-based exercise workshops and incorporated their advice. MABS also helped us with recruitment.

Mountmellick is an area of economic, social and/or educational disadvantage in Laois. We spoke with a number of support workers in Mountmellick in detail about the individuals we hoped to recruit. We talked about their pains and frustrations regarding exercise, health, and lifestyle. We also discussed their barriers and motivators, needs, and wants, the recruitment process, technology skills, health literacy, exercise literacy, and their opportunities, access, and interest in this space. All of this was considered in the design of the programme and app. The support workers also helped us with recruitment.

We spoke with a number of Community Development Officers with Laois Partnership and had detailed conversations about the topics included in the above paragraph. These insights were incorporated into the programme, and they also assisted with participant recruitment.

Participants attending Rathdowney Community Centre and Woodlands for Health group in Derryounce attended our focus groups. The majority of these participants are from disadvantaged communities in Laois. We held focus groups so that we could understand and develop a detailed participant / user persona. They gave us lots of invaluable insights into preferences for programme content, programme delivery, recruitment, technology use and understanding.

A Development Officer for Mental Health Ireland was consulted with. This individual brings a lot of experience in this area. We asked for her insights and thoughts on the programme, app, our approach, our target group.

We consulted with a fitness instructor and fitness centre manager in Laois who has been working in this industry for over 20 years. We spoke about the training that would be required if fitness instructors and personal trainers were to be involved in delivering these types of programmes in disadvantaged communities. This would potentially increase availability and access to in-person or hybrid programmes in the future for wider reach in these communities.

We collaborated with Laois Offaly Education and Training Board (LOETB) extensively throughout the 12-month project. A large percentage of people who engage with LOETB are our target population. LOETB are very supportive of this project and would like to see it rolled out in their community. They gave us many insights regarding participant recruitment and programme delivery. They helped us significantly with participant recruitment. They expressed that they would like to see the **Wellness unLAOISed** programme being made available to their participants. They would also like to see it accredited so that it can contribute to participants' lifelong learning journey, technology literacy and health literacy, and potentially act as a springboard into further education in this area. They see this as a

major advantage for their participants. LOETB are very keen to work with this project moving forward because of the difference it can make in their participants' lives.

We spoke with representatives from other schools in Laois who are not situated in 'disadvantaged areas' but have expressed that they have students living (in secret) in disadvantaged situations. They were very supportive of the programme. They expressed a challenge regarding recruitment because understandably they cannot highlight / single out the students and their parents living in economic, social and/or educational disadvantaged situations, which makes it difficult to recruit them for this project. They would like to explore further the possibility of offering the programme to the parents and families in their schools.

St Vincent De Paul met with us and were very interested in the project. They have a detailed knowledge of individuals in Laois who are living in economic, social and/or educational disadvantaged situations, which includes those living in disadvantaged areas, but also those living in other communities but in very disadvantaged situations. They expressed a real need for a programme like **Wellness unLAOISed**. They commented that many of the particular individuals they look after may not have a phone or laptop to take part in an online programme, or access to the internet. They suggested a partnership with local schools to allow people to use their computer rooms for that purpose. The schools were very supportive of this approach for future programmes.

We spoke with the liaison officers in Laois Traveller Action Group (LTAG). They were thrilled to hear about the programme, particularly for the women in their community who often don't leave the home and have no social engagements, particularly in relation to health and wellness. Yet, there is a large request from these women for help with nutrition, group exercise, well-being, and group social activities. A group of these ladies joined us on the **Wellness unLAOISed** programme. For these ladies, we offered them a blended approach as this was more appropriate. They completed one class per week online and a second exercise class per week in-person with the instructor while they were teaching. This blended approach worked very well. One of the ladies has since completed a number of community coaching qualifications and is on her way to becoming a fitness instructor. She is currently assisting with fitness instruction in Mountrath Community gym.

All of these stakeholders expressed strong interest in **Wellness unLAOISed**. They were very happy to talk with us about content, our approach, recruitment, our proposed technology solution and help us with same. The advice they gave us from their day-to-day interactions with our target group was invaluable. They are very keen to engage with us in future projects.

2.1.2. Customer Discovery and Needs Analysis

We conducted customary discovery and needs analysis work in the pre-programme phase to determine the nutrition, exercise and health education topics and content that were of most

interest and relevance to our target group. We conducted in-person focus groups with a total of 35 participants which included participants attending the Woodlands for Health group in Portarlinton (n=28), the Rathdowney Scooch group (n=5) and the Rathdowney Activator Poles group (n=2). The questionnaires used as part of this work and an overview of the answers recorded can be viewed in **Appendix II**. Briefly, participants commented that they would be interested in attending an online exercise, nutrition, and health programme but that they would also like to see programmes delivered in the community. The most popular nutrition topics identified from the focus groups were (1) Quick, Healthy Meals, (2) Nutrition for Weight Loss, (3) Healthy Eating on a Budget (4) Cooking Demonstrations. The majority of participants stated that they use recipes. In terms of exercise, 100% of participants engaged in aerobic exercise with much fewer engaging in resistance exercise (14.2%), flexibility (11.4%) and balance exercises (5.7%). 57.1% of participants have noticed that their fitness and/or strength has worsened with age. The most common barrier for exercise participation was the weather, while the most common motivators were for enjoyment and for fitness. In terms of health education, the most popular health topics of interest were (1) Injury Prevention, (2) How to Manage Back Pain, and (3) Stress.

We also created an online questionnaire on Survey Monkey containing the same questions that were asked at the focus groups. The link to this questionnaire was sent to relevant organisations, community groups and the above-mentioned stakeholders to be shared with our target population. We received a total of 103 responses. The results from the focus groups and completed questionnaires were incorporated into the development of the **Wellness unLAOISed** programme. Briefly, participants commented that they would be interested in attending an online exercise, nutrition, and health programme but that they would prefer a hybrid programme delivery whereby programmes were delivered online and in person in the community. The most popular nutrition topics identified from the focus groups were (1) Nutrition for Health, (2) Quick, Healthy Meals, (3) Nutrition for Weight Loss, and (4) Cooking Demonstrations (**Figure 3**). The majority of participants stated that they use recipes. In terms of exercise, most engaged in aerobic exercise (78.6%), with fewer engaging in flexibility exercise (44.7%), resistance exercise (31.1%) and balance exercise (27.2%). 83.5% of participants have noticed that their fitness and/or strength has worsened with age. The most common barrier for exercise participation was time, while the most common motivators were the 'feel good' benefits afterwards. In terms of health education, the most popular health topics of interest were (1) Stress, (2) Injury Prevention, (3) How to Manage Back Pain, and (4) Sleep.

What nutrition topics would you be interested in? (tick all that apply)

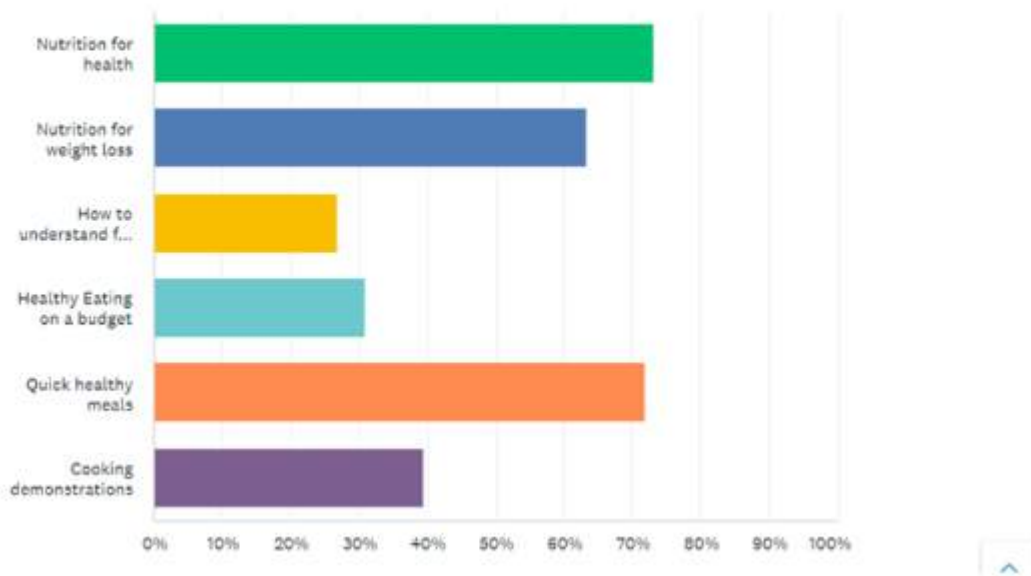


Figure 3. Bar chart representing the most common nutrition topics of interest from the online pre programme questionnaire.

2.1.3. Programme Name

Laois Sports Partnership in partnership with the True Fitness (now **EduFIT**) team delivered a competition on social media (Facebook, Twitter) whereby people were asked to suggest name ideas for the 12-week online exercise, nutrition, and health programme. In the end we did not select any of the suggestions, but one respondent was chosen at random and won a €100 one4all gift card which was issued by Laois Sports Partnership. The programme name '**Wellness unLAOISed**' was agreed by Caroline Myers (LSP), Dr Diane Cooper (True fitness, now **EduFIT**) and Ruth Kavanagh (True Fitness, now **EduFIT**).

2.1.4. Technology Partner Research

Dr Diane Cooper spent a significant amount of time in the preparation phase contacting technology companies who specialise in app development. Diane reviewed their previous work and sent them details on the proposed project specifications. Diane informed them of the tendering process, the deadline for application and invited them to apply.

2.1.5. Procurement Process - Technology Partner

Caroline Myers utilised procurement and Gov.ie e-tenders for this process. Anitech Solutions were awarded the contract based on the criteria.

2.1.6. Contract for Services - Graphic Design

The contract for services for graphic design was tendered out by Laois Sports Partnership and the contract was awarded to Claudine Leonard from Claudine Leonard Design.

2.1.7. The Wellness UnLAOISed Logic Model

Prior to each programme we run, we routinely create a project plan which includes background and justification, overview of existing evidence in current literature, resources required, activities to be completed and associated timelines, outcome measures and impacts. This is standard practice with our projects, particularly the research projects. We use the logic model, or a version of the logic model for all of our projects. As part of our training with Sport Ireland regarding the Innovation Fund, it was great to have a detailed analysis of our proposed logic model and have the opportunity to discuss same. Our logic model was intended to provide a clear and concise way of incorporating all the information in our project plan. Our Logic Model for *Wellness unLAOISed* is included in **Figure 4** below. However, it is difficult to read the text and so a larger version of it is included in **Appendix III**.

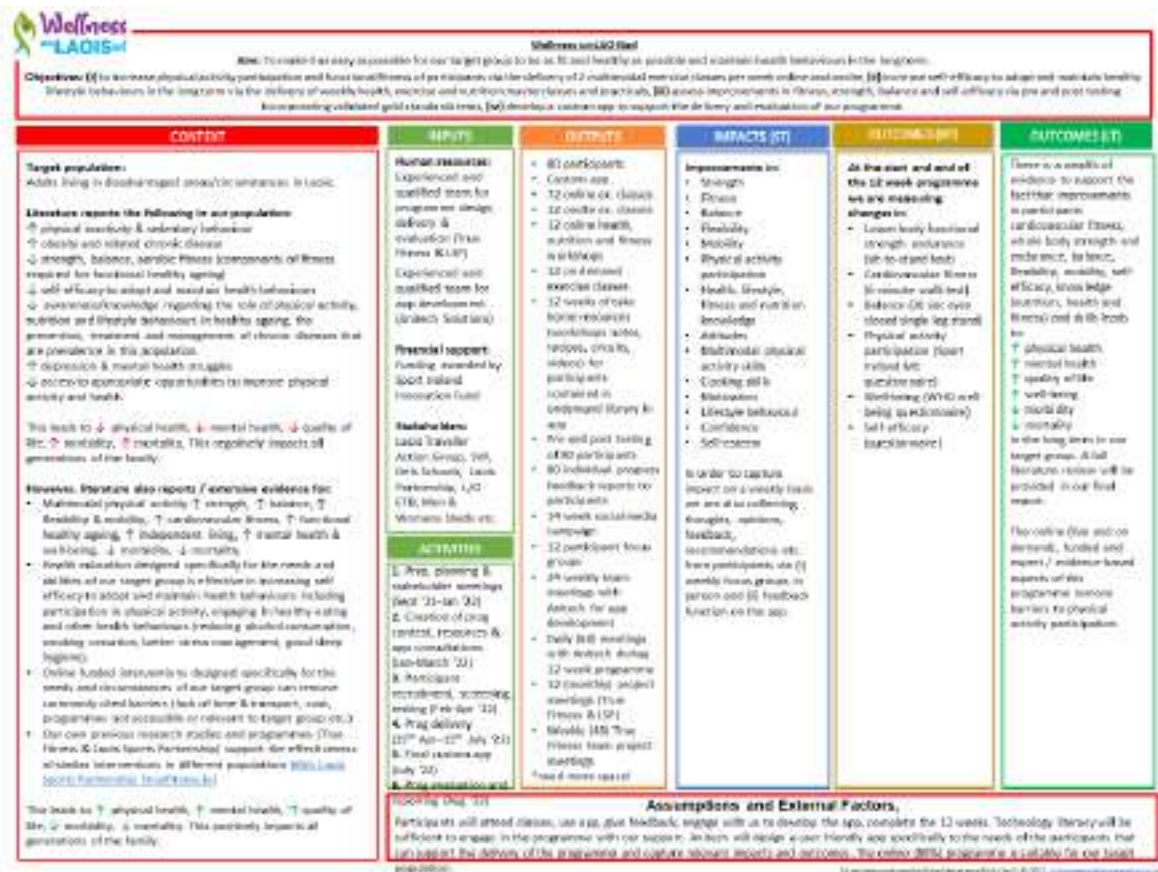


Figure 4. The Wellness unLAOISed Logic Model.

2.2. Participant Recruitment

Adults from economic, social and/or educational disadvantage in Laois were recruited for the **Wellness unLAOISed** programme following a range of methods, including:

Professional Networks: Laois Sports Partnership and True Fitness (now **EduFIT**) connected with professionals in Laois working with adults from economic, social, and/or educational disadvantage in Laois. This included Laois County Council, Public Participation Network, Local Transport Link, Money Advice and Budgeting Service Laois, HSE occupational therapists, home liaison officers in all Deis schools in Laois, Laois Men's Shed Support Volunteer, Family Resource Centre Mountmellick, Community Development Officers for Laois Partnership. The recruitment poster (**Appendix IV**) was shared with these stakeholders via email and/or WhatsApp messaging in addition to an information sheet for stakeholders (**Appendix V**) which clearly outlined the target audience. We advised stakeholders that the information sheet was not to be shared with potential participants as we did not want participants to be aware that the programme was specifically for adults from economic, social, or educational disadvantage in Laois. Some stakeholders printed the recruitment poster and provided it to our target population, others displayed it in communal places such

as on local link buses, staff rooms, canteens and some sent WhatsApp messages directly to the target population.

Focus Groups: The True Fitness (now **EduFIT**) team conducted focus groups in the planning and preparation phase as part of a needs analysis. Participants who took part in the focus groups ('Woodlands for Health' group and 'Rathdowney Scooch' group) and who provided their contact details to be notified about the recruitment for **Wellness unLAOISed** were contacted via email or phone.

Online Advertising: Adults living specifically in Portlaoise, Portarlington, Dangan, Rathdowney, Mountmellick and Doonane were invited to join the **Wellness unLAOISed** programme as these are the areas with the highest deprivation index in Laois according to the 2016 Pobal HP Deprivation Index for Small Areas. These areas were hash tagged in all recruitment posts to increase awareness.

Social Media: Targeted advertisements (**Appendix VI**) which included the recruitment poster about the **Wellness unLAOISed** programme were shared on specific community Facebook pages from the True Fitness (now **EduFIT**) Facebook account. This included *What's On Mountmellick, Love Portarlington, People of Port, Mountmellick Youth & Family Resource Centre, Rathdowney Community Noticeboard, Rathdowney Events Committee, Rathdowney/Errill: Together We Are One, Rathdowney Men's Shed, Portarlington Men's Shed, Portlaoise Men's Shed, Mountmellick Men's Shed.*

An overview of the participant recruitment activities can be seen in **Figure 5** below.



Figure 5. An overview of the participant recruitment process.

2.3. Branding

The creative consultant and graphic designer, Claudine Leonard, was asked to design a selection of potential programme logos and branding schemes (typography and colour palette) for **Wellness unLAOISed**. The logo and branding scheme was agreed and finalised by Caroline Myers (**Figure 6 and Figure 7**). These branding guidelines were shared with the True Fitness (now **EduFIT**) team and Anitech Solutions and were used during app development, when creating workshop presentations and participant resources, sending emails, and creating social media posts. Branding guidelines help to build a brand identity that audiences can recognise across all platforms. The True Fitness (now **EduFIT**) team worked closely with Claudine throughout the duration of the project.



Font: Poppins Medium

Colours from Wellness unLAOISed Logo FINAL



Figure 6. The Wellness unLAOISed logo, font and colours.

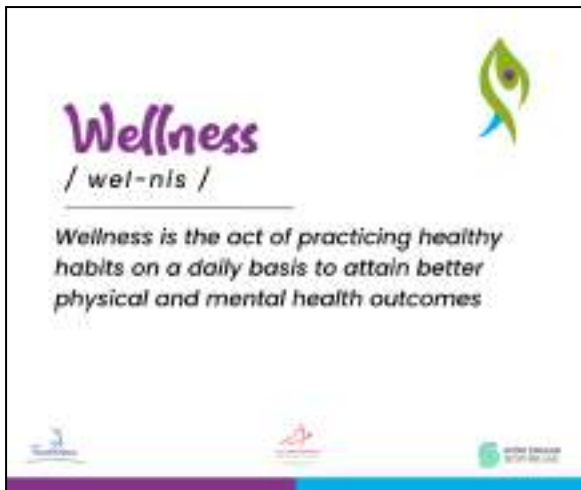


Figure 7. This image was shared on social media in advance of the **Wellness unLAOISed** programme starting to create awareness about the programme and the meaning behind the project name.

2.4. Development of the Wellness unLAOISed App

2.4.1. Development of the MVP Pre-Programme

The initial app / minimal viable product (MVP) used for **Wellness unLAOISed** was powered by Moodle, a customisable online teaching and learning platform. This gave us a starting point for the subsequent development of the person-centred customised app. To ensure the delivery team were proficient in using Moodle, training on the main functionalities of the online platform was provided by an eLearning consultant from Enovation, prior to the commencement of the 12-week exercise, health, and nutrition programme.

2.4.1.1. Literature Review on Mobile Health Apps

Prior to the programme, a literature review was also conducted to determine the factors that influence uptake and engagement with mobile health or mHealth apps. The full review can be found in **Appendix VII**. Briefly, the key findings of this work highlight that positive uptake and engagement with a health and well-being app is associated with user guidance, simplicity, monitoring, feedback, health information and professional support, as well as financial and data transparency. Conversely, negative emotions towards health and well-being apps are related to a lack of technical and participant support, invasive notification, lack of innovation, glitches, and complexity. It was extremely important to be aware of these factors to inform and encourage the effective development use of the final **Wellness unLAOISed** app in adults from economic, social and/or educational disadvantage in Laois.

2.4.2. Co-creation of the MVP Wellness unLAOISed App

The initial MVP based on Moodle was used as a starting point for the *Wellness unLAOISed* programme. Following this, weekly full team meetings were scheduled to allow for on-going refinements and changes based on team and participant feedback to permit high functionality, uptake, and usage throughout the 12-week programme. Daily 15-minute meetings also took place Monday to Friday for 12 weeks between Anitech and True Fitness (now **EduFIT**) to review daily operational updates giving a total of sixty meetings in this regard. The key points of these meetings can be found in **Appendix VIII**. True Fitness (now **EduFIT**) took the lead on making sure all participants were signed up and using the *Wellness unLAOISed* Moodle site (**Figure 8**). This included creating and providing usernames and passwords to each participant and preparing and distributing written step-by-step instructions and/or demonstrating in-person how to access the *Wellness unLAOISed* app or desktop site (**Appendix IX and Appendix X**). Anitech supported this by creating “How To” videos on how to navigate the *Wellness unLAOISed* app. True Fitness (now **EduFIT**) also created some “How To” resources highlighting how to access the *Wellness unLAOISed* desktop website as requested by participants. The True Fitness (now **EduFIT**) team also hosted multiple participant focus groups at the end of the on-site exercise classes in Portarlinton and Mountrath to support the uptake and use of the *Wellness unLAOISed* app. The feedback received in these focus groups, as well as in email correspondence and phone consultations, led to the major changes and developments of the final App. The main problems encountered, and the subsequent changes implemented are summarised in **Table 1**.



Figure 8. Log in page for the Wellness unLAOISed Moodle site.

Table 1. Technological problems encountered and changes implemented during *Wellness unLAOISed*.

Main Problems Encountered	Changes Implemented
<p>Complex Dashboard</p>	<p>Participants highlighted that the landing page was too complicated and difficult to navigate. In the early stages of the programme, the course materials and recorded sessions were collated into weekly modules within the whole course view. This meant that participants had to click into the whole course view and then navigate to the specific week they were looking for. However, most participants didn't go past the landing page. Therefore, it was agreed by the team that all unnecessary features would be disabled and removed from view on the landing page. These changes meant that the dashboard of the app then showed only 'Upcoming Events' and 'On-Demand Recordings and Resources'.</p>
<p>Weekly Sections Issues</p>	<p>The team had multiple issues with the 'weekly sections' in the whole course view as they had to continuously check if 'this week' corresponded to the correct date and week of the programme. These were subsequently changed to 'general labels'.</p>
<p>Course Completion Status</p>	<p>The course progress bar was visible at the top of the dashboard at the start of the programme which caused some confusion to participants (linked to activity completion) as different users were at different stages of completion, due to how many activities they had viewed and not viewed each week. This course progress bar was removed when the dashboard was re-formatted.</p>

<p>“Disappearing” Zoom Links</p>	<p>Participants identified that when they viewed an activity before the exact start time, the activity disappeared off the timeline. At first, the solution was for the instructors to reset the ‘activity completion status’ prior to the class but this could not be sustained. The decision was made to change from ‘Timeline’ to ‘Upcoming Events’, with the latter linked to the calendar, and this meant that the upcoming class Zoom links were always visible to the participants.</p>
<p>Notification Issues</p>	<p>The delivery team and participants noticed that notifications for upcoming classes were not consistent. An additional advantage of the change from ‘Timeline’ to ‘Upcoming Events’ meant that participants were sent notifications one hour prior to an event, thus increasing the number of notifications delivered to the participants.</p>
<p>Attendance Tracking</p>	<p>Throughout the <i>Wellness unLAOISed</i> programme, the True Fitness (now EduFIT) team kept track of attendance. However, there were numerous issues encountered with tracking online attendance. At first, the delivery team set the activity completion status on the ‘label’ activity (Zoom link), so when participants viewed the activity, Moodle would record the participants' attendance. However, this meant that the delivery team had to reset the activity completion status prior to each class, and this was not sustainable. True Fitness (now EduFIT) and Anitech worked together to try to solve this issue using different types of activities, contacting Enovation and Moodle and unfortunately there was no solution to this before the end of the programme. True Fitness (now EduFIT) had to rely on manual attendance tracking or resetting the activity completion status.</p>

2.4.2.1. Participant Feedback Survey

A user feedback survey on the technology used in the *Wellness unLAOISed* programme was distributed to all participants at the end of week 8. A gentle reminder to complete the questionnaire was also sent to participants in week 9. The full questionnaire can be found in **Appendix XI**. The results of the questionnaire and key learnings are outlined in full in **Appendix XII and Appendix XIII**, respectively. To summarise, 86% of participants found the app easy to use and 14% of participants found the app confusing. Furthermore, 62% of participants were able to locate the help guides easily, 48% of participants were able to

access the live exercise class links and the recorded class links easily, 96% of participants found the change to upcoming events on the dashboard a positive change, 60% of participants were happy with the loading time of the app, 44% of participants watched the help videos, and 92% of participants had no issues launching Zoom through the app. Additionally, 41% of participants only looked at the app when they received notifications and 66% of participants never used the messaging function in the app.

Following this, all of the participant responses were subdivided into “happy”, “sad” and “mad” and these subgroups included 86% (36 – 66 years), 7% (66 – 70 years) and 7% (52 – 63 years) of the respondents, respectively. One participant from each of the three subgroups consented to and received a follow-up phone interview with the Anitech team to obtain further detailed information on the app. The information collected during these three phone interviews is summarised below in **Figure 9**.

Category	Happy	Sad	Mad
Number of Interviews	1	1	1
Age	45	42	55 years
Overall	Very satisfied	Satisfied	Dissatisfied
Notes	<ul style="list-style-type: none"> Easy to install via QR code Upcoming events was a good improvement Notifications one hour before is ideal Not overly busy interface, which is great – can find links easily Upcoming events makes sense for workouts Would love to track progress against daily goals Also consider reminder of what was missed 	<ul style="list-style-type: none"> Logging in was easy once a password was provided Some training videos were not there on Day 1, that would have made it a lot easier Interface easy to understand, everything accessible Did not like launching zoom straight away when attempting to just view or read about an upcoming session Messaging is good Notifications one hour before is good Not having to log in again is good 	<ul style="list-style-type: none"> Said it was messy to install Confusing – was not sure where to go for what Took issue with Training content – said not enough pauses in there by James for viewer to properly track what was going on; also stated the “pointer” was too small to see Did not understand why needed to see My Courses block, knowing full well she would only be in one course Only ever watches Sessions via large screen and experiences lag between app and Bluetooth-enabled smart TV Finds app slow Move to Upcoming events did not help Hates the momentary “No events” message when it is loading No point in calendar because she had a print out of the schedule & only ever referred to that Had issue with Vimeo installation where required Don't need notification “and” email

Figure 9. A summary of the feedback collected during the follow-up phone interviews with 3 Wellness unLAOISed participants.

2.4.3. Development of the final Wellness unLAOISed App post programme

Based on the feedback collected in emails, focus groups and the user feedback survey and follow-up phone interviews, Anitech created a prototype for the new and final **Wellness unLAOISed** app. The app starts with a launch screen containing the **Wellness unLAOISed** logo before the log-in screen appears. Once the individuals’ credentials are entered, the landing page/dashboard becomes visible with 8 clear, large icons that can navigate the user’s journey (**Figure 10**). These include ‘Today’s Events’, ‘Timetable’, ‘On-Demand Videos’, ‘On-Demand Resources’, ‘Meet the Team’, ‘Ask the Expert’, ‘Testing’ and ‘Private Chat’. Also in **Figure 10**, the clear and logical displays of course material and on-demand videos are visible.

The team also developed a list of potential additional factors to be explored if this project is to be supported with round two funding including the use of Big Blue Button instead of Zoom, and the possibility and benefits of creating a dedicated server for **Wellness unLAOISed**. The final app has not been published in the app stores as the purpose of this pilot innovation project was to take development to the stage where it could be published if this project is to be supported with round two funding moving forward.

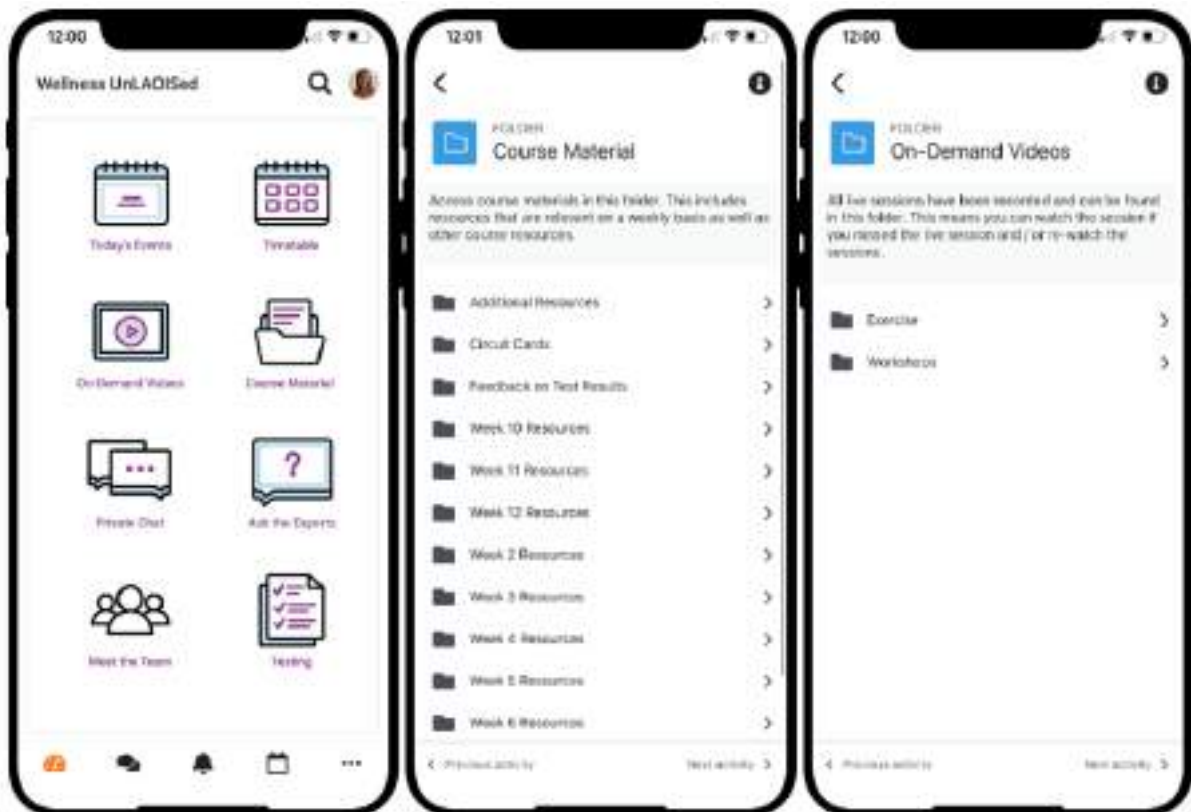


Figure 10. The current prototype of the **Wellness unLAOISed** app for future programmes. The image on the far left shows the landing page/dashboard. The image in the centre shows the on-demand course material display. The image on the far right shows the on-demand video display.

2.5. Wellness unLAOISed Programme

2.5.1. Overview of the Wellness unLAOISed programme

Each week of the **Wellness unLAOISed** programme, there were a choice of six online multimodal exercise classes available where participants were asked to complete two classes per week. One exercise class each week incorporated 20 minutes of exercise education. Additionally, there was one online nutrition and health education workshop or cooking demonstration delivered every week. A schematic of the weekly format of the **Wellness**

unLAOISed programme can be found below in **Figure 11**. Pre and post programme testing was also conducted.



Figure 11. The *Wellness unLAOISed* weekly schedule.

2.5.2. On-Site Testing

Pre- and post-testing was conducted in week 1 and week 10 of the *Wellness unLAOISed* programme in Portarlinton GAA and Mountrath Martial Arts and Fitness Centre. Participants were welcomed to the testing session, introduced to the True Fitness (now **EduFIT**) team and then the warm up began (**Figure 12**). Participants completed a series of physical tests including the 60-second sit-to-stand test, 60-second push up test, 30-second bilateral balance test and the 6-minute walk test (**Figure 13**) to assess baseline levels of lower body strength and endurance, upper body strength and endurance, balance, and aerobic fitness respectively. Participants were also asked to complete a paper copy of the M1 questionnaire and World Health Organisation Five Well-Being (WHO-5) Index. The pre- and post-testing results are presented in **Chapter 3**. For participants who could not attend the onsite testing sessions, a home-based testing manual was developed (**Appendix XIV**). Participants followed the instructions, completed their tests, and submitted their results to a link that was accessed by scanning the QR code in the testing manual. This ensured that they did not miss out on assessing their progress because they could not travel to testing sessions.



Figure 12. Participants performing a warm-up before the pre-testing in Portarlington.



Figure 13. Participants performing the six-minute walk test during pre-testing in Mountrath.

2.5.3. Wellness unLAOISed Exercise Classes

Each week of the *Wellness unLAOISed* programme, there were a choice of six online multimodal exercise classes where participants were asked to complete two classes per week. The classes were instructed live by very experienced fitness instructors (**Figure 14**). Each class incorporated aerobic, resistance, balance, and flexibility training since these are the four health related components of fitness that have significant health benefits for participants. Briefly, aerobic training specifically improves cardiovascular fitness,

cardiovascular health, and metabolic health. Resistance training specifically improves the size and function of muscle, muscle strength, endurance and power, bone density, and reduces frailty. Flexibility training specifically improves joint range of motion and reduces pain and stiffness. Balance training specifically improves balance and reduces the risk of falls and the morbidity and mortality that are associated falls.

The American College of Sports Medicine (ACSM) clearly outlines the recommended F.I.T.T. (Frequency, Intensity, Time, and Type) principles for each of these four types of training to be completed per week for healthy functional ageing. The ACSM highlights that participation in all four modes of training is essential in order to obtain the benefits associated with each specific type of training. However, many exercise programmes often focus predominantly on aerobic exercise, with the exception of older adults' programmes that focus on reducing frailty, which means participants are getting specific benefits from aerobic training, but are missing out on the benefits that arise from resistance, balance and flexibility training. In support of this, True Fitness (now **EduFIT**) and Laois Sports Partnership recently conducted a research study in Laois on 353 adults (50-90 years) investigating their participation in multimodal exercise. The results revealed that 51.6% (n=182) of participants meet the recommendations for aerobic exercise for health but most participants did not meet the recommendations for resistance (14.4%, n=51), flexibility (6.2%, n=22) or balance training (0%, n=0). The full research paper can be read in **Appendix I** which also includes information on barriers and facilitators to participation.

For these reasons the **Wellness unLAOISed** exercise classes were multimodal. Initially they were only available live at the allocated times in the schedule. However, following feedback from participants in week two of the programme, we recorded additional exercise sessions that were available to view on demand at other times in the week that were suitable to participants changing schedules. **Figure 15** below shows a screenshot from one of the exercise classes. Additionally, every second week we held an in-person exercise class in Portarlinton and Mountrath and a focus group with participants straight after.



Figure 14. Behind the scenes photo of exercise instructor Ruth ready to deliver a **Wellness unLAOISed** exercise class.

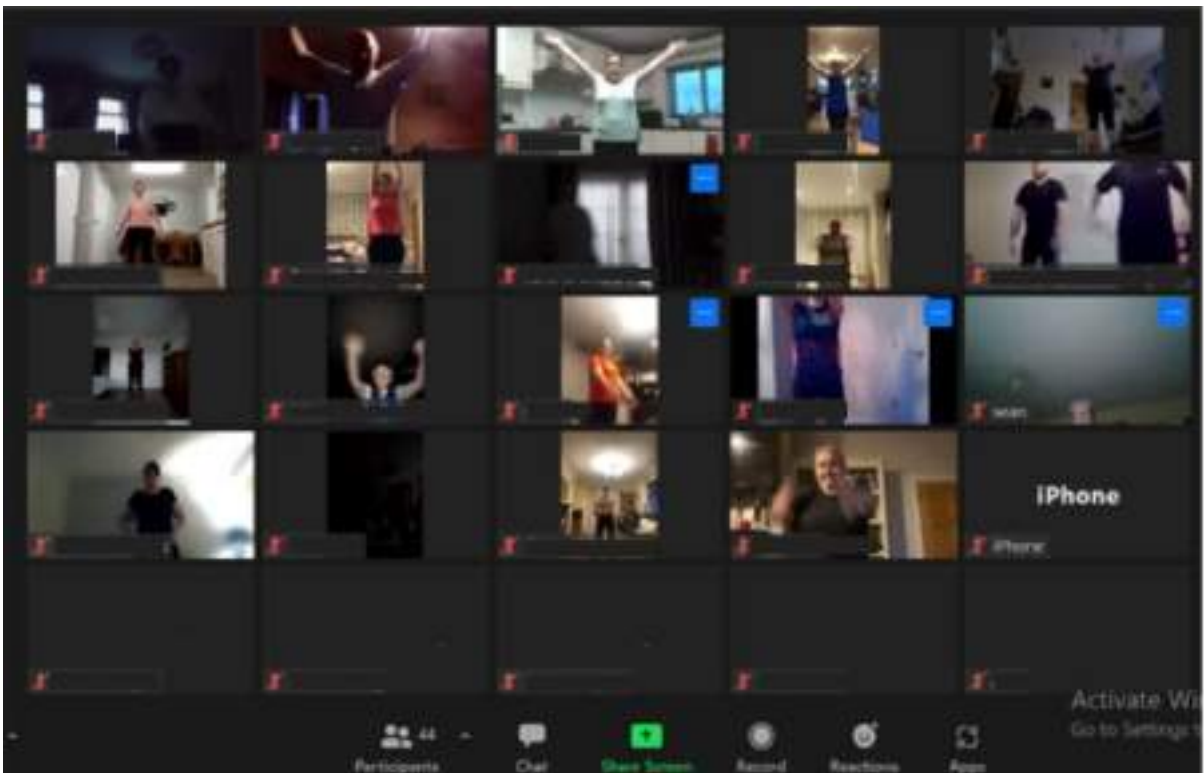


Figure 15. A screenshot of one multimodal exercise class.

2.5.4. Education Workshops

2.5.4.1. Exercise Education

There was one 20-minute exercise education workshop delivered every Monday at 7pm. The workshops were all evidence-based and delivered by experts in their respective fields. Dr Diane Cooper (Clinical Exercise Physiologist and Health Researcher), Dr Kiera Ward (Exercise Physiologist and Health Researcher) and John Bolton (Strength and Conditioning and Rehabilitation Specialist) presented these workshops. There was no exercise education workshop in week 1 and week 10 due to pre and post programme testing. The exercise education workshops were titled as follows:

Week 2: Exercise Intensity Made Easy (Dr Diane Cooper)

Week 3: Resistance Training and Healthy Functional Ageing (Dr Diane Cooper)

Week 4: Aerobic Training (Dr Diane Cooper)

Week 5: Balance Training (Dr Diane Cooper)

Week 6: Resistance Band Training (John Bolton)

Week 7: Warm Up and Cool Down (Dr Kiera Ward)

Week 8: Flexibility (Dr Diane Cooper)

Week 9: Trigger Point Therapy (John Bolton)

Week 11: How to structure your training week (Dr Diane Cooper)

Week 12: Feedback Session (Dr Diane Cooper)

The logs for each of these exercise education workshops are provided below. Participants were encouraged to ask questions throughout the workshops or privately via email. All workshops were recorded, edited and the Vimeo links were uploaded to the **Wellness unLAOISed** app for participants to view on demand in addition to accompanying resources.

2.5.4.1.1. Exercise Education Logs

Week 2 Title: Exercise Intensity Made Easy

Date: 2nd May 2022

Delivered by: Dr Diane Cooper

Description: This workshop focused on teaching participants about the difference between light, moderate and high intensity exercise, and the intensity of exercise that is most appropriate for them. The RPE Scale is a validated tool used in research and clinical settings.

RPE stands for Rate of Perceived Exertion. The RPE scale is numbered from 6 to 20 where each number corresponds to a feeling of exertion during exercise e.g., an RPE of 9 corresponds to a feeling of ‘very light’ exercise whereas an RPE of 19 corresponds to a feeling that the exercise is ‘extremely hard’. The RPE scale is not practical to use in group and/or online settings, so it was modified, and colour coded for the purposes of **Wellness unLAOISed** (Figure 16). Blue represented resting conditions, green represented light intensity exercise, orange represented moderate intensity exercise, and red represented high intensity exercise. Participants were given green, orange, and red coloured cards to represent each of these intensities. It was explained to participants that at particular points throughout the online classes, the instructor would ask them how they were feeling in terms of exercise intensity, and they were asked to please to hold up the colour card that represented the intensity they were working at. Participants were asked to stay in the moderate intensity zone for the exercising phases of the classes and the green zone for the recovery phases. In this way, the physiologist monitoring the class could keep an eye on group exercise intensity. If anyone held up a red card at any point, the physiologist called them privately to ascertain why this was the case and give the appropriate advice. Participants expressed that this was a very useful workshop in helping them to control the intensity of their exercise. Supporting take home resources were given to participants to reinforce the key messages of the workshop.

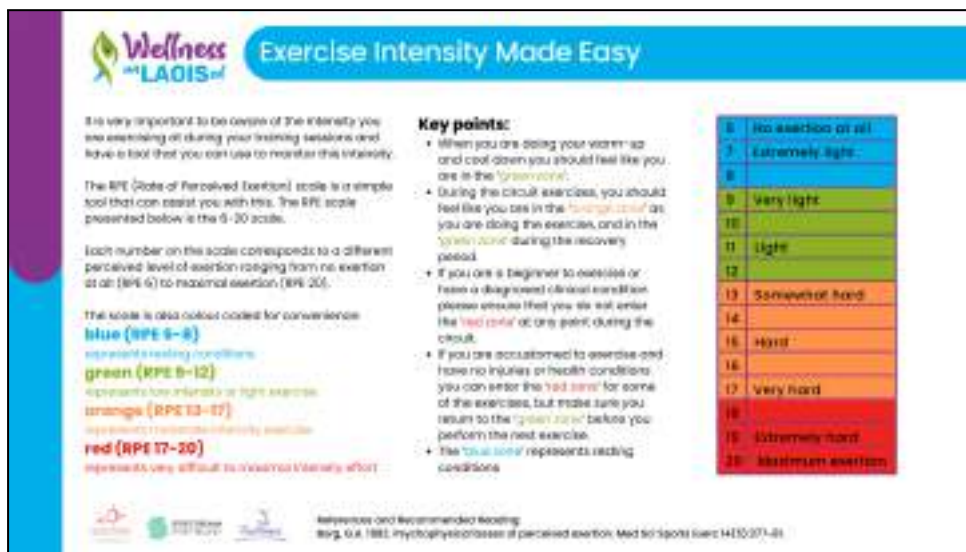


Figure 16. Take home resources for participants regarding the use of the colour coded RPE scale.

Week 3 Title: Resistance Training and Healthy Functional Ageing

Date: 9th May 2022

Delivered by: Dr Diane Cooper

Description: The purpose of this workshop was to teach participants about the effect of ageing and physical inactivity on their muscles, bones, physical health, mental health, wellbeing, quality of life and functional independent ageing. Participants were shown MRI scans of active and inactive muscle and the functional, health and practical consequences of this. The weekly recommendations for resistance training were covered according to the ACSM F.I.T.T. principles. The recommended frequency (F), intensity (I), time (T) and type (T) of resistance training to be performed per week was discussed in addition to how to practically achieve this each week. The health benefits of achieving the guidelines were also highlighted. This workshop was related back to the **Wellness unLAOISed** exercise classes so that participants could see how this type of training was incorporated into each session. Participants commented that the MRI scans had a big impact on them, and they were very motivated to meet the weekly recommendations for resistance training (**Figure 17**). Additional on-demand home-based videos for resistance training were also made available to participants.



Figure 17. Dr Diane Cooper presenting MRI scans of active and inactive muscles and the health consequences of same.

Week 4 Title: Aerobic Training

Date: 16th May 2022

Delivered by: Dr Diane Cooper

Description: The purpose of this workshop was to teach participants about aerobic training and the specific health benefits associated with this type of training. The weekly recommendations for aerobic training were covered according to the ACSM F.I.T.T. principles. The recommended frequency (F), intensity (I), time (T) and type (T) of aerobic training to be performed per week was discussed in addition to how to simply and practically achieve this each week. The health benefits of achieving the guidelines were also highlighted. The augmented health benefits associated with green and blue exercise were discussed (**Figure 18**). This workshop was related back to the *Wellness unLAOISed* exercise classes so that participants could see how this type of training was incorporated into each session. Participants commented that they were previously unaware of all of the different types of training that are classified as being aerobic e.g., dancing. The participants with diagnosed high blood pressure and cardiovascular conditions commented that they previously did not understand the benefits of aerobic exercise for improving blood pressure and heart health and that this was a motivating factor for them moving forward to achieve the weekly exercise guidelines. Additional on-demand home-based videos for aerobic training were also made available to participants.



Figure 18. A take home resource prepared for participants to highlight some of the green and blue walking spaces available in Laois.

Week 5 Title: Balance Training

Date: 23rd May 2022

Delivered by: Dr Diane Cooper

Description: The purpose of this workshop was to teach participants about balance in terms of what it is, when it is required, its crucial role in functional independent living, how it is impacted with age and inactivity, and simple exercise that can improve it significantly. The weekly recommendations for balance training were covered according to the ACSM F.I.T.T.

principles. The recommended frequency (F), intensity (I), time (T) and type (T) of balance training to be performed per week was discussed in addition to how to practically achieve this each week. The relationship between strength and balance was discussed. This workshop was related back to the **Wellness unLAOISed** exercise classes so that participants could see how this type of training was incorporated into each session. Participants commented that they previously associated balance training and balance issues with older adults. They commented that they had not considered balance training from a prevention perspective. They were motivated by the fact that balance training only takes a few minutes per session. They commented that they had never done balance exercises prior to **Wellness unLAOISed**, that they enjoyed them and planned to continue doing this type of training. Additional on-demand home-based videos for balance training and a balance circuit card were also made available to participants (**Figure 19**).



Figure 19. A practical balance circuit designed for use by participants.

Week 6 Title: Resistance Band Training

Date: 30th May 2022

Delivered by: John Bolton

Description: This workshop was conducted as a practical within one of the online exercise classes. Participants were given their resistance bands in person in the pre programme testing session. Participants were notified in advance of this workshop to please bring their bands to class. John took the participants through a series of exercises that ultimately focused on all of the major muscles in the body. John showed participants how to make each exercise easier and harder depending on participants ability. Prior to the workshop John took photos of all of the exercises and developed a circuit card based on this. The workshop took them step by step through the circuit card, which was subsequently made available for home use (**Figure 20**). Participants commented that they really enjoyed the resistance

bands. They said it was timely to introduce them in the middle of the programmes once a number of weeks of body weight resistance training had taken place. Participants expressed that they enjoyed the variety and were looking forward to using the bands in the remaining classes in the programme.



Figure 20. Page one of a resistance band circuit designed for participants.

Week 7 Title: Importance of a Warm Up and Cool Down

Date: 6th June 2022

Delivered by: Dr Kiera Ward

Description: In this workshop, Dr Kiera Ward discussed the pre-warm up checklist (i.e., important reminders regarding changes in symptoms/medication etc.) followed by a discussion of the purpose, length, types of exercises and intensity of a warm up and cool down.

Week 8 Title: Flexibility Training

Date: 13th June 2022

Delivered by: Dr Diane Cooper

Description: In this workshop, Diane took participants through the F.I.T.T. principles for flexibility training and the benefits of this type of training particularly in relation to reductions in pain and stiffness and care of joints and muscles. The role of flexibility in a warm up and cool down was discussed in addition to the different types of flexibility that are appropriate pre and post training. Reference was made to the crucial role flexibility and mobility exercise plays for individuals who have bone and joint conditions including arthritis,

osteopenia, and osteoporosis. The workshop was accompanied by a full flexibility practical so that participants could feel and understand the benefits of a dedicated 20-minute flexibility session. A flexibility class was also recorded and uploaded to the app and available on demand for participants. Participants commented on the positive and noticeable impact of the practical element on muscle tension and relaxation.

Week 9 Title: Trigger Point Therapy

Date: 20th June 2022

Delivered by: John Bolton

Description: In this workshop, John took participants through an education piece on fascia, the causes of trigger points, and how trigger point therapy can reduce these and the pain associated with them. Participants were given a trigger point therapy ball in person in the pre programme testing session. Participants were notified in advance of this workshop to please bring their trigger point therapy ball to class. John demonstrated some of the most common trigger points that people experience in the shoulder, back, glutes, quadriceps, hamstrings, calf, and feet. Participants were given instructions after each demonstration to practice safely on themselves (**Figure 21**). They were also encouraged to ask questions and give feedback. Many of the participants commented that they had never heard of this type of therapy before. They said it was particularly useful for relief of pain in certain areas of tension.

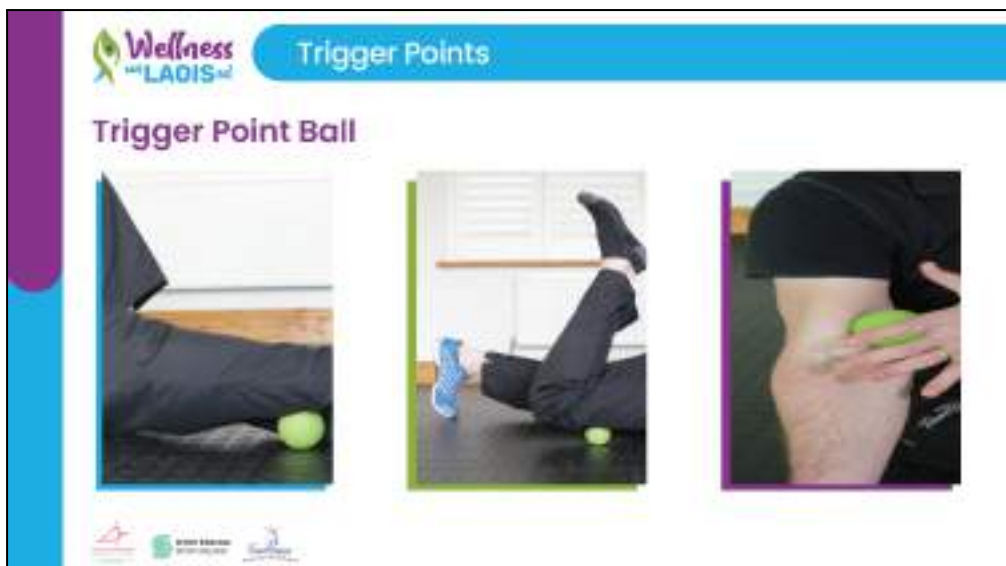


Figure 21. Three sample trigger point therapy exercises incorporated into the workshop practical for participants.

Week 11 Title: How to Structure Your Training Week

Date: 4th July 2022

Delivered by: Dr Diane Cooper

Description: This workshop showed participants how to simply and practically incorporate the F.I.T.T. principles for aerobic, resistance, balance, and flexibility training in a typical week. Diane also covered the General Adaptations Syndrome to show participants how to get the balance between training stimulus (overload) and recovery to achieve optimal gains in health and fitness. The importance of rest and recovery was discussed and how this should be incorporated into a typical week. The relationship between exercise and the immune system was highlighted and how to keep well with the right type and amount of training instead of overstressing the immune system. A training diary was used to give examples of how all of the above principles are put into practice. A blank copy of the diary was made available to participants as a practical take home resource (**Figure 22**). Participants were encouraged to look at their own training week, complete the diary over the following week, and assess where they were in relation to the weekly recommendations. Participants commented that this workshop really brought the previous weeks learning together for them in a very practical way. They commented that the training diary was very useful to them.

Wellness and LAOIS Sample 7 day training diary for healthy ageing

Do you meet the recommendations for strength, balance, flexibility and aerobic exercise?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps/ Minutes	Steps/ Minutes	Steps/ Minutes	Steps/ Minutes	Steps/ Minutes	Steps/ Minutes	Steps/ Minutes

Aerobic (0-7 days/week)

Resistance (2 days/week)

Flexibility (2 days/week)

Balance (2 days/week)

Rest Day (1 day/week)

But keep doing your flexibility training!

Please note: These are the minimum recommendations for healthy ageing when no clinical conditions are present.

Logos: **Wellness and LAOIS**, **NIHNI**, **NIHNI**, **NIHNI**

Figure 22. A 7-day training diary designed for participants to remind them of the F.I.T.T. principles for each component of fitness.

Week 12: Wellness unLAOISed Feedback Session

Date: 11th July 2022

Delivered by: Dr Diane Cooper

Description: In advance of this workshop, each participant was emailed a copy of their own personal progress report. The report contained the results of their pre-tests, the results of their post-tests, and the changes that occurred as a result of taking part in the programme. Diane took participants through one test and questionnaire at a time. For the physical tests, Diane showed participants an image of the test to remind them of the physical task they had completed. Diane explained the test, the health benefits associated with good scores, the norms for males and females across all age categories (if available), what the norms mean, how to train to improve test scores, and goal setting for the future (see **Figure 23** below for an example). For the questionnaires, Diane showed participants an image of each questionnaire, discussed the purpose of each questionnaire, and highlighted what the scores mean. At the end of each test or questionnaire, Diane gave participants the opportunity to ask questions and have them answered. An example of a participant feedback report can be found in **Section 2.5.6.9**. Participants commented that they were delighted to see the progress they made since the start of *Wellness unLAOISed* and that the test results motivated them to continue with their training.

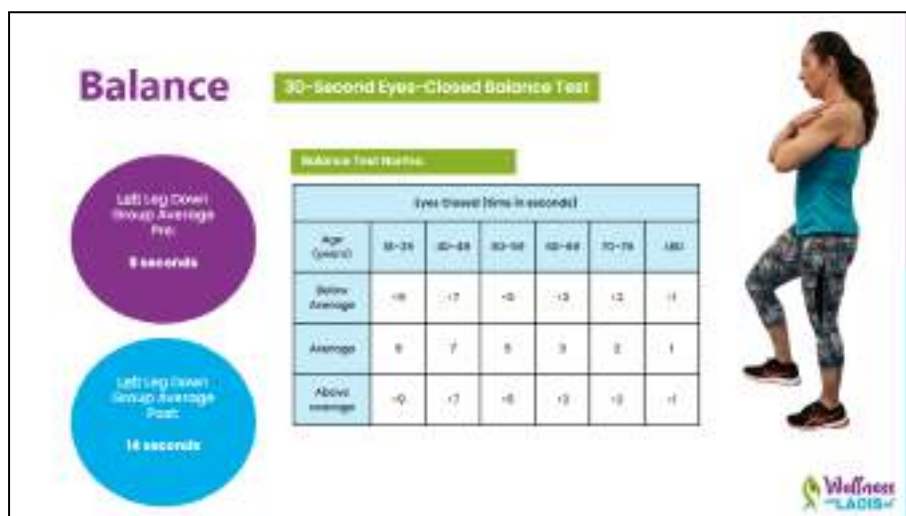


Figure 23. An example of norms for the 30-second eyes-closed balance test according to age category.

2.5.4.2. Nutrition and Health Education

There was one 60-minute nutrition and health education or cooking practical delivered every Wednesday at 8pm. The workshops were all evidence-based and delivered by Ruth Kavanagh, ANutr. MSc. (Registered associate nutritionist and health researcher) and Dr Kiera Ward (exercise physiologist and health researcher). Participants were provided with the opportunity to ask questions during the education sessions and cooking demonstrations or

advised to send them privately through the **Wellness unLAOISed** app or via email. The week before each cooking practical, participants were asked to vote for the recipes they would like to see being prepared and cooked via an anonymous poll on Zoom (**Figure 24**). The two choices with the most responses were prepared live the following week by Ruth Kavanagh, Registered Associate Nutritionist with True Fitness (now **EduFIT**). Participants were encouraged to cook along with Ruth and to send images of their cooking via the **Wellness unLAOISed** app (**Figure 25** and **Figure 26**).



Figure 24. An example of the presentation slide asking **Wellness unLAOISed** participants to select what they would like to cook the following week.



Figure 25. Homemade bread baked by a **Wellness unLAOISed** participant and sent to us.



Figure 26. Live cooking demonstration cameras.

The nutrition and health education workshops or cooking practical's were titled as follows:

Week 2: Nutrition for Health (Ruth Kavanagh, ANutr. MSc.)

Week 3: Breakfast Practical and Hydration Education (Ruth Kavanagh, ANutr. MSc.)

Week 4: Nutrition for Body Composition (Ruth Kavanagh, ANutr. MSc.)

Week 5: Snacks and Sugar Shockers Practical (Ruth Kavanagh, ANutr. MSc.)

Week 6: Sedentary Behaviour, Screen Time and Sleep (Dr Kiera Ward)

Week 7: Fakeaway Dinners Practical (Ruth Kavanagh, ANutr. MSc.)

Week 8: Eat Well, Spend Less (Ruth Kavanagh, ANutr. MSc.)

Week 9: Meat-Free Dinner Cooking Practical (Ruth Kavanagh, ANutr. MSc.)

Week 11: Treats Cooking Practical (Ruth Kavanagh, ANutr. MSc.)

Week 12: Stress and Stress Management (Dr Kiera Ward)

The logs for each of these nutrition and health education workshops and cooking practicals are provided below. Participants were encouraged to ask questions throughout the workshops or privately via email. All workshops were recorded, edited and the Vimeo links were uploaded to the **Wellness unLAOISed** app for participants to view in addition to accompanying resources.

2.5.4.2.1. Nutrition and Health Education Logs

Week 2 Title: Nutrition for Health

Date: 4th May 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In this workshop, Ruth explained what nutrition and nutrients are, and the importance of nutrition for health. The balanced healthy eating plate was explained visually whereby people should aim for half of the plate/bowl to consist of vegetables and/or fruit, a quarter of the plate to consist of complex carbohydrates and the remaining quarter to consist of protein (**Figure 27**). The inclusion of healthy fats in moderation and water for hydration purposes was also explained.



Figure 27. The Balanced Healthy Eating Plate.

Each component of the balanced healthy eating plate was explained in further detail, specifically the main functions, daily recommendations, and sources. Practical examples of the balanced healthy eating plate were then visually portrayed (**Figure 28**).

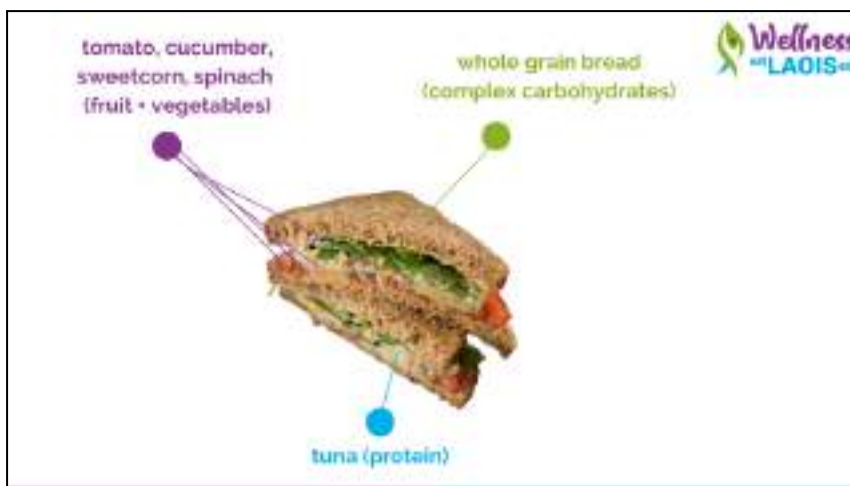


Figure 28. Practical example of a meal which includes the balanced healthy eating plate principals.

Ruth then showed examples of different meals and asked participants to vote via a poll if the meal was balanced and to identify the source of complex carbohydrates and protein. The workshop concluded by Ruth sharing quick meal builder guides for breakfast, lunch snacks and dinner. Participants were shown the nutrition cards for week 2, the mini recipe booklet for week 2 and participants were asked to vote via a poll what two breakfast options they would like for Ruth to prepare in the live cooking demonstration in week 3. Participants voted for (1) fruit and nut oat bake and (2) homemade nutty sweet muesli. Ruth encouraged participants to cook along with her next week.

Participant Feedback:

Participants were asked if they learned any new information from the 'Nutrition for Health' workshop. 93.3% of participants stated that they learned new information. Participants expressed thanks at the end of the workshop.

Week 3 Title: Breakfast Practical and Hydration Education

Date: 11th May 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In advance of the cooking demonstration, Ruth shared the ingredients list with participants and encouraged them to cook along with her. Before Ruth started to cook, she spoke about the importance of personal hygiene in the kitchen (e.g., remove jewellery, tie back hair, put on an apron to protect clothing, thoroughly wash and dry hands) and safety rules (for e.g. wear oven gloves for placing and removing tins from the oven, be careful when using a sharp knife, curl your fingers inwards). Firstly, Ruth prepared the fruit and nut oat bake and then she prepared the homemade muesli. When Ruth prepared the workshop in advance, she knew that there would be enough time to prepare a third recipe, so she made overnight oats. The second half of the workshop focussed on hydration education, specifically the main functions of water, symptoms of dehydration, fluid recommendations and tips on how to prevent dehydration. Participants were shown the nutrition cards for week 3, the mini recipe booklet for week 3.

Week 4 Title: Nutrition for Body Composition

Date: 18th May 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In this workshop participants learned the difference between weight loss and fat loss and why weighing scales should not be used as the only tool to track progress. The

comparison between 5 pounds of fat tissue and 5 pounds of muscle tissue was shown to participants. It was explained that muscle cells use energy, while fat cells store energy. So, by gaining muscle through strength training and appropriate nutrition, you increase your body's energy requirements which increases your metabolic rate. Ruth then asked participants *"How can we measure progress towards health goals that are not weight related?"*. One participant mentioned *"if you are getting fitter"*, another mentioned *"cholesterol levels"*. Ruth added to this by mentioning energy levels, sleep, blood results, digestion, strength, and mood. The truth about detox diets was explained and not advised. The reality of weight loss was explained by showing three different food diaries. Ruth explained that calories should not be the main focus when improving health and that people can be calorie aware i.e., use calories as a tool for information e.g. choosing a 500kcal thin based pizza > 900kcal deep-pan pizza. The workshop concluded by Ruth speaking about alcohol guidelines and sharing healthy breakfast, lunch, dinner, and snack pictures. Participants were shown the nutrition cards for week 4, the mini recipe booklet for week 4 and participants were asked to vote via a poll what two snack options they would like for Ruth to prepare in the live cooking demonstration in week 5. Participants voted for (1) easy homemade bread and (2) blueberry bars. Ruth encouraged participants to cook along with her next week.

Participant Feedback: One participant mentioned that she liked the quote used during the workshop that "small changes sustained over time lead to big results, start small & progress over time" as it is a more realistic approach to body fat loss.

Week 5 Title: Snacks and Sugar Shockers Practical

Date: 25th May 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In advance of the cooking demonstration, Ruth shared the ingredients list with participants and encouraged them to cook along with her. Before Ruth started to cook she spoke about the importance of personal hygiene in the kitchen (e.g. remove jewellery, tie back hair, put on an apron to protect clothing, thoroughly wash and dry hands) and safety rules (for e.g. wear oven gloves for placing and removing tins from the oven, be careful when using a sharp knife, curl your fingers inwards). Firstly, Ruth prepared the easy homemade bread and then she prepared the blueberry bars. When Ruth prepared the workshop in advance, she knew that there would be enough time to prepare a third recipe, so she made peanut butter balls. The second half of the workshop focussed on sugar shockers education. The definition of 'added sugars' was explained. Participants were then asked to guess the average intake of added sugars per day per person in Ireland. Nobody guessed 10-14 teaspoons correctly and people were shocked by this. Ruth then asked participants to guess the sugar content in a wide variety of foods and drinks. Participants were shocked at the results from this activity for e.g., a 500ml bottle of club orange contains

16.3 teaspoons of added sugar. Ruth then explained how to calculate how many teaspoons of sugar is in a product (4g = 1 teaspoon). The workshop concluded by Ruth giving drink swaps. Participants were shown the nutrition cards for week 5, the mini recipe booklet for week 5.

Participant Feedback: Participants really enjoyed this workshop as they mentioned that they struggled with identifying healthy snack options. Participants engaged very well with this cooking practical as some made blueberry bars while others made homemade bread and peanut butter balls (**Figure 29**). One participant asked about how to select a healthy yoghurt, so Ruth created a resource on how to select a healthy yoghurt (**Figure 30**).



Figure 29. Participants took pictures of their recreations which included blueberry bars and homemade bread.

HOW TO CHOOSE A HEALTHY YOGHURT

- The healthiest choice is 0% fat natural / Greek style / Skyr yoghurt.
- You can sweeten yoghurt by adding some chopped fresh fruit.
- Check the label and choose yoghurts that are lower in fat and sugars. Check out our food shopping card on the next page as a guide.
- Luxury yoghurts are generally high in fat so treat them as a dessert.
- Plant-based dairy alternatives are naturally lower in calcium so check the label and choose yoghurts with added calcium.
- **Did you know?** Pictures used on food products must not be misleading. For example, a strawberry yoghurt that gets its flavour from artificial flavourings (not from fruit) is NOT allowed to have a picture of strawberries on the packaging. Artificial flavours are safely designed to mimic the taste of natural ingredients. It is often cheaper for manufacturers to make something taste like strawberry without actually using any real strawberries! A quick way to check if a product contains natural or artificial flavours is to read the ingredients list.



FOOD SHOPPING CARD

	Sugars	Fat	Saturates	Salt
High per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 0.5g
MEDIUM per 100g	Between 6-22.5g	Between 3-17.5g	Between 1.5-5g	Between 0.2-0.5g
LOW per 100g	6g and below	3g and below	1.5g and below	0.2g and below

Note: The amount of food/drink you consume affects how much sugars, fats, saturates and salt you will get from it.

TOP TIPS

Recreate the food shopping card above so that you can easily view when you are shopping next!



Figure 30. Resources to help participants choose a healthy yoghurt and watch for the amount of sugars, fat, saturates and salt in products in the supermarket.

Week 6 Title: Sedentary Behaviour, Screen Time and Sleep

Date: 1st June 2022

Delivered by: Dr Kiera Ward

Description: In this workshop, Dr Kiera Ward discussed 3 different topics that can have a huge impact on our health and wellbeing: (1) Sedentary Behaviour, (2) Screen Time, and (3) Sleep. Firstly, Dr Kiera Ward discussed the definition of sedentary behaviour, examples of sedentary behaviour and the physiological changes that are known to occur with high levels of sedentary time (e.g., increase in body fat, decrease in muscle and bone mass, and impaired metabolic health). Dr Kiera Ward and Dr Diane Cooper work with the European Space Agency to investigate the impact of sedentary behaviour and physical inactivity on human health so participants were provided with a quick insight into this work and the practical applications of it. After this, Dr Kiera Ward explained a 3-step process that participants can implement to break up sedentary time and increase physical activity during the day and provided multiple examples of this (e.g., using the stairs when necessary, doing a squat challenge “while the kettle boils”, “walk and talk” etc), as well as the benefits of this. Following this, Dr Kiera Ward explained how to measure screen time, presented the positive and negative effects of screen time, and provided healthy screen habits. The final section of

the workshop focused on sleep and sleep hygiene, particularly the importance of sleep, circadian rhythm, the effect of blue light, and improving sleep hygiene and ended with important take home messages (**Figure 31**).



Figure 31. Take home messages for the sedentary behaviour, screen time and sleep workshop.

Interactive Poll:

Prior to the Workshop:

1. Do you know what is meant by the term "Sedentary Behaviour"? **Yes 75%, No 25%**
2. Do you know how to measure screen time? **Yes 66.6%, No 33.3%**
3. Do you know how to create healthy screen habits? **Yes 33.3%, No 66.6%**
4. Do you know what sleep hygiene is? **Yes 46%, No 54%**

After the Workshop:

1. After this workshop, I understand what is meant by sedentary behaviour and I am aware of practical methods to break up sedentary time. **Yes 100%**
2. After this workshop, I know how to measure screen time and create healthy screen habits. **Yes 100%**
3. After this workshop, I understand the importance of sleep and know how to improve my sleep hygiene? **Yes 100%**

Participant Feedback:

- "Very interesting and informative, thank you"
- "Very informative. Great class"
- "Thank you Kiera, really enjoy this evening session"
- "Great class, thanks Kiera"
- "Thank you"

- “Thanks Kiera, this makes me really think about how much sedentary time in my day”
- “Thanks so much for the info.”
- “Thanks so much”
- “Thanks Kiera”

Week 7 Title: Fakeaway Dinners Practical

Date: 8th June 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In advance of the cooking demonstration, Ruth shared the ingredients list with participants and encouraged them to cook along with her. Before Ruth started to cook, she spoke about the importance of personal hygiene in the kitchen and safety rules as usual. Firstly, Ruth prepared ‘fish & chips’ and then she prepared ‘chicken & vegetable egg fried rice’. Participants were asked to vote if they had ever made a fakeaway before. Most of the participants never made a fakeaway. Ruth then asked participants to vote if they would make a fakeaway instead of a takeaway and 100% of attendees said yes. Participants were shown the nutrition cards for week 7 and the mini recipe booklet for week 7.

Participant Feedback: Participants enjoyed this cooking practical and said that they did not realise how easy and quick it takes to make egg fried rice. One participant asked how to make salad dressings, so Ruth prepared an additional resource on how to make salad dressings (**Figure 32**).



Figure 32. Resource on how to create salad dressings prepared for *Wellness unLAOISed* participants.

Week 8 Title: Eat Well, Spend Less

Date: 15th June 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: This workshop started by Ruth asking participants if they think that the cost of food has increased in Ireland. 100% of attendees voted yes. Ruth then asked participants if they think that it costs more to eat healthy. 44% voted yes, 44% voted no and 11% voted unsure. Ruth told people that they are more likely to eat healthier by planning and preparing. Practical examples of this include making a shopping list, cleaning our cupboards, and organising the fridge. Ruth then spoke about food waste in Ireland. The average Irish household throws out 150kg of food waste each year at a cost of approximately €700. Ruth provided tips on how to reduce food waste and shared shopping tips such as choosing frozen fruits and vegetables instead of fresh varieties to reduce cost. Food swaps for a healthy lifestyle were then shared (**Figure 33**).



Figure 33. An example of a food swap for a healthy lifestyle.

At the end of the workshop Ruth asked participants to vote if they feel more confident that they can save money on their grocery shopping. 100% voted yes. Ruth then asked participants again if they think it costs more to eat healthy. 92% voted no, 8% voted 'unsure'. The workshop concluded by Ruth giving drink swaps. Participants were shown the nutrition cards for week 8, the mini recipe booklet for week 8.

Week 9 Title: Meat-Free Dinner Cooking Practical

Date: 22nd June 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In advance of the cooking demonstration, Ruth shared the ingredients list with participants and encouraged them to cook along with her. Before Ruth started to cook, she spoke about the importance of personal hygiene in the kitchen and safety rules as usual. Firstly, Ruth prepared chickpea and sweet potato korma, and then she prepared spicy chickpea stew. The ingredients list for both recipes was shown and then the combined ingredients list was shown. The total cost for the ingredients for both dinners which served 8 people was €16 (€3 per person). Participants were shown the nutrition cards for week 9 and the mini recipe booklet for week 9. Participants were asked to vote for what snack option they would like to be prepared in week 11. Participants were given options (i) homemade hobnobs, (ii) carrot cake cookies, (iii) chocolate orange granola cups (iv) minestrone soup. The top two most popular options voted by attendees were homemade hobnobs and chocolate orange granola cups. A 44-page recipe book was shared with all participants (**Appendix XV**). Participants were asked to book their post testing appointment.

Week 11 Title: Treats Cooking Practical

Date: 6th July 2022

Delivered by: Ruth Kavanagh, ANutr. MSc.

Description: In advance of the cooking demonstration, Ruth shared the ingredients list with participants and encouraged them to cook along with her. Ruth started the workshop by explaining week 11 and week 12 nutrition cards. Before Ruth started to cook, she spoke about the importance of personal hygiene in the kitchen and safety rules as usual. Firstly, Ruth prepared the homemade hobnobs and then she prepared the chocolate orange granola cups. Participants were reminded to complete home post testing if they did not attend post testing.

Week 12 Title: Stress and Stress Management

Date: 13th July 2022

Delivered by: Dr Kiera Ward

Description: In this workshop, Dr Kiera Ward discussed the differences in common emotions (i.e. fear, anxiety, worry and stress) followed by the definition of stress, common stressors (e.g. work or education, money, family), the body's response to stress (i.e. the fight and flight responses, physiological changes, general adaptation syndrome), and the physical, emotional and behavioural symptoms of stress. In the second half of the workshop, Dr Kiera Ward focused on stress management and 10 practical tips to relieve stress. For example, planning your schedule and getting organised, eating healthy, balanced meals, and

performing breathing activities. Finally, a summary on stress and the impact of stress management on health and wellbeing was given (**Figure 34**).



Figure 34. Summary points from the stress and stress management workshop.

2.5.5. Onsite Visits and Focus Groups

2.5.5.2. Onsite Tasting Sessions

During the online cooking practical demonstration in week 9, participants mentioned that they would love to try the baked treats. In response to this, the True Fitness (now **EduFIT**) team hosted a live taste testing session in Portarlinton after the post testing session. The True Fitness (now **EduFIT**) team prepared homemade bread, blueberry bars, peanut and chocolate chip balls/bars, muesli and yoghurt and homemade sports drinks (**Figure 35**). The peanut and chocolate chip balls/bars were the group favourite. A ‘behind the scenes’ video was shared on social media (Scan QR code).





Figure 35. A selection of treats prepared for the *Wellness unLAOISed* participants.

2.5.5.2. Onsite Focus Groups

During the 12-week *Wellness unLAOISed* programme, we held numerous on-site exercise classes and focus groups in Mountrath and Portarlinton to sit down and talk with the participants. We really wanted to make sure participants were enjoying the programme and could use the app or desktop site appropriately. We wanted to provide them with an opportunity to ask questions and provide feedback regarding the app and the programme. We also used this opportunity to ask participants about certain topics and/or recipes they would like to have covered during the *Wellness unLAOISed* programme. The feedback from participants is summarised below on the following topics: (1) the on-site exercise class; (2) the online exercise sessions; (3) the delivery team; (4) the workshops and (5) the app. A photo of one of the focus groups can be found in **Figure 36** and a social media post regarding the feedback received is shown in **Appendix XVI**.

On-Site Exercise Classes

- “Feel better about yourself”
- “Love getting out and meeting people”
- “Very good for people starting out. See people exercising – you know you’re doing it right”
- One participant discovered she was “putting her hands wrong” in the online class and being on-site gave her the opportunity to see the live demonstration and to interact with the exercise instructor.
- “Sure, what about it” – Greater motivation to work harder in person
- “You pick up a lot more in person”
- “More confidence”
- “I love being in a group”

- “Love meeting up in person after the isolation in COVID”

Online Exercise Classes

- “Prefer it online. But it’s nice to come out in person now and again”.
- “I find it very easy to do it online. It’s very easy to go upstairs and turn the laptop on. If every session was live, I wouldn’t make it”.
- “This would be a 2-hour session for me [if they were to travel to and from onsite exercise class). At home, I’m more inclined to work within myself”.

The Delivery Team

- “You have been amazing at contact, it’s instant”
- “Very approachable”
- “Very easy to ask questions”

The Workshops

- “I like them online”
- “Prefer the talks online”
- Participants also commented that they liked “recordings when you are not available” during the live delivery.
- Participants agreed that the length of the exercise education and nutrition and health education workshops were perfect.
- One participant asked Ruth how to pick out healthy yoghurts in the supermarket, so this formed a nutrition card in the preceding weeks.
- One participant requested the inclusion of “salad dressings as summer is coming up” so Ruth incorporated this into the next recipe book.
- One participant asked, “how do you make a healthier version of fish and chips?” so Ruth made homemade fish and chips in the ‘fakeaway’ cooking demonstration.

The App

- Participants said that they were all using the app to get the links for the online exercise classes and to access the on-demand recordings of the exercise education and nutrition and health education workshops.
- Participants said they were all receiving the push notifications on the app and preferred accessing on-demand resources on Moodle rather than getting lots of emails.



Figure 36. A focus group meeting after an onsite exercise class in Mountrath.

2.5.6. Wellness unLAOISed Equipment and Resources

During the *Wellness unLAOISed* programme, participants were provided with training equipment and on-demand resources including exercise circuit cards, exercise education resources, nutrition and health education resources, nutrition cards and weekly recipes. An at-home testing manual was also created for participants who could not attend onsite post-testing sessions and a feedback report, and a full recipe book was issued to all *Wellness unLAOISed* participants at the end of the programme. A full list of the resources provided to participants can be found in **Appendix XVII**. Following this, all the weekly resources provided are outlined from **Appendix XVIII** to **Appendix XXVIII** (inclusive).

2.5.6.1. Training Equipment

In the pre programme in-person testing session, participants on the *Wellness unLAOISed* programme received welcome packs containing important information on how to download and access the *Wellness unLAOISed* Moodle app, a copy of the weekly timetable, and 4 coloured A5 cards (red, orange, blue and green) to represent the different exercise intensities in the online exercise classes. Participants also received one trigger ball and one resistance band for use during the programme (**Figure 37**). For participants who could not attend the onsite sessions, their welcome pack and training equipment was posted to their home address.



Figure 37. Equipment packs prepared for **Wellness unLAOISed** participants in Portarlinton.

2.5.6.2. Exercise Circuit Cards

A range of exercise circuit cards were created and shared with **Wellness unLAOISed** participants during the 12-week programme. A significant amount of time was spent planning, recording, editing and creating resources (i.e., videos and circuit cards) by the True Fitness (now **EduFIT**) team (**Figure 38**). The exercise circuit was accessed by scanning the different QR codes within the document. We designed circuits for aerobic exercises, resistance exercises, resistance band exercises, flexibility exercises and balance exercises. The aerobic exercise circuit was created with 3 combined levels (beginner, intermediate and advanced) (**Figure 39**). For each exercise in the aerobic circuit, the QR code when scanned would open the link to a recorded video containing 3 different variations of the exercise. The participants were invited to choose the version / level of difficulty that was most suitable for them. We used this approach as an initial test and asked participants for feedback. On a different occasion, we designed 3 separate resistance exercise circuits for beginners, intermediate and advanced levels (**Figure 40**). In this way participants were free to choose the level that was most appropriate for them. We asked participants for feedback on the two different ways of designing circuit cards in terms of which they preferred. There was a mixed response for the two different approaches, but all participants were really impressed with the circuit cards and innovative use of the QR codes, especially if they only wanted to do one or two exercises at a certain time or wanted to change up the routine order. All exercise circuit cards that were developed as part of this programme are included in **Appendix XXIX**.



Figure 38. Behind the scenes images of Ruth filming with exercise instructor Anne.

Wellness unLAOISed

Aerobic Circuit (Levels 1, 2 & 3)

Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan the QR code to watch a 10-minute warm-up video.

Please do a cool-down of your choice for at least 5 minutes after completing the exercises in this circuit. Scan the QR code to watch a 5-minute cool-down video.

Scan the QR code beside each exercise on this circuit board to view variations of the exercise (level 1, level 2 and level 3).

All exercises performed with the correct posture.

Logos: Laois Sports Council, SPORTS COUNCIL SPORT RELAXED, Laois Fitness

Exercises | Time 30-60 seconds

1. Aerobic

1. Squat
2. Twist & Punch
3. Arm Circles
4. Step back & Rise
5. Side step & Curtsy
6. Jumping Jacks
7. High Knee Sprint
8. Step up, Step
9. Step up & Climb

1. Aerobic

Scan this QR code to view variations of the exercise

2. Squat

Scan this QR code to view variations of the exercise

3. Twist & Punch

Scan this QR code to view variations of the exercise

Logos: Wellness unLAOISed

Figure 39. Example of an aerobic exercise circuit with three different levels (beginner, intermediate and advanced) per exercise that was created and shared with **Wellness unLAOISed** participants. A full warm up and cool down is also included.



Figure 40. Example of a beginner exercise circuit card focusing on resistance training that was created and provided to **Wellness unLAOISed** participants.

2.5.6.3. Exercise Education Resources

To support all of the 20-minute exercise education workshops, resources were created containing a summary of the key points of each workshop. These were uploaded to the app every week. An example of the exercise education resource for the ‘Trigger Point Therapy’ exercise education session can be seen in **Figure 41**.


Wellness unLAOISed Trigger Points

What is a Trigger Point?

- A painful spot in a taut band of muscle.
- The spots are painful on compression and can also produce referred pain.
- TP are either Active or Latent


Active T.P.:
Painful at rest; Tender to palpation;
Sets off Twitch Response

Latent T.P.:
Locally tender; Does not refer pain;
Does not set off Twitch Response



What causes them?

- Acute Trauma
- Repetitive Microtrauma
- Poor Posture
- Anxiety
- Poor Biomechanics
- Muscle Imbalance



Logos for various health organizations at the bottom.

Wellness unLAOISed Trigger Points

How do we treat Trigger Points?

- Improve flexibility and range of movement
- Rectify muscle imbalance
- Develop good overall body strength

Use the trigger point ball:

- Apply gentle pressure to affected area.
- On a pain scale of 0 to 10 apply a score of 5-6.
- Maintain pressure for maximum of 5 seconds and release for 2 seconds.
Repeat this process 3-5 times only.
- Treat a maximum of 5 muscles in any one session.

Logos for various health organizations at the bottom.

Figure 41. Example of the exercise education resource which supplemented the ‘Trigger Point Therapy’ exercise education session during *Wellness unLAOISed*.

2.5.6.4. Health Education Resources

To support all the 60-minute health education workshops, weekly resources were designed and shared with *Wellness unLAOISed* participants containing a summary of the key points discussed during the workshops or assist with the adoption of health habits. These resources were uploaded to the Moodle app every week. Please see an example of a health education resource for the ‘Sedentary Behaviour, Screen Time and Sleep’ workshop (**Figure 42**).

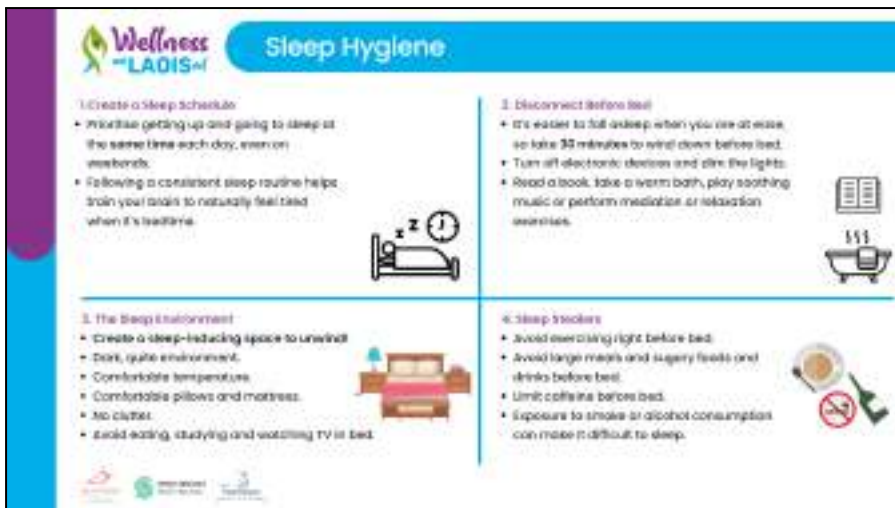


Figure 42. An example of the health education resource which supplemented the ‘Sedentary Behaviour, Screen Time and Sleep’ workshop delivered as part of **Wellness unLAOISed**.

2.5.6.5. Nutrition Cards

To support all the 60-minute nutrition workshops and cooking practicals, weekly nutrition cards were created and shared with **Wellness unLAOISed** participants containing a summary of the key points discussed during the workshops or assist with the adoption of health habits (i.e., simple food swaps) (**Figure 43**). These resources were uploaded to the Moodle app every week.



Simple swaps

Breakfast roll (1 roll) 1 bread roll, 2 sausages, 2 slices of ham, 1 egg, 1 slice of cheese (100g) 1200kcal	Porridge porridge pot (40g), 1 medium banana (200g), 1 medium apple (100g), 1 pot of low-fat yogurt (100g) 2700kcal	1200kcal
Hot & cheese burger (1 burger) 1000kcal	Hot & cheese sandwich (1 burger) 4200kcal	1000kcal
Chicken cheese (100g) 800kcal	Low-fat Feta cheese (100g) 1200kcal	800kcal
Margarine (10g) 100kcal	Butter (10g) 100kcal	100kcal
Bag of crisps (10g) 100kcal	Bag of popcorn (10g) 100kcal	100kcal
Cheese slice (10g) 100kcal	Hot sauce (10g) 100kcal	100kcal
Vanilla ice cream (10g) 100kcal	Frozen natural yogurt (10g) 100kcal	100kcal

Simple swaps

300g of chicken (100g) 1000kcal	300g of chicken (100g) 1000kcal	1000kcal
Deep Pan Pappardelle pizza (1) 1200kcal	Thin crust pappardelle pizza (1) 1200kcal	1200kcal
Deep Pan Pappardelle pizza (1) 1200kcal	1/2 Thin crust pappardelle pizza and side salad (1) 600kcal	1200kcal
Deep Pan Pappardelle pizza (1) 1200kcal	Thin crust pappardelle and tomato pizza (1) 1200kcal	1200kcal

Figure 43. An example of the nutrition cards provided to **Wellness unLAOISed** participants every week.

2.5.6.6. Weekly Recipes

During the **Wellness unLAOISed** programme, participants received a weekly recipe book containing 4 recipes. An example of the 'Week 8 Recipes' can be found below in **Figure 44**. The focus of this recipe book was on dinners. Other weekly recipes focused on breakfasts, lunch, snacks, and treats.



Figure 44. An example of the weekly recipe books provided to *Wellness unLAOISed* participants.

2.5.6.7. Recipe Book

At the end of the 12-week *Wellness unLAOISed* programme, participants received a full recipe booklet created by Ruth Kavanagh (ANutr. MSc.) containing recipes for breakfast, lunch, dinner, snacks, and treats. Please see the front cover and full table of contents below in Figure 45.



Figure 45. The front cover and table of contents for the recipe book created for Wellness unLAOISed participants.

2.5.6.8. At-Home Testing Manual

A testing manual was created for **Wellness unLAOISed** participants to perform each of the different physical tests at home if they could not attend the onsite post-testing sessions (Figure 46). This testing manual contained an explanation of the different components of fitness (muscular fitness, balance, and aerobic fitness) followed by step-by-step instructions of each of the 4 physical tests; (1) 60-second sit-to-stand test, (2) 60-second press up test, (3) 30-second bilateral balance test and (4) 6-minute walk test. In addition, the age-matched and gender-matched normative values for the 4 different tests were provided in the testing manual. A QR code was provided in the testing manual, which participants were asked to scan to open up a Google Sheet to enter their individual test results.

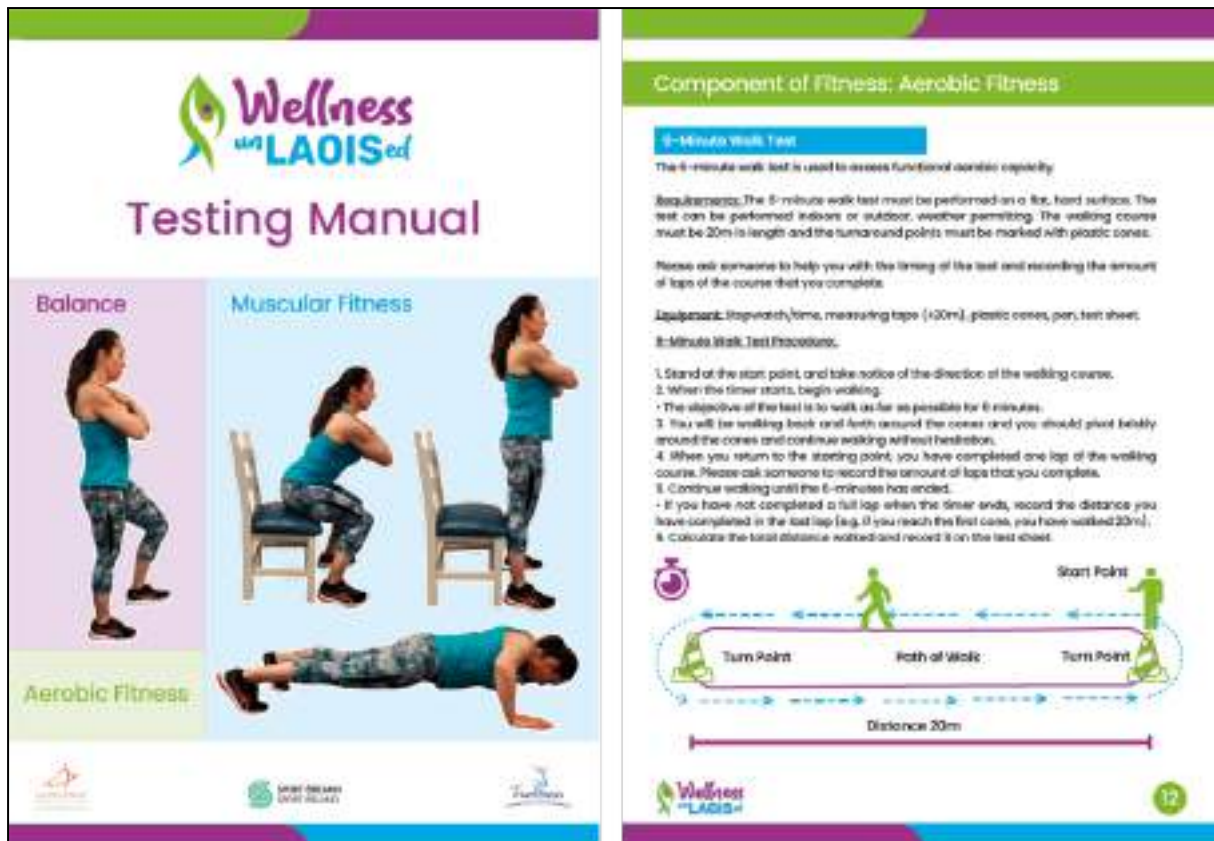


Figure 46. The at-home testing manual for *Wellness unLAOISed* participants.

2.5.6.9. Feedback Report

Following the completion of the 12-week *Wellness unLAOISed* programme, participants were issued with a feedback report containing their individual assessment pre- and post-testing results for the physical tests and questionnaires, along with a calculated change score. Please see an example of the feedback report below in **Figure 47**.

**Assessment results post completion of
Wellness UnLAOISed programme**

Name: _____

	pre test	post test	change
Balance Left leg (seconds)			
Balance Right leg (seconds)			
Press ups (repetitions)			
60 second sit-to-stand test (repetitions)			
6 minute walk test (steps)			
Wellbeing score			
Number of days in the past week that you did a total of ≥ 30 minutes of physical activity, which was enough to raise your breathing rate?			

Thank you for your participation in the Wellness UnLAOISed programme.
You should be very proud of yourself and the efforts you have made over the past 12 weeks.
Well done from the Wellness UnLAOISed team.

Figure 47. Feedback Report for *Wellness unLAOISed*.

2.6. Wellness unLAOISed Communications

2.6.1. Email

The True Fitness (now **EduFIT**) team created a *Wellness unLAOISed* email account to manage correspondence with *Wellness unLAOISed* participants. The email address used was: wellnessunLAOISed@gmail.com

2.6.2. Social Media Campaign

Hashtags were used on all social media posts on all social media platforms including Facebook, Instagram, Twitter, and LinkedIn. The hashtags used were #wellnessunLAOISed #innovation #TrueFitness #LaoisSportsPartnership #sportireland #laois. Hashtags were used to group *Wellness unLAOISed* content together, making it easy for people to find *Wellness unLAOISed* content. Hashtags can help boost social media reach and engagement. This text was included on all social media posts “*Wellness unLAOISed* is designed and delivered by True Fitness (now **EduFIT**) in partnership with Laois Sports Partnership and funded by Sport Ireland through the Sport Ireland Innovation Fund” to raise awareness about this project partnership.

The total number of posts, reach, engagements, likes and reactions, comments, and shares for *Wellness UnLAOISed* posts shared from the True Fitness (now **EduFIT**) Facebook and Instagram accounts can be seen in **Table 2**. The full social media report from the True Fitness (now **EduFIT**) Facebook and Instagram account can be seen in **Appendix XXX**.

Table 2. The total number of posts, reach, engagements, likes and reactions, comments, and shares for **Wellness UnLAOISed** posts shared from the True Fitness (now EduFIT) and Laois Sports Partnership Facebook and Instagram accounts.

	Total Number of Posts	Total Reach	Total Engagements	Total Likes and Reactions	Total Comments	Total Shares
True Fitness (now EduFIT)	104	18,970	2,684	684	117	85
Laois Sports Partnership	96	41,719	2,429	358	15	15
Total	200	60,689	5,113	1,042	132	100

Chapter 3: Results

3.1. Participants

A total of 85 participants were recruited for the *Wellness unLAOISed* programme. A total of 69 participants completed the full *Wellness unLAOISed* programme. The reasons provided by the 16 participants who withdrew from the *Wellness unLAOISed* programme include a death in the family (n = 1), too much going on/too busy (n = 2), home or business relocation abroad (n = 2), health issues unrelated to the programme (n = 4), recent surgery (n = 1), and unstated despite follow-up communication (n = 6).

3.2. Aerobic Fitness

The 6-minute walk test is used to assess functional aerobic capacity or fitness. Aerobic fitness is an independent predictor of all-cause and cardiovascular disease mortality. This means the higher an individual's aerobic fitness, the lower the risk of developing non-communicable diseases (e.g., type 2 diabetes, metabolic syndrome) and mortality from all-causes and cardiovascular disease, regardless of age, body composition and other risk factors. This test measures the distance participants can walk in six minutes around a 20m course on a flat, hard surface. The goal is for the individual to walk as far as possible in six minutes. The individual is allowed to self-pace and rest as needed. The primary outcome is the distance covered in metres. The average number of metres reached in the six-minute walk test before *Wellness unLAOISed* was 522m. Following the *Wellness unLAOISed* programme, the average number of metres reached in the six-minute walk test was 578m. **Overall, when the pre and post programme results were analysed, there was an increase in the average number of metres reached following the *Wellness unLAOISed* programme, indicating improvements in aerobic capacity with significant health benefits for participants (Table 3).**

Table 3. Changes in the 6-minute walk test score following Wellness unLAOISed.

6-minute walk test score (metres)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
522	578	+56

3.3. Lower-Body Muscular Fitness

The 60-second sit-to-stand test is a well-known measure of lower body muscular fitness (muscular strength, endurance, and power), which captures the number of times a participant can stand up and sit down on a regular chair for 60 seconds. Lower-body muscular fitness is an important component of health-related physical fitness and is

essential for mobility, activities of daily living (e.g., getting out of a chair), functional independence and quality of life. Participants were asked to complete a 60-second sit-to-stand test in week 1 and week 10 of the **Wellness unLAOISed** programme under the supervision of qualified exercise instructors. The average number of sit-to-stand repetitions in 60-seconds before **Wellness unLAOISed** was 35 repetitions. Following the **Wellness unLAOISed** programme, the average number of sit-to-stand repetitions in 60 seconds was 43 repetitions. **Overall, there was an increase in the average number of repetitions of the sit-to-stand movement performed following the **Wellness unLAOISed** programme, indicating improvements in lower-limb muscular fitness (Table 4).**

Table 4. Changes in the 60-second sit-to-stand test score following **Wellness unLAOISed**.

60-second sit-to-stand test score (repetitions)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
35	43	+8

3.4. Upper Body Muscular Fitness

The 60-second press-up test is used to evaluate upper body muscular fitness (muscular strength, endurance, and power). Many activities of daily life such as carrying groceries and household tasks require repeated or sustained muscular actions. Participants were asked to complete a 60-second press-up test in week 1 and week 10 of the **Wellness unLAOISed** programme under the supervision of qualified exercise instructors. The press-up test can be performed in different positions: a wall press-up, a box press-up, a modified press-up, and a full press-up. Each of these different positionings were demonstrated to the **Wellness unLAOISed** participants before the test began and they were asked to perform the test in the position they felt most comfortable. The average number of press-up repetitions in 60-seconds before **Wellness unLAOISed** was 24 repetitions. Following the **Wellness unLAOISed** programme, the average number of press-up repetitions in 60 seconds was 28 repetitions. **Overall, there was an increase in the average number of repetitions of the press-up movement performed following the **Wellness unLAOISed** programme, indicating improvements in upper-body muscular fitness (Table 5).**

Table 5. Changes in the 60-second press-up test score following **Wellness unLAOISed**.

60-second press-up test score (repetitions)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
24	28	+4

3.5. Balance

The 30-second eyes closed balance test was conducted before and after the **Wellness unLAOISed** programme to assess the changes in balance following 12 weeks of multimodal exercise training. Balance refers to the ability to keep the body's centre of gravity within the base of support while in a static position, performing voluntary movements (such as walking) or reacting to external disturbances. Balance is affected by muscle strength, power and flexibility and therefore multimodal exercise training is so important for maintaining and improving balance. Balance is important for controlling, stabilising, and maintaining your body position thereby decreasing the risk and incidence of falls and fractures, improving quality of life and maintaining functional independence. Participants were asked to complete a 30-second balance test with eyes closed in week 1 and week 10 of the **Wellness unLAOISed** programme under the supervision of qualified exercise instructors. Participants were asked to maintain their balance when their left foot was on the ground and their right foot was lifted off the ground before switching to the opposite foot. Before the **Wellness unLAOISed** programme, the average time spent balancing on the left foot was 8 seconds and the average time spent balancing on the right foot was 7 seconds. Following the **Wellness unLAOISed** programme, the average time spent balancing on the left foot was 14 seconds and the average time spent balancing on the right foot was 13 seconds. **Therefore, there was an increase in the average time spent balancing on the left foot and the right foot after the **Wellness unLAOISed** programme, indicating improvements in overall balance (Table 6).**

*Table 6. Changes in the 30-second bilateral balance test score following **Wellness unLAOISed**.*

30-second <u>left</u> leg balance test score (seconds)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
8	14	+6
30-second <u>right</u> leg balance test score (seconds)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
7	13	+6

3.6. Wellbeing

The World Health Organisation Five Well-Being (WHO-5) Index allows for a quick assessment of well-being over a two-week period. Participants are asked to indicate how they felt over the past two weeks using 5 individual statements and a six-point Likert scale ranging from 0 = "at no time" to 5 = "all of the time". The 5 individual statements were:

1. I have felt cheerful and in good spirits

2. I have felt calm and relaxed
3. I have felt active and vigorous
4. I woke up feeling fresh and rested
5. My daily life has been filled with things that interest me

The raw score ranges from 0 to 25, with 0 indicating the absence of wellbeing and 25 indicating maximal wellbeing. The raw score can be multiplied by 4, with 0% representing the worst possible and 100% representing the best possible wellbeing. A cut-off score of ≤ 12.5 or $\leq 50\%$ indicates poor wellbeing and is an indication for testing for depression using the Major (ICD-10) Depression Inventory. Participants were asked to complete the WHO-5 Index prior to and following the **Wellness unLAOISed** programme. The average group wellbeing score before **Wellness unLAOISed** was 15 or 61%. The average group wellbeing score after **Wellness unLAOISed** was 19 or 79%. **Overall, there was an increase in the average group wellbeing score following the **Wellness unLAOISed** programme (Table 7).**

Table 7. Changes in mental wellbeing score following **Wellness unLAOISed**.

Mental wellbeing score (raw and percentage)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
15 (61%)	19 (79%)	+4 (+18%)

3.7. Physical Activity Participation

Participants were asked to complete the M1 form prior to and following the **Wellness unLAOISed** programme to indicate how many days they had done a total of 30 minutes or more of physical activity, which was enough to raise their breathing rate, in the past 7 days. This could include sport, exercise, and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that may be part of your job. The average number of active days before **Wellness unLAOISed** was 3 days. The average number of active days 7 days after **Wellness unLAOISed** was 4 days. **Therefore, participants were more active following the **Wellness unLAOISed** programme (Table 8).**

Table 8. Changes in physical activity participation following **Wellness unLAOISed**.

Physical activity participation (number of days)		
<i>Before Wellness unLAOISed</i>	<i>After Wellness unLAOISed</i>	<i>Change</i>
3	4	+1

3.8. Self-Efficacy

We examined changes in self-efficacy using the perceived physical activity questionnaire, also known as the LIVAS questionnaire (Lichamelijke Vaardigheden Schaal) due to the translation from the Dutch language. This 10-item questionnaire evaluates how a person perceives his or her physical abilities compared to other people of their own age. These physical abilities include flexibility, reaction time, physical strength, physical condition, movement, stair climbing, hand strength, walking speed, balance, and overall activity. The scale scores vary between 10 and 50, with higher scores representing more positive physical self-efficacy beliefs. Unfortunately, direct translation of the questionnaire from the Dutch language caused confusion to participants as for some questions the most positive physical self-efficacy beliefs were scored as 1, while in other questions the most positive physical self-efficacy beliefs were scored as 5. Additionally, the answers regarding hand strength were “1. Much bigger, 2. Slightly bigger, 3. The same size, 4. Slightly smaller, 5. Much smaller” which is more applicable to hand size. Therefore, we did not feel confident reporting these results as they may be inaccurate. We acknowledge that it is very important to measure self-efficacy following an exercise intervention and will therefore utilise a different measuring tool in future studies.

Chapter 4: Discussion and Key Learnings

4.1. Discussion of the Key Findings

The overall aim of the *Wellness unLAOISed* programme was to increase exercise participation rates in adults from economic, social and/or educational disadvantage in Laois. Additionally, the programme aimed to increase exercise, nutrition and health literacy and skills in our target group in order to increase the adoption and maintenance of exercise and other health enhancing behaviours in the long-term while being innovative in our approach.

The key findings of this pilot innovation project were that 12-weeks of co-created multimodal exercise nutrition and health education sessions improved aerobic fitness, lower body muscle strength and endurance, upper body muscle strength and endurance, balance, and habitual physical activity levels of participants. The programme also improved indicators of participants' wellbeing. Additionally, the co-creation of the person-centred *Wellness unLAOISed* app with participants/our target group worked very well. The end result is an exercise, health education and nutrition programme and app that is relevant, appropriate, practical, of interest to, person centred and completely specific to adults from economic, social and/or educational disadvantage. The app and programme could easily be scaled up for greater reach in this target group or modified slightly to achieve similar benefits in other adult target groups.

4.2. Key Learnings

This was an extensive, challenging but extremely rewarding project. There were a number of key learnings over the 12-month period, and these are summarised below.

Preparation/Lead in Time: Our innovation project officially started in September 2021, but in reality, **Laois Sports Partnership** and **True Fitness (now EduFIT)** had a number of preparation meetings in July and August to make sure we were ready for a September start. From September to December 2021, we invested a huge amount of time in planning and preparation. This was absolutely essential for a project of this scale. We would build a similar amount of planning and preparation time into any future projects of this scale.

Partners: We knew that we needed a technology partner and a graphic design partner for this project. The project could only have been delivered successfully with all partners working together intensively and in a timely manner over the 12-month period, so securing the right partners was essential for the success of the project. We felt that Anitech Solutions (technology development) and Claudine Leonard (graphic design) were perfect partners for *Wellness unLAOISed*. We spent a significant amount of time in the preparation phase researching and reaching out to potential partners. This body of work definitely paid off in the end. The partnership and 15-year intervention history between **Laois Sports Partnership** and **True Fitness (now EduFIT)** was invaluable and so important to the success of this innovation project.

Stakeholder Engagement: We really tried to engage with as many relevant stakeholders as possible. We ended up doing this on a one-to-one basis due to issues with stakeholder schedules, which was very time consuming, but the quality of their input was fantastic because of this. We found they were very supportive of the project, they identified a real need for the project in our target group, their expertise and insights were invaluable to us with regard to the target group we were trying to recruit, and their help with recruitment was absolutely essential. We found the stakeholder engagement piece of this project to be absolutely crucial to the success of it.

Customer Discovery: We learned that this piece of work is absolutely essential before starting any programme. We gained a lot of important insights from the focus groups with our target group and the questionnaires. The outputs from this work were very important to the development of the initial programme outline and content.

Recruitment: The recruitment of participants from our target group took three times longer than our experience with other adult programmes we have delivered. In future programmes for this target group, we will factor this essential learning into the timeline. We were ahead of schedule for the first few months of the project. The delays we experienced with recruitment and solicitors (see explanation below) cost us two months, so we lost the gains we had made in the preparation phase, but we were still on target for project completion by September 2022. However, the delays we experienced with recruitment had the potential to cause issues with timelines, so it must be highlighted and considered moving forward.

Procurement, e-tender and Legal Considerations: The value of the technology aspect/contract for this project meant it had to go to e-tender and we also had to involve a solicitor. This process cost us at least two months of time that we had not initially factored into the timeline, because we had no previous experience of this. The solicitor element also had a financial cost that we had not initially anticipated or factored into the budget, so this had to be pulled from the project management budget. This would need to be factored into future projects of this nature.

Project Management: This was an enormous job. It required an extensive amount of time almost daily for 12 full months. We have extensive experience running lifestyle interventions for large numbers of participants in-person and online. While there are many challenges with this, we are very practised in this space, so that element was very well known to us in terms of project management. However, we had no previous experience in the development of custom-built apps. We needed weekly full team meetings for 12 months. Also, for the 12-week *Wellness unLAOISed* programme we needed 15-minute meetings per day with Anitech totalling 60 meetings over that 12-week period. We would advise other projects to be aware of this and factor it into the weekly schedule.

Time of Year is Important: Ideally, we prefer to run exercise and health interventions/programmes in January to June or September to December each year. Six- or 12-week programmes starting at these times of year go very well in terms of uptake and

adherence. Once the summer months come in and children are not in school, it causes substantial issues for adherence to programmes. We couldn't start **Wellness unLAOISed** until April of 2022, which was undesirable given the 12-week programme would run well into the summer months, but it was unavoidable due to unanticipated delays mainly associated with solicitors. However, the majority of the participants recruited completed the full programme which was a big achievement for this time of year. Moving forward we would still aim to run programmes January to June and September to December.

Exercise Classes: The participants loved the convenience of the online live classes and how time efficient they were. Originally, we were only going to have live exercise classes available, but the feedback from participants in the focus groups included a strong request for a library of on demand classes that they could view at times that suited their schedule, particularly if they missed a live class. This worked so well that we will definitely include an on-demand library in all future online programmes. However, it takes time to develop, record and edit the class library, so this would need to be factored into the timelines. We were also lucky to have the in-house skills available for this.

We offered one in-person class per week. Only ~25% of participants opted to attend these classes. They were very useful to help us hold focus groups, but they were also logistically challenging to the team's schedule. We originally did not intend to run in-person classes but did so in response to participant requests. The hybrid option did work very well for some of the participants, and this should be considered in future programmes.

Nutrition Education and Cooking Practicals: It is estimated that 40% of learners respond better to visual information than text alone. Participants commented that the nutrition information was much easier to understand than expected due to the visuals used in the workshops. Our team has good graphic design skills which is key to displaying information effectively. As there is a lot of contradictory information about diet, food and nutrition, participants expressed thanks for the delivery of concise yet evidence-based nutrition information. Our team made a conscious decision for nutrition workshops to be no longer than 45 minutes in duration to allow for a minimum of 15 minutes for questions and answers. This worked well and we would repeat this timing in future programmes.

Participants reported improved basic cooking skills and confidence to cook quick healthy meals at home as a result of the cooking practicals and user friendly, cost-effective recipes. Participant involvement was key to this programme. Participants stated that they enjoyed voting every two weeks for the recipes to be made during the live cooking practicals and they mentioned how they felt listened too when resources were created specifically for them based on their expressed needs eg. how to select a healthy yoghurt, how to make salad dressings. Future programmes should include a balance of nutrition education workshops and cooking practicals which incorporate nutrition education in a less formal manner. It is important to ensure that the person leading the cooking practicals has the appropriate equipment to ensure that participants can see the cooking process clearly. We

had two cameras (one camera was placed at a 90-degree angle to the person cooking and another camera was placed on a tripod which was tilted at a 45-degree angle so that people could see directly what the person cooking could see). Participants really appreciated that the nutrition education and cooking practicals were recorded and accessible through the app if they couldn't attend them live.

Exercise and Health Education Workshops: Participants really enjoyed the exercise education and health education workshops and expressed to the True Fitness (now EduFIT) team that the content and the length of each education workshop was perfect. Participants really appreciated that the education workshops were recorded and were accessible through the app if they couldn't make them live. In regard to the exercise education workshops, it was clear that some participants were aware of the aerobic exercise guidelines for health (i.e., a minimum of 150 minutes of moderate intensity aerobic exercise per week), but many participants did not know the right type and amount of resistance, flexibility and balance training and the health benefits of same, particularly for healthy functional ageing. Participants reported that these workshops provided a real eye-opener for them, and they subsequently understood the importance of partaking in the two multimodal exercise classes per week. The health education workshops focused on sedentary behaviour, screen time, sleep, and stress. These themes were very topical, particularly following the COVID-19 pandemic. In particular, participants were shocked by how much time they spent being sedentary during the day and began to implement some of the tips provided in the presentation. Overall, these workshops enhanced exercise and health literacy and provided participants with the confidence to implement our top tips into their daily lives, which is extremely important for long-term behaviour change. In a focus group, Dr Diane Cooper asked participants if they would be interested in short clinical exercise physiology modules focusing on different clinical conditions (e.g., type 2 diabetes, cardiovascular disease, arthritis). Participants living with clinical conditions said they would be very interested in watching these videos, whereas participants not living with clinical conditions said they wouldn't be interested in these, unless a family member was living with a clinical condition. A recommendation from participants for future programmes is the development of an on-demand library of short videos on the different clinical conditions with specific exercise prescription and nutrition guidelines.

The App: Participants continuously expressed the need for the app to be as easy as possible to navigate. It is extremely important that the app has a clear visual display, with only the necessary features and information visible on the landing screen. The app should allow for push notifications to be sent instead of email notifications or both types of notifications. Reminders for the live exercise classes and education classes were deemed useful by participants. Participants really appreciated being able to access on-demand resources and recordings through the app. It is important that the live and on-demand classes and/or workshops can be accessed easily, with limited clicks required.

Benefits and other possibilities associated with the app: The app offers the potential to run multiple *Wellness unLAOISed* programmes in different counties in Ireland, or large-scale programmes recruiting participants from all over Ireland. The app can facilitate online versions (preferred by some participants) and/or hybrid versions (preferred by some participants) of *Wellness unLAOISed*. The latter could link in with local Sports Partnerships where their teams could deliver the exercise sessions in-person in the community, but the health, nutrition and exercise workshops could be delivered live online and on demand through the app (as preferred by all participants). The structures, systems and content are in place which would significantly reduce future programme running costs.

The app was co-created and custom designed for the delivery of the *Wellness unLAOISed* to adults from economic, social and/or educational disadvantage. But the reality is that it can be used across all adult populations. The current course functions can be easily copied and replicated so that a number of courses could run through the app that are tweaked for different populations. It is a very efficient way of running any type of online or hybrid exercise, health, and nutrition programme. It offers great potential for data collection. The use of the app could cut programme running costs in the future.

Programme Support: The support and training we received from Karl Thomas, Sport Ireland and everyone involved in delivering workshops for the Innovation Projects was invaluable to us. We learned so much about innovation, different ways of thinking, spending a lot of time in the problem space before moving to the solution stage, investing time in stakeholder meetings and customer discovery and useful tools to use in this and future projects. The activities we were asked to complete at different times in the year were very timely and useful. They did not add pressure to the timeline, they were clear and concise and were very helpful to us. We found this support to be very valuable and essential for a project of this scale.

4.3. Mapping and Accreditation

Action 11 outlined in our project proposal stated we would map out the course content for proposed level 2 and level 3 following on *Wellness unLAOISed* courses post completion of the current course. After gathering feedback from the *Wellness unLAOISed* participants who completed *Wellness unLAOISed* (level 1), we have mapped out the proposed content for level 2 course and this can be found in **Figure 48** below. Based on the learnings from our current project we have not mapped out a proposed level 3 course because this should be co-created with participants following completion of level 2.



Level 2 of Wellness UnLAOISed - 8-week course



- 2 * 60-minute multimodal physical activity sessions per week.**
- Focused on strength development and progression (e.g. use of free weights or heavier household items).
 - Provide exercise training plans to participants.
 - Inclusion of fitness challenges e.g. press up test.
 - Additional on-demand exercise videos of multiple durations for all components of fitness.



- 1 x 60 minute workshop**
- Men's health workshop.
 - Women's health and the menopause workshop.
 - Greater focus on mental health and wellbeing e.g. S.E.L.F. care workshop, goal setting, and mindfulness workshop.
 - Include 'Food & Mood' nutrition education workshop.
 - Provide additional recipes.
 - Incorporate additional cooking practicals as participants really enjoyed them.



- On-Demand Mini-Education Workshops (20 minutes)**
- Clinical health education workshops created and uploaded to the on-demand library in the app so that people can access and view them if relevant for them e.g. osteoporosis.
 - Add a 'video Q&A with the experts' feature on the app whereby video responses are shared on the app in the on-demand library.



- Create an online journal in the app to encourage and reinforce health behaviour change e.g. water intake, step count, feelings, goals, and exercise tracker.
- Monday motivation tip shared weekly on the app.

Weekly time contribution for participants = 3 hours
 Total time contribution for the 8-week programme for participants = 24 hours

Figure 48: Proposed content for Level 2 of Wellness UnLAOISed.

Action 12 outlined in our project proposal involved consulting with Laois Offaly ETB to determine a pathway for achieving accreditation of the **Wellness unLAOISed** Level 2 and Level 3 follow on courses. The end result of this consultation process is that it is possible to have these programmes accredited should the programme funders and all partners involved wish to go down this route. It should be noted that this process would take a minimum of one year to prepare the necessary documentation and undertake the QQI journey. This

would require significant financial and human resources, so at this point in time we feel that this action is not necessary and not the best use of resources. We feel it would be best to focus on accrediting the 'Train the Trainer' course to help roll out the programme to many more participants in our target group so that they can obtain significant benefits from the existing app and **Wellness unLAOISed** course.

Action 19 in our project proposal was to develop an outline of a proposed 'Train the Trainer' course which could be used to upskill fitness instructors, personal trainers and other fitness professionals in the delivery of **Wellness unLAOISed**. This would increase availability and accessibility to an increased number of **Wellness unLAOISed** courses run in Laois and other counties for participants living in disadvantaged communities and circumstances. The 'Train the Trainer' course would focus on upskilling existing fitness professionals to deliver live online multimodal exercise classes as part of **Wellness unLAOISed**. We propose the course would be three hours per week for six weeks.

The content of the 'Train the Trainer' course would include:

- The physiology of ageing and inactivity (overview, but very practical).
- The role of multimodal exercise training in healthy functional ageing.
- A brief review of what the literature tells us about our existing target groups including physical activity participation, nutrition habits, health conditions, barriers and facilitators to physical activity, their needs and wants, literacy and other difficulties experienced etc. so that fitness professionals gain a detailed understanding of our target group.
- F.I.T.T. principles for aerobic, strength, flexibility and neuromotor exercise for healthy functional ageing and clinical conditions. Clinical conditions are very prevalent in our target group and so fitness instructors need to be able to design and deliver classes inclusive of multiple clinical conditions, but this is the area they struggle with. Some very simple and practical guidelines in this regard can help them to make classes inclusive, fun and safe.
- Practical training in balance, neuromotor exercise, flexibility and aerobic exercises for middle-aged and older adults with a wide range of ability and health status.
- How to administer the home-based fitness tests pre and post programme to assess effectiveness.
- How to assess exercise intensity virtually e.g. the colour coded RPE cards.
- Special warm up, cool down and main phase considerations for this population group.
- We propose to include a bank of resources custom designed for fitness professionals to help them in their delivery of **Wellness unLAOISed** including workshop notes,

practical circuits and videos, session plans, sample warm ups, sample cool downs, adaptations and progressions for exercises, a bank of balance, flexibility, strength and aerobic exercises and a professional tool kit for the delivery of **Wellness unLAOISed**.

Further to this, we communicated the proposed 'Train the Trainer' course with LOETB and Carlow IT. If desired, it is possible to have this course accredited with either body. The predominant reason for this is Dr Diane Cooper (now **EduFIT**) lectured the BSc Sports Science with Exercise Physiology in Athlone IT for 8 years. She redesigned the existing degree programme and had it successfully accredited with QQI. Diane was also a key team member who had three other related degree programmes accredited by QQI. LOETB and Carlow IT stressed that this level of knowledge and insight is the reason why both bodies would undertake the accreditation process with regard to the 'Train The Trainer' programme. It should be noted that it would require a minimum of one year to prepare the documents, and undertake the QQI accreditation process. This is of course all possible, but it would require an extensive amount of time and budget. An alternative would be to deliver the course without accreditation which would be significantly more cost effective and quicker. We took this approach with a different Sláintecare funded 'Prime Time of Life' programme in 2020 and those upskilled fitness instructors continue to roll out the Prime Time programme with us three years later. 'Prime Time of Life' is a 12-week multimodal physical activity and health programme for middle-aged and older adults with and without clinical conditions. It is a partnership between Laois Sports Partnership and True Fitness (now **EduFIT**).

4.4. Review of the Wellness UnLAOISed Action Plan

Action 16 in our project proposal focused on determining potential AI (artificial intelligence) options that could help in streamlining the delivery of the programme, the sign up, the admin side of things and a lot of the time intensive elements of running large projects of this nature. We did explore all of these issues with the technology partner. We have used technology to automate many of these processes for any **Wellness unLAOISed** programme that may run in the future, but in the end it was not necessary to use AI for same.

Action 17 in our project proposal highlighted reviewing the pilot with the technology partner to discuss potential options for the use of VR (Virtual Reality) and AR (Augmented Reality) moving forward for innovation in programme delivery. We held an intensive focus group with the technology partner about this. The potential options that were discussed are included in bullet points below. The outcome of this discovery work was that all of the options are possible, but the budget and time required to achieve any of the options would be beyond the scope of potential future funding available. This type of work could be explored as part of an EU project e.g. Erasmus+ in the future.

Potential AR and VR options discussed with the technology partner included:

- Develop the home testing ability of the app whereby the camera could be used to more accurately assess movement and performance in the pre and post programme fitness tests.
- Incorporate tracking of vital signs into the app e.g. heart rate monitoring using fingerprint placement on the devices camera.
- Develop immersive 3D versions of some of the health education lectures e.g. bone structure, circulatory system. This is a possibility however this would be resource intensive in terms of time and budget required.
- Virtual Reality (VR) to project fitness instructors demonstrating exercises into the home of the user. However, upon discussions with the *Wellness UnLAOISed* participants, the overall opinion was that they would be equally happy with a more developed on-demand library which would be a more cost effective approach. We also discussed the potential of using VR to replicate exercising in green and blue spaces but from within the home environment, this would be beneficial especially for those living in confinement and/or rural areas with limited access to green and blue spaces.
- We consulted with colleagues in Germany who have used VR to create online exercise challenges and games for participants to complete at home e.g. cycle around Laois challenge. This technology has been proven to be successful in a middle aged and older cohort. This is a possibility for future *Wellness UnLAOISed* programmes but it would require extensive resources in terms of time and budget.

4.5. Achievements

Laois Sports Partnership and True Fitness (now **EduFIT**) were shortlisted as a finalist for the ‘Excellence in Innovation’ award for the *Wellness UnLAOISed* programme at the Laois Business Awards in November 2022 (**Figure 49**). This was a huge achievement as only 5 finalists across 11 categories with over 700 submissions made.



Figure 49: The nominations for the 'Excellence in Innovation' award at the Laois Business Awards 2022.

Chapter 5. Participant Testimonials

Wellness unLAOISed participants shared their feedback with the True Fitness (now **EduFIT**) team during and after the *Wellness unLAOISed* programme.

5.1. Examples of Email/Written Testimonials

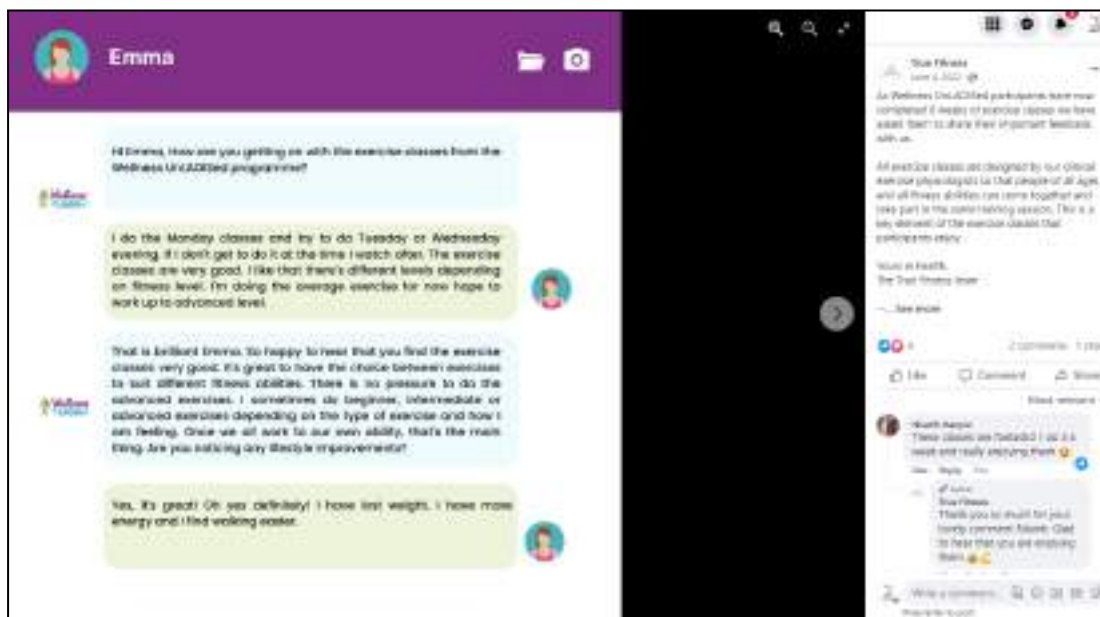
"*Wellness unLAOISed* has been a marvellous online course for the past 10 weeks. As a 66-year-old female, this offered a non-judgemental hourly class twice a week with fitness, flexibility, balance & core work covered. Instructors break down exercise into 3 levels, so it really is suited to all levels of fitness. Best course ever & would highly recommend it to everyone".

"Thanks a million to all the team. you have set me on the right path and help motivate me a bit more to exercise- not just walking! Thoroughly enjoyed it and will highly recommend it. Hope to re-join you in September on one of your courses".

I feel great after taking part in the unleashed fitness programme. I always struggled with eating the correct foods but I feel this has improved by watching the online food preps. I did one live class and one zoom class each week and I found it great to have this choice. I would love to do another programme like this in the future.

Tina

5.2. Examples of Testimonials Published on Social Media



Participant Feedback

I just wanted to say thank you so much for a very enjoyable and educational course. I really appreciated the ability to access the exercises classes and the educational sessions and cooking demos at a time that suited me since I couldn't engage with some sessions due to other commitments.

It was so professionally run and everyone on your team were absolutely brilliant in their delivery and interaction with the group.

I wish you and your team all the best and thanks to everyone for an amazing course!

Sharon



Participant Feedback

To all the team,

Thank you so much for delivering a truly remarkable programme. The whole experience has been transformational. The invaluable resources and all the Health Education & Nutrition/cookery demonstrations sessions were brilliant.

Really enjoyed all the fitness elements and seeing what a difference keeping to the training plan makes. The benefits of having more energy, feeling well, improving my strength & balance have increased significantly.

A huge thanks to everyone on the team, your contribution, support & commitment was inspirational and has made such a difference in changing my mindset and now I will continue to age well and benefit from all I have learned over the past twelve weeks.

Upwards and onwards!

Olivia



Participant Feedback

"Wellness unLAOISed has been a marvellous online course for the past 10 weeks.

As a 66 year old female, this offered a non-judgemental hourly class twice a week with fitness, flexibility, balance & core work covered.

Instructors break down exercise into 3 levels so it really is suited to all levels of fitness.

Best course ever & would highly recommend it to everyone"

Patricia



Participant Feedback



"My camera wasn't working and to be fair ye have been amazing. The support is so good - it's instant! I find your responses brilliant"



"You are all very approachable. It's very easy to ask questions"



Participant Feedback

Thank you to the Wellness UniLADiSed team. It was a truly wonderful course. I have made progress that is quite noticeable in my fitness. The team were supportive and knowledgeable. The classes were enjoyable and pushed each person individually.

I really enjoyed the nutrition classes and I was a bit dubious as I was vegetarian, if I would find it personally beneficial, but I did. I've made some recipes that all of the family enjoyed.

The course has given me the confidence to join a mothers and others GAA group.

Thank you and I hope to take part again

Royce



5.3. Examples of Audio Testimonials

Listen to participant audio testimonials by scanning the QR codes below:



Chapter 6: Conclusions and Future Plans

The Innovation Fund and the associated support we received from Sport Ireland, Karl Thomas and all of the experts involved in supporting the innovation projects provided us with an incredible opportunity to conduct this challenging but extremely rewarding **Wellness unLAOISed** project. It was a huge project to undertake, and its success is attributed to the support and guidance of the above individuals in addition to a team effort of engaged stakeholders, customary discovery work, engaged participants, and the right partners who are experienced, knowledgeable, efficient, dedicated and just really great people to work with. Although the Laois Sports Partnership and True Fitness (now **EduFIT**) team have been working closely together in this space for 15 years and have gained a lot of learnings and experience in this area, the innovation programme and fund provided us with the first opportunity for real innovation and support and education in this area that we didn't have access to before now. **Wellness unLAOISed** could not have been developed without this. We think the Innovation Programme and Innovation Fund are fantastic opportunities that will yield many great outputs in the future for the benefit of many people.

The co-creation of the exercise classes, nutrition workshops, exercise workshops and health education session with our participants was a very beneficial and rewarding experience. The development of the initial app and the co-creation of the final person-centred app was a very new experience for us. We have learned so much in this space that will be very beneficial to us and other groups moving forward, which will save time and money. We feel that the final result is an exercise, health education and nutrition programme and app that is relevant, appropriate, practical, of interest to, person centred and completely specific to adults from economic, social and/or educational disadvantage. Of course, this and any other programme we deliver will continue to develop and evolve with further innovation, but the foundations are definitely there to build upon over time.

The programme and app have many potential applications moving forward. We intend to apply for round two Innovation Funding to scale up the **Wellness unLAOISed** programme in two neighbouring counties to explore the reality and feasibility of scaling up the programme for greater reach in this target group and/or modified slightly to achieve similar benefits in other adult target groups.

Laois Sports Partnership and the True Fitness (now **EduFIT**) team would like to express our sincere thanks to Sport Ireland for giving us the opportunity to conduct the **Wellness unLAOISed** Innovation Project.

Appendices

Appendix I. Research Publications

Research Publication 1: A Pilot 6-Week Lifestyle Intervention in Women Aged 50+ in Ireland

Aim: To determine the effects of a 6-week community-based intervention on nutrition knowledge and physical, metabolic, and cardiovascular health of women aged 50+ years.

Main findings: Our 6-week intervention successfully improved body weight, body mass index (BMI), body fat percentage, waist circumference, fasting glucose, general nutrition knowledge, cardiovascular fitness, and lower body strength of participants. Metabolic health improved with a trend towards improved cardiovascular health.

These findings indicate that women aged 50+ responded positively to a women-only community-based lifestyle education and physical activity intervention. Community-based lifestyle interventions for females aged 50+ years should at least incorporate a combination of aerobic and resistance exercise in addition to nutrition and health education workshops to improve cardiometabolic health.

This research was funded by Laois Sports Partnership and Sport Ireland.



Please scan this QR code with your camera to read the full publication.

Research Publication 2: Multimodal Physical Activity Participation Rates in Middle-Aged and Older Adults

Aim: To determine the type and amount of structured physical activity that middle-aged (50-64 years) and older adults (65-90 years) in Laois engage in and use this data to inform the design and delivery of community-based physical activity interventions.

Main findings: Of the 353 adults (aged 50-90 years) who completed our survey, only 51.6% (n=182) of participants meet the recommendations for aerobic exercise for health and most participants did not meet the recommendations for resistance (14.4%, n=51), flexibility (6.2%, n=22), or balance training (0%, n=0). This may increase frailty and falls, reduce independent living, wellbeing, and quality of life in later years.

The most common barriers to participation in physical activity were pain in joints and muscles (44.9%, n=111), injuries (24.5%, n=78), and clinical conditions (12.9%, n=40). In terms of mental health, participants said physical activity improved their mental health (91.9%, n=217), helps them feel less stressed (90%, n=212), they enjoy it (90.5%, n=217), and they want to take part in more physical activity (77.5%, n=248).



Please scan this QR code with your camera to read the full publication.

Future physical activity programmes for middle-aged and older adults must incorporate (i) multimodal physical activity (aerobic, resistance, flexibility, and balance training), (ii) education regarding the amount, type, and specific benefits of multimodal physical activity for healthy ageing and the treatment and management of injuries and clinical conditions, and (iii) effective online options.

This research was conducted in partnership with Laois Sports Partnership and Dr Siobhán O'Connor in Dublin City University.

Research Publication 3: 'Prime Time of Life', A 12-Week Home-Based Online Multimodal Exercise Training and Health Education Programme for Middle-Aged and Older Adults in Laois

Aim: To investigate whether 12 weeks of a home-based online multimodal training (aerobic, resistance, balance, and flexibility exercises) and health education intervention could improve functional ability and perceptions of physical and mental health in middle-aged and older adults.

Main findings: Twelve weeks of online multimodal training and health education significantly improved cardiovascular fitness, strength, power, balance, flexibility, and perceptions of physical health, mental health, and quality of life in middle-aged and older adults.

These findings indicate that home-based online interventions for this population are equally effective to onsite programmes in improving components of fitness and perceptions of health that are crucial for healthy ageing.

This research was funded by Laois Sports Partnership, Sláintecare, Pobal, and the Government of Ireland.



Please scan this QR code with your camera to read the full publication.

Research Publication 4: Reflections, Impact and Future Recommendations Following ‘Prime Time of Life’ – an Online 12-Week Multimodal Physical Activity and Health Education Programme for Middle Aged and Older Adults in Laois

Aim: To (1) explore middle-aged and older adults’ reflections, impact and future recommendations following ‘Prime Time of Life’ – a 12-week online multimodal physical activity and health education programme; and (2) examine if participants implemented and sustained lifestyle changes during and after the programme.

Main findings: Prime Time of Life was a well-accepted method to promote healthy ageing for middle-aged and older adults. There is an evident need to increase awareness about the health benefits associated with multimodal training, specifically resistance, balance, and flexibility exercise.

It is important to middle-aged and older adults that they have convenient access to multimodal training programmes that are suitable for all fitness and functional abilities and provide technical and social support. Although many participants implemented and sustained lifestyle changes since completing Prime Time of Life, there is demand for additional support to continue engaging in multimodal training to promote healthy ageing.



Please scan this QR code with your camera to read the full publication.

Research Publication 5: The Impact of a 6-Week Community-Based Physical Activity and Health Education Intervention - A Pilot Study Among Irish Farmers

Aim: To assess the effectiveness of a community-based intervention on farmer health, cardiovascular fitness, lower limb strength endurance, and dietary intake.

Main findings: Most farmers pre-intervention exceeded healthy BMI and waist circumference guidelines, were classified as having the metabolic syndrome, consumed diets high in total fat, saturated fat, sodium, salt, and low in fibre and trans-fat.

A 6-week lifestyle education and physical activity intervention led to significant improvements in total body weight, BMI, waist and hip circumferences, cardiovascular fitness, lower limb strength endurance, systolic blood pressure, total energy, total fat, total unsaturated fat, monounsaturated fat, saturated fat, trans fat, total carbohydrate, sodium, cholesterol, and percentage energy intakes of total fat, saturated fat, protein, and physical and mental health scores. Irish farmers remain at high risk of developing chronic diseases but respond positively to lifestyle intervention.



Please scan this QR code with your camera to read the full publication.

Appendix II. Focus Group Questionnaire

Focus Group Questionnaire



Instructions

- Please complete the table below

Participant group	
Location	
Total number of attending participants	
Date	

- Please ask participants to raise their hand for each option and record the number of participants who answer each question.

General Programme Delivery

Q1. Would you be interested in attending the online course in 2022? _____ answered yes.

Q2. Would you prefer to attend a physical activity and education programme...	No. of participants
(i) online	
(ii) in person in your community	
(iii) a mixture of both	

Nutrition

Q3. What nutrition topics would you like to learn about?

	No. of participants
Nutrition for health	
Nutrition for weight loss	
How to read food labels	
Healthy eating on a budget	
Quick health meals	
<i>Please enter any other topics below</i>	

Q4. Do you use recipes? _____ answered yes.

Focus Group Questionnaire



Exercise

Q5. Please enter the number of people who answer 'yes' or 'no' to the questions below. You do not need to record the numbers for people who say 'yes' and 'no' for each question as we can work this out by subtracting from the total number of attendees.

	Yes (n)	No (n)
Would you attend our online physical activity and health education course in 2022?		
Do you currently take part in physical activity?		
Do you do any balance training?		
Do you do any stretching training?		
Do you do any resistance training? (body weight exercises), weights?		
Do you do any walking, cycling or other aerobic activity?		
Have you noticed your fitness or strength getting worse as you get older?		

Q6. What stops you from being physically active?

Q7. What motivates you to be active?

Focus Group Questionnaire

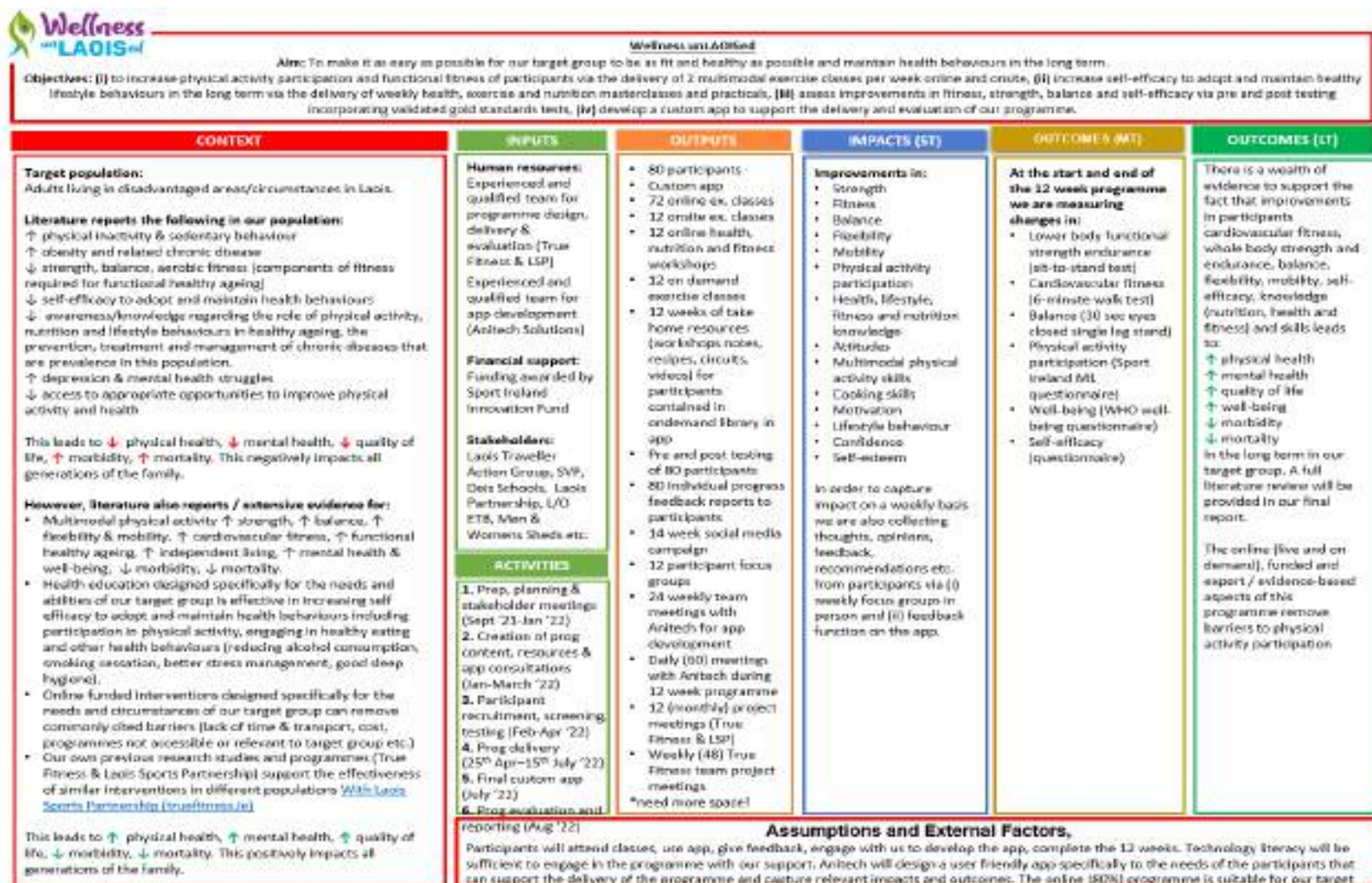


Health education

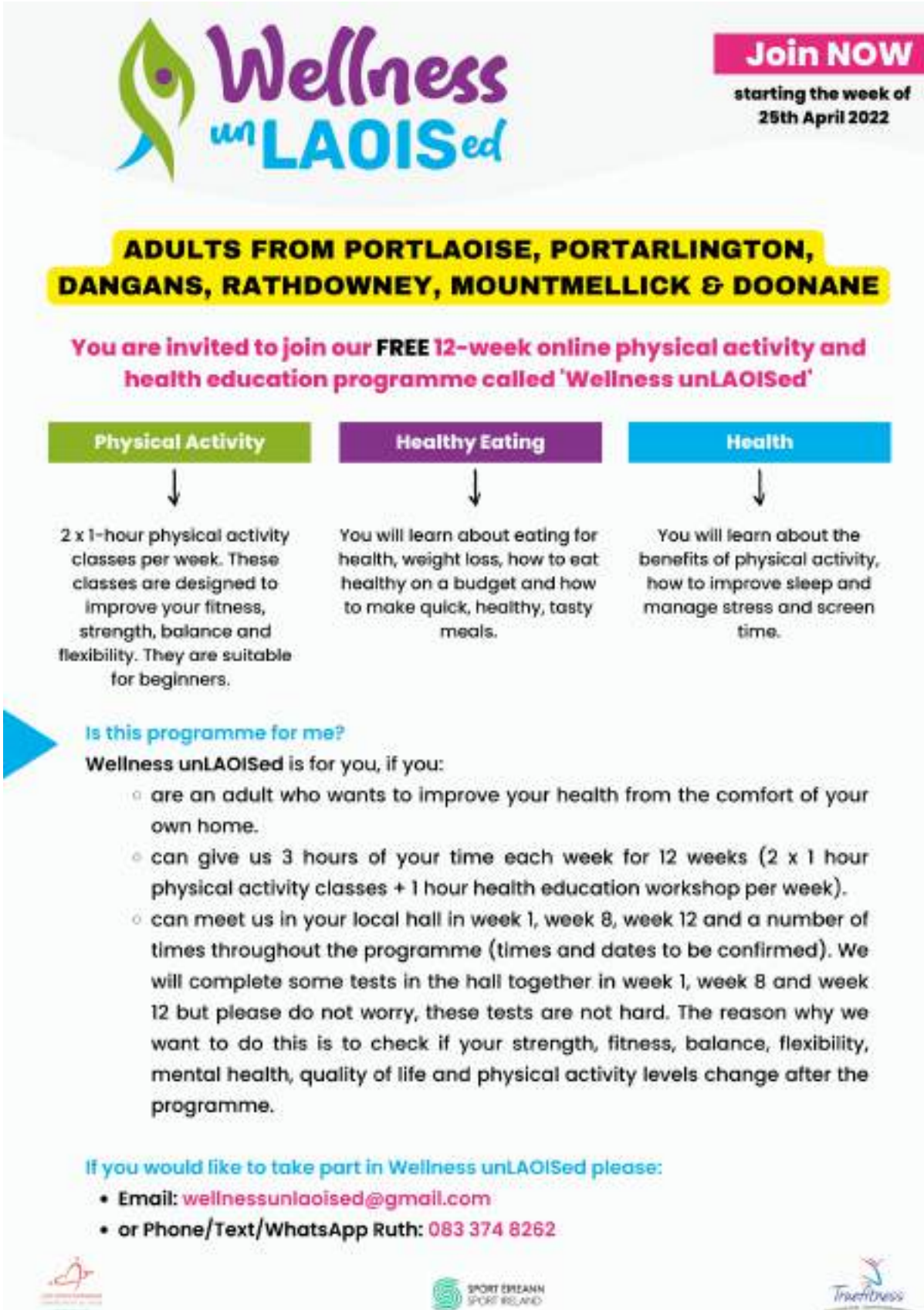
Q8. What health topics would you like to learn about?

	No. of participants
Stress	
Screen time	
Sleep	
Injury prevention	
How to manage back pain	
<i>Please enter any other topics below</i>	

Appendix III. Logic Model



Appendix IV: Recruitment Poster



The poster features a logo at the top left with a stylized green and blue figure and the text 'Wellness unLAOISed'. A pink box at the top right says 'Join NOW' with the start date 'starting the week of 25th April 2022'. A yellow banner in the middle lists the target areas: 'ADULTS FROM PORTLAOISE, PORTARLINGTON, DANGANS, RATHDOWNEY, MOUNTMELICK & DOONANE'. Below this, a pink text block invites people to a 'FREE 12-week online physical activity and health education programme called 'Wellness unLAOISed''. Three columns describe the program components: 'Physical Activity' (2x 1-hour classes), 'Healthy Eating' (learning about budget-friendly meals), and 'Health' (benefits of activity, sleep, stress). A blue triangle on the left points to the 'Is this programme for me?' section, which lists eligibility criteria. Contact information is provided at the bottom, along with logos for the Department of Health, Sport Ireland, and Truefitness.

Wellness unLAOISed

Join NOW
starting the week of
25th April 2022

**ADULTS FROM PORTLAOISE, PORTARLINGTON,
DANGANS, RATHDOWNEY, MOUNTMELICK & DOONANE**

You are invited to join our FREE 12-week online physical activity and health education programme called 'Wellness unLAOISed'

Physical Activity	Healthy Eating	Health
2 x 1-hour physical activity classes per week. These classes are designed to improve your fitness, strength, balance and flexibility. They are suitable for beginners.	You will learn about eating for health, weight loss, how to eat healthy on a budget and how to make quick, healthy, tasty meals.	You will learn about the benefits of physical activity, how to improve sleep and manage stress and screen time.

Is this programme for me?
Wellness unLAOISed is for you, if you:

- are an adult who wants to improve your health from the comfort of your own home.
- can give us 3 hours of your time each week for 12 weeks (2 x 1 hour physical activity classes + 1 hour health education workshop per week).
- can meet us in your local hall in week 1, week 8, week 12 and a number of times throughout the programme (times and dates to be confirmed). We will complete some tests in the hall together in week 1, week 8 and week 12 but please do not worry, these tests are not hard. The reason why we want to do this is to check if your strength, fitness, balance, flexibility, mental health, quality of life and physical activity levels change after the programme.

If you would like to take part in Wellness unLAOISed please:

- Email: wellnessunlaoised@gmail.com
- or Phone/Text/WhatsApp Ruth: 083 374 8262

Logos at the bottom: Department of Health, Sport Ireland, Truefitness.

Appendix V: Recruitment Information Sheet



Information

About

Wellness unLAOISed is a funded 12-week **online** programme which aims to increase physical activity participation rates and health education knowledge in relation to physical activity, nutrition and health. It is designed and delivered by health professionals (*clinical exercise physiologists, registered nutritionist, strength, conditioning and injury rehabilitation expert and fitness instructors*) for **adults from economic, social or educational disadvantage in Laois**. Participants will be invited to participate in 2 x 1-hour exercise classes and 1 x 1-hour health education workshop per week. The programme will be delivered online via an innovative app.

Pre and post testing

All participants will attend a local community hall once in week 1 (times and dates to be confirmed) to complete a range of tests to assess strength, fitness, balance, flexibility, mental health, quality of life and physical activity levels. All tests will be repeated in week 12 of the programme to assess changes.

Registration

If you know of anyone who may be suitable and interested in joining this programme please let me know and I will arrange a phone call with you to discuss. For more information please email ruthtruefitness@gmail.com or phone 083 374 8262.

Physical Activity

Nutrition

Health

Wellness unLAOISed is designed and delivered by True Fitness in partnership with Laois Sports Partnership and funded by Sport Ireland under the Innovation for Sports Inclusion Fund.



Appendix VI: Recruitment Social Media Post



Ruth Edufit ▶ What's On Mountmellick

April 8, 2022 · 🌐



ADULTS FROM PORTLAOISE, PORTARLINGTON, DANGANS, RATHDOWNEY, MOUNTMELICK & DOONANE 📍

You are invited to join our FREE 12-week online physical activity and health education programme called 'Wellness unLAOISed' which starts on Monday 25th April 2022.

If you would like to take part in 'Wellness unLAOISed' please complete this application form: <https://www.surveymonkey.com/r/2K9LLDG>

For more information please email wellnessunlaoised@gmail.com or phone / text / whatsApp Ruth on 083 374 8262.

Please note that there are LIMITED places available and these are offered on a first come first served basis.

Please share this with anyone in these areas who may be interested.

Wellness unLAOISed is designed and delivered by True Fitness in partnership with Laois Sports Partnership and funded by Sport Ireland.

#wellnessunLAOISed

The poster features the 'Wellness unLAOISed' logo at the top left, with a stylized green and blue figure. To the right is a pink 'Join NOW' button with the text 'starting the week of 25th April 2022'. Below this is a yellow banner with the text 'ADULTS FROM PORTLAOISE, PORTARLINGTON, DANGANS, RATHDOWNEY, MOUNTMELICK & DOONANE'. The main text reads: 'You are invited to join our FREE 12-week online physical activity and health education programme called 'Wellness unLAOISed''. Below this are three columns: 'Physical Activity' (green header) with a description of 2 x 1-hour classes; 'Healthy Eating' (purple header) with a description of learning about eating for health; and 'Health' (blue header) with a description of learning about physical activity benefits. At the bottom left is a blue triangle icon next to the heading 'Is this programme for me?' followed by a list of criteria: 'Wellness unLAOISed is for you, if you: are an adult who wants to improve your health from the comfort of your own home. can give us 3 hours of your time each week for 12 weeks (2 x 1 hour physical activity classes + 1 hour health education workshop per week)'. The bottom part of the text is partially cut off.

Appendix VII. Literature Review: Mobile Health Apps

Advances in modern technology and the widespread use of mobile phones and devices have provided a promising opportunity for the delivery of mobile health (mHealth), particularly through apps that can be downloaded from both the Google Play and Apple App stores. The public health impact of these health and well-being apps is dependent upon uptake and engagement. Uptake refers to the act of downloading and installing a health and wellbeing app (Szinay et al. 2020). Engagement encompasses the extent of usage (i.e. amount, frequency, duration, depth) and subjective experience (i.e. attention, interest, affect), which imperative for the effectiveness of a health and well-being app (Perski et al. 2016. Szinay et al. 2021). Engagement may also be affected by environmental (i.e. where the engagement occurs) and social factors (i.e. family, friends, social media or culture). It is possible that some individuals may need a longer period of engagement with an app when compared with others to elicit behaviour change (Szinay et al. 2021). Therefore, it is important to delineate the factors that influence uptake and engagement with mHealth apps to inform a new approach and encourage the effective use of such tools in disadvantaged communities.

A review of the literature revealed a growing body of research on the factors influencing the uptake and engagement in mHealth apps. These factors were split thematically (**Table 9**) and were used as recommendations for the development of the app for *Wellness unLAOISed*. It is important to note that awareness, usability, and cost, which are discussed below, are not considered barriers for the uptake and engagement with the *Wellness unLAOISed* app as it will be provided for free, and participants will be educated on how to download it and use the app effectively. However, it is important to discuss the implications of these factors generalised across mHealth to provide insights for designing applications.

Generally speaking, a lack of awareness or knowledge of an app or its functionality or capabilities can influence initial uptake but trusted sources such as general practitioners (GPs) and community health workers may enhance adoption and acceptability (Liu et al., 2020. Aranha et al. 2021. Konig et al., 2021). Furthermore, user guidance including assistance and instructions on how to effectively use the app is an important influence of engagement with an app and can increase the user's self-efficacy and confidence using technology (Aranha et al. 2021. Szinay et al., 2021). Low self-efficacy and a lack of previous experience and trust in technology were deterrents for adopting mHealth in older adults (Aranha et al. 2021. Wilson et al. 2021). App developers must also consider login methods to minimise barriers for participation. Liu et al. (2020) reported that email set up was a significant barrier to enrolment in mHealth in low-income populations. Other potential login methods include social media profiles, face identification and fingerprint recognition, but these may be associated with privacy concerns.

Numerous studies have emphasised that the sign-up process and usability of an app must be simple and require minimal manual input and time commitment such that it can fit into the user's daily routine (Baretta et al., 2019. Konig et al. 2021). App users enjoy innovative features and information presented in numerous formats including visual, audio and videos. Lack of novelty of an app can lead to disengagement (Szinay et al. 2021). A strong dislike for advertisements that redirect users to different websites was evident and customisable notifications (timing and number of notifications) were strongly favoured (Baretta et al., 2019. Szinay et al., 2021). Some apps users find notifications

useful, while others report that they would immediately turn the reminders off or delete the app (Szinay et al., 2021). The use of small text or icons, as well as a lack of colour contrast between the text and background, is discouraged when establishing the aesthetic design. Furthermore, the features must be accessible across multiple technologies including mobiles, tablets, and computers (Wilson et al. 2021). Allowing app users to customise their platform interface based on their individual demographics provides motivation for engagement (Wilson et al. 2021). Safety netting, i.e., the opportunity to disengage and engage again, was proposed to enhance app engagement with a health and well-being app (Szinay et al., 2021).

Goal setting, action planning and self-monitoring were considered fundamental for behaviour change and engagement with health and well-being apps (Baretta et al., 2019. Szinay et al., 2021). Some studies highlighted that pre-defined goals were useful, however, others preferred to set their own goals or were afraid to set goals as they were afraid of failure, highlighting the need for education on goal setting (Konig et al., 2021). It is important that apps can efficiently monitor different types of physical activity and related variables (e.g., caloric intake, heart rate) and accurately import data from external devices or other apps to provide tailored and reliable monitoring (Baretta et al., 2019). For example, the usability of a nutrition app is often dependent on the general design, as well as food tracking features and access to an underlying and comprehensive food database (Konig et al., 2021). The accuracy of the data is imperative for reinforcement in the form of feedback and encouraging messages which promote and sustain behaviour change. App users have highlighted the importance of statistical information regarding their progress and achievements (Szinay et al. 2021). In-bedded professional support is another method of positive reinforcement and access to credible information and educational articles is essential for increasing health knowledge and autonomy. Tangible (i.e., loyalty points, free t-shirts) and intangible rewards (i.e., badges, certificates, “streaks”) are another form of automatic motivation which promote engagement with an app for some people, but are *irrelevant* for others (Szinay et al., 2021). Controversial opinions existed regarding in-app networking opportunities – some app users believe these features are necessary for peer support, self-confidence, and motivation, while others reported that they preferred anonymity and not to share personal results. Similarly, challenges and competitions boosted motivation and fun for some users, but were considered inappropriate by others (Baretta et al., 2019. Szinay et al., 2021).

In addition to specific app features, data authority, the financial cost and use of device resources must be considered. App users frequently express concerns about data privacy and security (Liu et al. 2020). Apps should provide specific information on data stored by the app and request permission for any data sharing with companion or third-party apps before data transfer. Financial costs must be low and transparent to the users to promote app usage (Konig et al., 2021). Apps must be economical – they must not use excessive storage space, battery, and mobile data (Konig et al., 2021). Other logistical challenges such as consistent access to Wi-Fi or data plans to download the app, upgrading existing technology and using live features must be considered (Liu et al. 2020. Wilson et al. 2021).

In summary, positive uptake and engagement with a health and wellbeing app is associated with user guidance, simplicity, goal setting, action planning, self-monitoring, feedback, health information and professional support, as well as financial and data transparency. Conversely, negative emotions are

related to a lack of technical and customer support, invasive notifications, lack of innovation, glitches, and complexity.

Table 9. Recommendations for the development of health and well-being apps.

Themes and Subthemes	Description
App awareness	App awareness, including the functionality and capability of the app, needs to be widespread and uptake may be influenced by recommendations from credible and trusted sources such as general practitioners and community health workers.
App usability and user guidance	Features that permit an easy and simple sign-up process and app usage, which is not cognitively demanding or time consuming. Assistance or instructions on how to effectively use the app may increase initial uptake and engagement.
Aesthetic design	Apps with a clear visual display and appropriate/adjustable font size, as well as information presented using a range of formats including visual, video and audio.
Personalisation	Features that allow for customisable reminders and tailoring to individual demographics.
Autonomy and behaviour change	Features that support goal setting, action planning and self-monitoring.
Monitoring	Features that support effective monitoring, i.e. physical activity and caloric intake, and efficiently incorporate data collected using external devices such as Apple watches, Fitbits, Garmin's or other apps etc.
Reinforcement	Features that provide feedback in visual and statistical forms and methods to promote encouragement.
Professional/expert support	An app that offers built-in professional support.

Access to credible information	An app that provides reliable, evidence-based information on a range of health topics.
Cost	Financial costs must be low and transparent.
Data security and privacy	Disclosure of information being stored by the app must be provided.
Economical	Apps must not impair the functionality of the device, e.g. avoid excessive memory and battery drainage.

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Appendix VIII. Meeting Notes for Wellness unLAOISed

July 2021: Meeting with Laois Offaly Education and Training Board (LOETB)

- **Attended by:** Diane (True Fitness, now **EduFIT**) and LOETB
- **Overview:** Initial meeting to discuss innovation project, reaching out to participants and accreditation pathway.

September 2021: Meeting with Karl Thomas (Mentor)

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Karl Thomas
- **Overview:** In this meeting, the project overview, Gantt chart, to-do list and deliverables were discussed.

11th October 2021: Meeting with Karl Thomas (Mentor)

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Karl Thomas
- **Overview:** In this meeting, the social media campaign, logo and branding for Wellness unLAOISed was discussed. In terms of the social media strategy, it was suggested that Laois Sports Partnership and True Fitness post original content for a better reach. Karl offered his expertise on the branding side of things to discuss programme title and logo when initial thoughts have been put together.

Other Meetings in October 2021:

Learnovate

Meeting regarding their services and potential application to the innovation project.

Peter McCluskey, TU Dublin

Meeting regarding the automation of the recruitment and screening process for the project.

Eoin O'Brien, Carlow IT

Discussed the accreditation process and feasibility for partnership.

10th November 2021: Meeting with Laois Offaly Education and Training Board (LOETB)

- **Attended by:** Diane (True Fitness, now **EduFIT**) and LOETB
- **Overview:** In this meeting, there was a further discussion on potential accreditation pathways as well as participant recruitment strategy through the LOETB.

11th November 2021: Meeting with Karl Thomas (Mentor)

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Eoin O'Brien (Carlow IT)
- **Overview:**
- Progress conversations re: TTT accreditation
- Happy to partner and engage in the process
- All of their courses are NQF approved so valid and recognised internationally
- They have their own authority from QQI to self-accredit
- They can award certs, diplomas, degrees, e.g., L6 10 credit module is 12-week course with 3 hours contact time per week
- Our participants would become officially IT Carlow Students
- They have accredited lots of courses for An Cosan

- The process is (i) programme proposal, (ii) academic council meeting, (iii) detailed programme proposal to include the actual module outline, indicative syllabus, learning outcomes etc.

Market Research regarding TTT Clinical Exercise Physiology

- The National Training Centre (NTC) runs lots of courses for fitness professionals. I don't see anything for Clinical Exercise Physiology. Fitness Instructors who are members of REP's can get 25% funding for NTC courses from Skillnet Leisure Health and Fitness.
- Fitness Training.ie [Courses Archives - Fitness Training.ie](https://www.fitnesstraining.ie/courses-archives) runs lots of courses including CPD accreditation, but there is nothing for obesity / weight loss, or clinical exercise physiology. There is a course for exercise and the older adult. Same applied to NTC above. They seem to partner with different institutes to deliver the courses.
- REPS Ireland [Reps Ireland – Professional Register of Exercise Professionals](https://www.repsireland.com/). REPs Ireland requires all registered exercise professionals to undertake a minimum amount of CPD every 2 years. REPs Ireland uses a point-based system to record and document this ongoing learning and development. An exercise professional must earn 20 CPD points every 2 years by completing courses approved by REPs Ireland and producing evidence of this when renewing membership. They offer lots of CPD courses, but I can't see anything related to obesity or clinical exercise physiology. They do offer an option to have your courses and workshops assessed for CPD accreditation. You can submit for CPD for (i) Foundation Training, (ii) Assessed Training, (iii) Non-Assessed Training, (iv) Informal Training, (v) Event.

Meetings with REPS Ireland

- A number of meetings over the year with REP's Ireland regarding potential accreditation. It's all possible.
- It will be very time-consuming work with costs attached.
- They are very supportive and encourage us to have the course accredited, but it has to be segmented into separate topics.

1st December 2021: Meeting with Karl Thomas (Mentor)

- **Attended by:** Diane (True Fitness, now **EduFIT**), Caroline Myers (Laois Sports Partnership) and Karl Thomas
- **Overview:**
- We discussed potential names. We initially liked "AgeWell" but then suggested it might be deemed a 65 years+ programme, so we moved towards "Life skills for Healthy Living", "True Health" etc. Karl suggested taking a few names and putting them out to poll on social media. Caroline later suggested running a competition on this with a €100 gift voucher if someone's suggested name is adopted.
- Karl suggested logos should be as easy to read on the side of a pen as the side of a bus and should be equally good in black and white.
- Also, it should be soft, minimal and with a good colour scheme.
- Blues, green and teal are good health colours to use.
- The logos on slide 5 have the right energy.

2nd December 2021: Meeting with Laois Sports Partnership

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Caroline Myers (Laois Sports Partnership)
- **Overview:**
 - Caroline to put technology tender to Gov e-tenders, but it can go to "quick quotes" because it is less than €25k and so it only has to stay up for 2 weeks instead of 4 weeks.

- We need to tender for graphic design – Caroline will send a template.
- Social media competition mentioned in Karl’s meeting above – this was suggested by Caroline.
- We need to develop our engagement and communications strategy as a priority.
- How can we get people involved?
- The storytelling
- Bring people on the journey
- Tagging everyone
- Also link with LSP on this
- Caroline to forward a communications template
- Social media reach etc needs to be tracked each week for TF and LSP

2nd December 2021: Meeting with Anitech

- **Attended by:** Diane (True Fitness, now **EduFIT**), Caroline Myers (Laois Sports Partnership) and Andrew Nolan (Anitech)
- **Overview:**
- We discussed the proposal sent to us by Andrew 30th November 2021.
- We talked through the assumptions and clarified those.
- We talked through the pros and cons of both technical solutions proposed.
- The first proposal is basically just a personalised contents management system and leaves little room for innovation.
- The customised app is the way to go for innovation.
- We have been invited to trial some newly developed apps with different types of innovation including fun animations.
- The plan moving forward is to design and test every two weeks so that we are innovating as we go along as opposed to being handed a fully developed app.

3rd December 2021: Communications Plan Meeting

- **Attended by:** Diane and Ruth (True Fitness, now **EduFIT**)
- **Overview:** In this meeting, we went through December and January proposed plans on the calendar and tabs were created on excel. We arranged a team communications meeting with Caroline and Ciaran in LSP to confirm the same.

4th December 2021: Meeting with Karl Thomas (Mentor)

- **Attended by:** Diane (True Fitness, now **EduFIT**), Caroline Myers (Laois Sports Partnership) and Karl Thomas
- **Overview:**
 - Karl to send meeting ppt and links
 - There is a January deadline (31st) for customer persona. We might have one or many (male, females, MA, OA etc.)
 - What is the behaviour attached to the persona e.g. how much PA do you do in a week?
 - Miro.com is a useful tool. They want us to use this for boards, project management (click and drag, double click to add info)
 - There will be a workshop on the “Empathy Map” – what they say, do, feel, think. How did you feel being able / not being able to take part in programmes etc.
 - The “logic model” will be assessed by assessors and they will want data – measurable outputs.
 - Feb 3rd for 3-minute presentation – light touch, higher level, work done and to do, project outline.

- Deadline Feb 10th for name and logo to be emailed
- Karl mentioned that the “scope statement” is most important
- Assumptions are excellent but only if we test them
- “Project Charter” is great for project management – helps ID what you have and what you are missing, who is doing what.
- Stakeholder analysis: Role models? Champions? What stakeholders can create visibility for us? How can they create influence for us to encourage people to take part? What contribution could they make? Think of them as our customers. Why would they want to buy it? E.g., could contact Falls Prevention programmes.

7th December 2021: Team Communications Meeting

- **Attended by:** Diane and Ruth (True Fitness, now **EduFIT**) and Caroline and Ciaran (Laois Sports Partnership)
- **Overview:**
- Went through the calendar and tabs for December and January. All agreed, with some small date changes.
- Next communications meeting is scheduled for mid-January. We will plan February and March in advance of this and use the meeting for confirmation of the strategy.
- The new logo and name will be launched on 21st Dec. This is one week after the graphic designer is appointed.
- TF and LSP will also send out newsletters on 21st Dec to mail list to launch the project.

15th December 2021: Innovation Meeting

- **Attended by:** Diane and Ruth (True Fitness, now **EduFIT**) and Caroline (Laois Sports Partnership)
- **Overview:**
- Went through all 4 received tenders for the graphic design tender. Contract awarded to Claudine Leonard. Caroline contacted Claudine today. It was agreed True Fitness will take the lead on this from now on.
- Ruth joined the call, went through the ‘name our project’ competition. The chosen name is ‘Wellness UnLAOISed’. Ruth will use a random generator to pick the competition winner and announce. Ruth will give the address to Caroline to post the €100 voucher.

22nd December 2021: Meeting with Laois Sports Partnership

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Caroline (Laois Sports Partnership)
- **Overview:**
 - Reviewed the tenders submitted to e-tender for the technology piece.
 - Anitech won the contract. Caroline will follow up to confirm their success with tender.
 - Reviewed the 4 proposed logos for Wellness UnLAOISed. Caroline chose colour pallet 3, the purple logo. Sent confirmation email to Claudine.
 - Confirmed that we would start recruiting for the innovation programme in Feb 2022 due to so many programmes starting in Jan.

5th January 2022: Introduction Meeting for Wellness UnLAOISed

- **Attended by:** Diane, John, Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** This meeting formed an introduction to the Wellness UnLAOISed programme – The aim is to recruit eighty people from disadvantaged communities (social, educational,

environmental) for a 12-week exercise, nutrition, and health education programme, supported by a custom designed app.

- **Actions:** Diane, Ruth and John to begin preparing 10 hours of content for the programme. Kiera will conduct market research on currently available exercise and nutrition apps.

8th January 2022: Meeting with REPS Ireland

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Stephanie (REPS Ireland)
- **Overview:**
- Very interested in our project and the TTT element
- Encouraged us to submit a course for accreditation
- Send us some industry insights
- Will liaise with us throughout the project

12th January 2022: Meeting for Wellness UnLAOISed

- **Attended by:** Diane, John, Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Further discussion of the Wellness UnLAOISed programme including recruitment, programme structure, topics and participant groups, and discussion on creativity and sustaining engagement.
- **Actions:** Diane, Ruth and John to start populating an editable file on the programme/module content. Kiera will continue researching currently available exercise and nutrition apps, particularly the barriers and facilitators for their use in middle-aged and older adults.

20th January 2022: Meeting for the Wellness UnLAOISed App

- **Attended by:** Diane, John, Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** In this meeting, the design, features and content of the Wellness UnLAOISed app was discussed. Kiera presented findings of a literature review on the use of mobile health (mHealth) technology, as well as a range of available exercise and nutrition apps. From this, a list of elements the team liked and disliked for the app was compiled.
- **Actions:** Kiera will put together a full list of the likes and dislikes, Ruth will then add in extra information and feedback from previous research studies and finally, John and Diane will review the list and make any final additions.

26th January 2022: Team Meeting

- **Attended by:** Diane, John, Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Completion of adult, middle-aged and older adult customer personas

26th January 2022: Meeting with Anitech

- **Attended by:** Diane (True Fitness, now **EduFIT**) and Andrew (Anitech)
- **Overview:**
 - Discussed project
 - Andrew took us through their project management system in detail for 45 minutes. He clearly showed how each step of the project will be broken down, how time and cost is attributed, how we use our dashboard to see project status and budget status. We are on a fixed budget cost, but this is still useful project information.
 - Once Andrew receives the final documents from the solicitors, we can begin the project.

11th March 2022: Meeting for Wellness UnLAOISed Recruitment

- **Attended by:** Kiera, Diane and Ruth ((True Fitness, now **EduFIT**)
- **Overview:** In this meeting, the recruitment procedures for Wellness UnLAOISed were discussed.
- **Actions:** Ruth is going to contact the DEIS schools in Laois to speak to the coordinators regarding recruitment. Diane is going to speak with LOETB.

28th March 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Diane and Ruth (True Fitness, now **EduFIT**)
- **Overview:** This meeting was facilitated as an update on the recruitment procedures for Wellness UnLAOISed. The new start date is Monday 25th April, leaving an additional 3 weeks for recruitment.
- **Actions:** Ruth is going to contact everyone on the list from the focus groups (72 people) and send emails to the people already signed up to say that the new start date is Monday 25th April (after the Easter holidays). Diane is going to contact Ruth and Caroline regarding recruitment.

29th March 2022: Moodle Training for Wellness UnLAOISed (2 hours)

- **Hosted by:** Deborah Couëdelo (Enovation), Andrew Nolan (Anitech)
- **Attended by:** Diane, Ruth and Kiera (True Fitness, now **EduFIT**)
- **Overview:** Deborah talked the team through how to use the custom designed Moodle platform for Wellness UnLAOISed, from student, teacher (no editing permission) and administrative perspectives. Deborah showed us how to navigate and customise the dashboard and user tours, how to back up and restore data and introduced the different types of activities and how to add/modify/hide them for students.
- **Actions:** The team will access the Moodle platform created for Wellness UnLAOISed and have a look at the features and types of activities available, including examples on the H5P.org website.

30th March 2022: Activities and Content for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Diane and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Diane discussed the proposed content for the exercise education sessions for the 12-week programme, while Ruth discussed the proposed content for the nutrition and health education workshops for the 12-week programme. Potential activities for inclusion on Moodle were discussed also.
- **Actions:** Kiera will ask in the Moodle training course if we have to pay for H5P or BigBlueButton. Ruth will populate the nutrition and health education fields on the 12-week programme outline and we will meet on Friday to discuss a timetable.

31st March 2022: Moodle Training for Wellness UnLAOISed (2 hours)

- **Hosted by:** Deborah Couëdelo (Enovation), Andrew Nolan (Anitech)
- **Attended by:** Kiera, Diane and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Debbie discussed and demonstrated the different activities, specifically how to create and edit the activities as a teacher and then view and complete them as a student. The activities included the forum, custom certificate, label and pages, quiz, Zoom, choice, lesson and H5P.

- **Actions:** The team will log on to the Moodle platform and create/edit activities as teachers and then view them as students to see if they are inputted correctly.

4th April 2022: Kick Off Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Diane, Ruth, Kiera, Caroline and Andrew (True Fitness, now **EduFIT**), Laois Sports Partnership and Anitech
- **Overview:** Andrew gave an overview of the Moodle platform/development of the app – the Moodle page is ready to go and is GDPR compliant and access to the platform will be organised today. Andrew proposed the idea of testing the technology with some of his staff prior to the launch to test the user journey/experience. The app will probably not be ready until week 9 of the programme (some transitioning required) – the aim would be to make all necessary revisions in weeks 1-4 (discovery phase).
- **Actions:** Weekly meetings will be scheduled throughout the 12-week programme for feedback and further refinement of the technology.

4th April 2022: Recruitment Meeting for Wellness UnLAOISed (15 minutes)

- **Attended by:** Diane, Ruth, Kiera and Caroline (True Fitness, now **EduFIT**) and Laois Sports Partnership
- **Overview:** Ruth provided an update on recruitment – 32 people have signed up and have been screened for the programme. Diane informed us that Ruth (exercise instructor) was going to try to recruit 5-10 women from the Travelling community, who could complete the exercise classes together as a small group. Caroline proposed additional people to contact regarding the programme including PPN, Laois Age Friendly Alliance and Laois Local Link/Rural Transport and provided Ruth contact details for people in Laois Partnership.
- **Actions:** Ruth is going to send Caroline an updated poster for circulation with the PPN, Laois Age Friendly Alliance and Laois Local Link/Rural Transport. Ruth is going to contact Mary, Karen and Liam in Laois Partnership. A second recruitment meeting will take place on Wednesday at 2pm and if the 80 places have not been filled, we can advertise on social media (not specific regarding criteria).

8th April 2022: Content Meeting for Wellness UnLAOISed (90 minutes)

- **Attended by:** Diane, Ruth and Kiera (True Fitness, now **EduFIT**)
- **Overview:** The team discussed recording the health workshops that will be delivered on Zoom throughout the Wellness UnLAOISed programme to allow for on-demand viewing for a period of one week after the live session to allow participants to catch up if they were unable to attend the live class. Ruth mentioned enabling the feature on Zoom to allow for the chat to be automatically downloaded after the workshop which will allow us to keep a record of all the questions and feedback from the participants. The team discussed the content for week 1-3: Diane uploaded the content for the exercise education sessions week 1 “Exercise Intensity” and week 3 “Resistance Training” to Moodle, Kiera went through her presentation on “The Warm Up and Cool Down” for the exercise education workshop on week 2 and Ruth went through her slides on “Nutrition for Health” and “Nutrition for Optimal Body Composition” for weeks 1 and 3. Ruth also showed the team the Google Drive folder which will be shared with the graphic designer and contains the health cards for each week, the written recipes and photos for these.
- **Actions:** Ruth is going to find the take home resource on muscles in the human body to upload on Moodle. Diane will email the graphic designer Claudine to set up a meeting next week. Kiera, Diane and Ruth will prepare content for weeks 4-6 for next Friday.

11th April 2022: Meeting for Wellness UnLAOISed (45 minutes)

- **Attended by:** Diane, Ruth, Kiera, Caroline and Andrew (True Fitness (now **EduFIT**) Laois Sports Partnership and Anitech)
- **Overview:** Andrew is assigning his employee James to work with us on the Wellness UnLAOISed app and he will introduce him to us all this week and he will be in these meetings from next week. Andrew asked if True Fitness could upload the content from week 1 so himself and Andrew can have a look at the content and work with us on it. The learning outcomes of each week were discussed but Diane highlighted that we would like to avoid this course being similar to an academic module, but these can be sent to James. Different options about the integration of Zoom to Moodle were discussed. Andrew and Caroline discussed GDPR and privacy policies and how they will work together on this for this particular project and create module content that is accessible to participants.
- **Actions:** True Fitness will upload sample content to Moodle and Andrew and James will have a look at it. Andrew and Caroline will work on the GDPR policies and converse with Diane.

11th April 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Diane, Ruth and Kiera (True Fitness, now **EduFIT**)
- **Overview:** The team discussed the different Zoom options and Kiera will follow up on this. The team had a look at Survey Monkey to check the participant responses on the most suitable session days and times, as well as locations. Diane is meeting John regarding session and testing times and dates and will give feedback to us on this for us to plan out the programme. Diane asked Kiera to populate Moodle and email Andrew when this is completed. Kiera showed the app view of the Wellness UnLAOISed Moodle and the team decided that the dashboard should not be the welcome screen.
- **Actions:** Diane will meet John and let Kiera and Ruth know about session and testing dates and times. Ruth will send Kiera some files to upload to Moodle. Kiera will set up a test Moodle page and email Andrew.

15th April 2022: Content Meeting for Wellness UnLAOISed (90 minutes)

- **Attended by:** Diane, Ruth and Kiera (True Fitness, now **EduFIT**)
- **Overview:** The team discussed the content for weeks 5 to 7 for Wellness UnLAOISed. Ruth will be conducting two cooking demonstrations including the sugar shocker demonstration. Ruth is going to draft up the communications plan for the 12 week programme. For the exercise education, Diane is going to provide Claudine with the FITT for each type of training and a circuit for each type of training for the take home resources (2 pages). Ruth and Kiera are going to think of ideas to populate the other 3 pages. John, Anne and Ruth are going to be taking the exercise classes throughout the week and John, Diane and Kiera will provide the exercise education. Ruth and Kiera will be running the Nutrition and Health education workshops. Anne is going to help with the testing in Portarlinton on Monday 25th April.
- **Actions:** The team will start preparing content for weeks 8 to 12 of the programme. Ruth will put together a communications plan and discuss this with Caroline. Kiera is going to keep checking appointments for pre-testing and contact everyone individually next week and call anyone remaining next Friday.

19th April 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Diane, Ruth, Kiera, Caroline, Andrew and James (True Fitness now **EduFIT**), Laois Sports Partnership and Anitech
- **Overview:** Andrew introduced James to the team, and everyone gave personal introductions and overview of their involvement in the project. Diane explained the process of

recruitment, testing and the intervention to give James an idea of how True Fitness usually organise and run the programmes. Andrew and James will draft up the “Help” section module containing information on GDPR. The team discussed that feedback from all participants on the app and innovative features was really important.

- **Actions:** Andrew and James are going to discuss and put together the module on GDPR and have a look at the landing page and user experience. Diane, Kiera and Ruth are going to shoot the introduction video and upload content onto the actual Wellness UnLAOISed Moodle page.

19th April 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Diane, Ruth and Kiera (True Fitness, now **EduFIT**)
- **Overview:** The team discussed the schedule for the onsite meeting tomorrow to prepare for testing next week. Diane listed out the tests that would be conducted and this includes the 6-minute walk test, balance test and sit-to-stand tests. Diane has ordered all the equipment including trigger point balls and resistance bands for the participants.
- **Actions:** Diane will read the information and make a decision on Zoom for business. Extra discussion is needed on tracking attendance for Wellness UnLAOISed. In the pre-testing session, participants must be asked for consent to be signed up and shown to use Moodle. Kiera and Ruth will prepare instructions on Moodle and Zoom. Kiera will record the attendance at testing sessions and email all study participants after the testing sessions with additional information.

20th April 2022: Meeting for Wellness UnLAOISed App (60 minutes)

- **Attended by:** Diane, Ruth, Kiera, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** A brief, 15 minute discussion between True Fitness and Anitech will be facilitated everyday next week to ensure all participants can be signed up and enrolled in the Moodle app for Wellness UnLAOISed and Anitech can perform any troubleshooting activities. True Fitness are going to pre-plan usernames and passwords for the participants ahead of the testing sessions next week. The password can be kept the same as the content is the same in all courses. Anitech will hide the “participants” feature so participants cannot see any other user’s details. True Fitness will prepare information sheets on how to access Moodle/Zoom on smart devices and desktops/laptops. Both teams discussed the end user experience and screens to be used in the app – the three main important features are the calendar, course content and messaging function (to trainers). True Fitness asked Anitech to propose an innovative way to track attendance throughout the programme.
- **Actions:** Andrew and James will put together a sample course based on the discussions today and showcase this to True Fitness tomorrow.

20th April 2022: On-Site Day for Wellness UnLAOISed

- **Attended by:** Diane, Ruth, Anne and Kiera (True Fitness, now **EduFIT**)
- **Overview:** The team discussed the format of the testing sessions including the introduction, physical tests (e.g. balance test, press up test, sit-to-stand test, core test, 6-minute walk test) and questionnaires (e.g. WHO-5 well-being index) and information that needs to be provided to everyone. A checklist of all necessary equipment and documents was made, before Ruth and Kiera created and printed the documents and collected the equipment. Diane, Ruth and Kiera met with Anne to discuss the content required for Wellness UnLAOISed (e.g. circuit cards for resistance training, aerobic training, balance and flexibility) and Anne volunteered to take the Monday morning exercise class from 10-11am.
- **Actions Remaining:** Ruth and Kiera will ensure everyone has been contacted regarding pre-testing and all the necessary resources are ready for pre-testing. Ruth and Kiera will create usernames and passwords for each of the participants to access Wellness UnLAOISed

Moodle (after the meeting with Anitech) and create instructions for smartphones and desktops/laptops.

21st April 2022: Meeting for Wellness UnLAOISed App (30 minutes)

- **Attended by:** Ruth, Kiera, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James showed us the option of integrating Google Calendar into Moodle, but this means that participants need to click on multiple things before reaching the Zoom link. Andrew and James reminded us that we need to inform participants regarding acceptance of the website policies on their first login.
- **Actions:** Andrew and James will work on the landing page, notifications and calendar.

22nd April 2022: Meeting for Wellness UnLAOISed App (30 minutes)

- **Attended by:** Ruth, Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James gave a quick update – Andrew has contacted Debbie regarding styling and options for the calendar and attendance functions and is awaiting her response. A coding programme is required for styling. Zoom can be integrated into Moodle but a Pro account is required. James showed us how to install and use the “Attendance” function.
- **Actions:** Diane is making a decision on Zoom/YouTube/Vimeo so she can inform everyone next week. James and Andrew will keep exploring options and contact Debbie for her advice.

26th April 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Diane, Ruth, Kiera, Caroline, Andrew and James (True Fitness (now **EduFIT**), Laois Sports Partnership and Anitech)
- **Overview:** Diane and Kiera gave an overview of how the pre-testing sessions went in Portarlinton to the whole team, including information on how many people would be using a smartphone/tablet/laptop. Also, only 3 out of 39 participants would like to receive information via text over an email. Andrew and James are going to contact Debbie and work on the landing page, app colours and themes, one-way notifications, attendance tracking and creating an “ask the expert” forum. Diane asked if it was possible to respond to messages using a voice note/video as this may be easier than a written response so Andrew and James will look at this. Caroline said that LSP would create a designated webpage for this programme and we could link this on the Moodle page. James has also been putting together the help section including the GDPR policy.
- **Actions:** Andrew and James are going to work on the app being ready on Thursday, with a demonstration meeting on Friday morning. True Fitness needs to send biographies to James for Moodle.

27th April 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Ruth, Kiera, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Andrew and James informed Kiera and Ruth of a method to track attendance/completion of activities on Moodle by using the “completed by” function. This will export a list of names of people who are accessing the files/links. James put together the “Meet the Team” book. Other conversations surrounded the use of notifications, one-way communication and messaging.
- **Actions:** Andrew is going to work on styling and get back to us tomorrow about this.

28th April 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, James and Debbie (True Fitness (now **EduFIT**) and Anitech)

- **Overview:** Debbie informed Kiera and James that this is a Moodle Cloud site, so it is limited in its capabilities. Debbie has disabled the site home and set the dashboard as the landing page so “timeline” and “course overview” display only. The HTML block has been disabled on the app view, but not the desktop.
- **Actions:** True Fitness will send the mobile URL with the participant instructions for a mobile device.

29th April 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera, Diane and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Diane and Ruth are going to provide Zoom links for their respective sessions and Kiera is going to set up the zoom links for Anne. Kiera will upload all these links to Moodle. Ruth is going to meet the graphic designer this afternoon regarding her work on Wellness UnLAOISed. Kiera and Ruth need to email participants regarding the usernames and passwords being sent out on Tuesday. Diane and Ruth discussed the communications plan for Wellness UnLAOISed and listed the innovative features of this programme that would be highlighted throughout. The team discussed having “leaders” for Wellness UnLAOISed so Kiera and Ruth will send an email asking if anyone would like to volunteer for this – e.g. testimonials, interviews etc.
- **Actions:** All content for week 2 to be uploaded to Moodle before the meeting with Anitech at 3pm. Ruth and Kiera will contact participants regarding Moodle access. Kiera will assist Diane with the logistical parts of the programme e.g. cover for holidays.

29th April 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera provided an update from the True Fitness team, including answering the questions sent *via* email (e.g. merging of sections, help and assistance etc.) and highlighting an issue with the course logo display. Kiera and James made some changes to the Wellness UnLAOISed Moodle site, including having “Ask the Expert” at the top, removing duplicate names in Ask the Expert and renaming the help and assistance section and only including the policies there.
- **Actions:** James will look into the default landing page and the size of the Wellness UnLAOISed logo for Android users.

29th April 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera, Ruth, James, Andrew and Debbie (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** In this meeting, both teams discussed learner notifications, the course logo, weekly course format, the landing page, messaging and announcements. Andrew is going to work on further formatting and styling of the app on Monday. The course start date was changed to 25th April 2022.
- **Actions:** The team will meet on Tuesday morning, prior to the launch of the app for the programme.

3rd May 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth, Diane, James and Andrew (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** The meeting was recorded for Caroline to watch later in the day (Laois Sports Partnership). Andrew provided a Moodle demonstration of the current site and showcased the features that have been altered. Andrew and James are going to put together the

instructions for using Moodle on the smart devices and computers/laptops which can be provided to participants. Kiera and Ruth are putting together the usernames and passwords for all participants and these will be emailed to each participant at lunch time.

- **Actions:** Andrew and James will record/put together the instructions for using Moodle and send them to True Fitness by lunchtime today.

4th May 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now EduFIT) and Anitech)
- **Overview:** James organised a quick catch up for feedback on the first two exercise sessions hosted via Moodle. Ruth and Kiera informed James that everything went well but that Kiera had to unlock the completion status prior to the session to ensure that the upcoming session was appearing on people's timelines (if they had already clicked on it, it then disappeared). James said they will look into this and informed Kiera and Ruth that the course overview block had been changed and is now visible on the desktop. Anitech intends to put together some more "How To" videos based on the activities and features used.
- **Actions:** James is going to look into the viewing option but we may need to redirect them to the homepage or calendar for the link.

5th May 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Ruth, Kiera, Caroline, Andrew and James (True Fitness (now EduFIT), Laois Sports Partnership and Anitech)
- **Overview:** This meeting was organised by Andrew to show Caroline the app and desktop version of the Wellness UnLAOISed Moodle site. Andrew will send Caroline log-in details to use the app going forward. Kiera gave a brief update on attendance to the first 3 sessions and asked Andrew and James about the "unlocking completion status" prior to the sessions and tracking of individuals accessing the full course material. James is going to re-do the first two "How To" videos with the Wellness UnLAOISed logo branding and continue with this series. The whole team discussed how we need to inform participants to use the course page to access the links and folders. Andrew and James are going to look into placing files in the "site files" section of the app, which may be easier to access. Ruth highlighted that we would like participants to view the files within a week, but not have the option to download videos. Kiera and Ruth will speak to Ruth D regarding the participation of the women from the travelling community, i.e. app access. The team highlighted the need of tracking attendance for people using the same devices – e.g. couples, friends, families etc.
- **Actions:** Andrew and James are going to discuss action points after this meeting and provide True Fitness with an update at 3pm. Kiera will manually track attendance to determine who hasn't accessed Moodle yet.

5th May 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now EduFIT) and Anitech)
- **Overview:** James presented the option of hosting the Zoom link as a "lesson" activity and setting it so you have to view the link for 15 minutes, as an alternative way of tracking attendance of the sessions. James discussed putting all week 2 resources in one folder for participants to access and the links embedded in a PDF so videos can't be downloaded.
- **Actions:** Kiera will set up Friday morning's link as a lesson activity. Ruth will put together one folder of all resources and put out an announcement. Kiera cleared the activity completion so we can track who looks at the resources.

6th May 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Unfortunately, the lesson activity didn't successfully track attendance due to Zoom being an external link (they didn't stay on the specific page for 15 minutes). James presented another option which would include asking the participants a question at the end to complete the session, e.g. did you do the exercise class with another participant on the course? Name one exercise you did today etc. However, the lesson activity may work using an embedded video.
- **Actions:** Set up one morning class next week as a lesson with a question at the end. Ruth will upload the recorded exercise session from Friday as a lesson with a specific duration for completion. James will continue putting together the "How To" videos using the Wellness UnLAOISed logo background.

10th May 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James will keep preparing "How To" videos and will send the links to Ruth to upload to Vimeo. Once completed, Ruth can send the links back to James and he will upload. The LSP logo can be kept on the desktop site, but Andrew will try to alter the styling. James is going to delete weekly sections and change them to labels. Kiera updated Ruth and James on the designated recording sections and James will add shortcuts to these on the "... " menu.
- **Actions:** James will work on Moodle today and email if there are any further questions and Ruth and Kiera will inform James of any changes.

10th May 2022: Meeting for Wellness UnLAOISed (90 minutes)

- **Attended by:** Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Kiera and Ruth put together an action plan for communicating with participants who have either been to pre-testing but not yet completed any classes or accessed the full Moodle content or have not been present for anything to date. Kiera and Ruth decided to send everyone a text message to ask if they are interested in taking part in the programme (yes or no). If they respond yes, we will call them and see if they need any help getting set up. If they respond no, we will remove them from the programme.
- **Actions:** Kiera will update the attendance list to include participants who attended the classes on 9th May and then forward it to Ruth to start contacting people. Ruth will then note down the responses and if they are to be removed, they will be removed from the mailing list and from Moodle.

11th May 2022: Meeting for Wellness UnLAOISed (15 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James suggested changing the sections from weekly blocks to something else to ensure that the blocks don't default on the wrong week.
- **Actions:** James will review the blocks/sections and we can have a look at it tomorrow morning. Kiera is going to make an announcement on Friday regarding the "How To" videos to participants.

12th May 2022: Meeting for Wellness UnLAOISed (5 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)

- **Overview:** James will look into putting a recordings folder on the homepage today and get back to us tomorrow whether this is possible or not. Most people don't go past the landing page!
- **Actions:** James will update the team as soon as possible. Kiera has a note down regarding announcements – shared screens, how to videos etc. The inclusion of a lesson with question activity might be delayed until next week as people are still getting used to Moodle.

13th May 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)
- **Overview:** The team had a look over the updated attendance and discussed the responses from people who had been contacted the previous week. The participants who replied “NO” will be removed from the attendance tracking list and the email list. The team also discussed the exercise circuit cards, use of QR codes (individual and whole circuit) and made a plan for shooting more content..
- **Actions:** From next week, the team will start contacting participants on the course to see how they are getting on and for any feedback. The team will also select participant “leaders” for 1-1 talks about the programme and use of Moodle.

16th May 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James was able to add the “on demand recordings” to the dashboard so participants have direct access now. However, we are unable to track viewing on this.
- **Actions:** N/A

16th May 2022: Focus Group for Wellness UnLAOISed (15 minutes)

- **Attended by:** Diane (True Fitness, now **EduFIT**) – **On Site Session in Portarlinton**
- **Overview:** Diane ran a focus group of 15 participants prior to the exercise session in Portarlinton. These participants were male and female, and of all different ages, job descriptions, etc. Participants are finding the app difficult, not user friendly and they are struggling. They asked for the timescale of on-demand recordings to be increased from one week to the duration of the programme. There are a few iPhone users that are struggling to find the resources and use the “back” button. Participants are also getting confused with the “course completion” progress bar as they are wondering what they are missing!
- **Actions:** Kiera will create a “How to” video for iPhone users to help find the resources and on-demand recordings. The team will speak to Andrew and James about this feedback, especially removing the course completion bar and usability of the app.

17th May 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Kiera, Ruth and Andrew (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera and Ruth updated Andrew on the feedback from the participants at the onsite session in Portarlinton. Andrew asked if these challenges could be written down and forwarded in an email so he can discuss these with the innovation team for the Wellness UnLAOISed app that will be developed. Andrew would like to get participant feedback on the use of Moodle so Anitech will put together questions for the True Fitness team to send out. Andrew said the Wellness UnLAOISed app may not be ready till the end of the programme – following feedback from participants, screens would need to be designed and approved and then the app needs to be placed in the App store, but this could take 2+ weeks.

- **Actions:** Andrew and James will prepare the questions for participants and Ruth and Kiera will put together the main feedback points from participants and send them on.

17th May 2022: Meeting for Wellness UnLAOISed (20 minutes)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)
- **Overview:** Ruth has merged the on-demand recordings and weekly resources in one folder that can be accessed directly from the dashboard so participants need to be made aware of this. Kiera recorded a “How to” video for iPhone users but this can be updated next week to reflect the new layout if required. Ruth and Kiera updated Diane on the meeting with Andrew regarding participant feedback and it was agreed that James and Andrew could provide the questions but the True Fitness team would administer and provide feedback. Kiera and Ruth will attend an on-site session in Mountrath next Tuesday to run a small focus group to attain feedback on the programme and use of Moodle.
- **Actions:** An announcement needs to go out on Friday to inform participants of the on-site session in Mountrath on Tuesday evening – tell them that we are going.

18th May 2022: Meeting for Wellness UnLAOISed (20 minutes)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)
- **Overview:** The team discussed the resources being provided to the participants this week and following on from Diane’s exercise education session on “Aerobic Exercise” which included a slide on “green” and “blue” exercise, we are going to ask participants to complete an activity in these spaces over the weekend and send photos to us of their “#MySpaceinLaois”. We will provide a resource containing locations that participants could travel to and then will collate their images and share them with all participants.
- **Actions:** Create the resource and share with participants before the end of the week. Once completed, the resource and photos from participants can be shared on social media, tagging relevant organisations.

18th May 2022: Meeting for Wellness UnLAOISed (20 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera and Ruth updated James on the points discussed in the meeting with Andrew and emailed to Anitech regarding the main issues identified by participants on using Moodle for Wellness UnLAOISed. These included the course completion tracker (percentage), attendance tracking and links disappearing from the timeline once they had been viewed. The problem with the course completion tracker is that if we remove this, we won’t have attendance for each class! Ruth also asked James if there was a way participants could send photos *via* the app. James has changed the text to “On demand recordings and weekly resources” on the dashboard.
- **Actions:** James is going to look into solutions to the main issues and a solution for sending photos through the app and will provide an update tomorrow. James will also make the icon smaller on the dashboard.

19th May 2022: Meeting for Wellness UnLAOISed (25 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James has emailed Debbie regarding a method of keeping Zoom links on the timeline without having to reset the activity completion prior to the class. Adding the links in as a “choice” or “lesson” means that the participants will have to answer a question for attendance to be tracked. James is going to look into adding it as a gradable feature with “no

grading” to see if that is an option. James has added an “assignment” to upload recipe photos but this is contained within the course overview. Kiera and Ruth are attending an onsite session on Tuesday so they will speak to participants and see how they are getting on with the app and then decide if someone like this is feasible.

- **Actions:** James will look into the gradable option and see what Debbie responds regarding the timeline.

23rd May 2022: Meeting for Wellness UnLAOISed (50 minutes)

- **Attended by:** Kiera, Diane, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James is going to add the date of data removal to the Wellness UnLAOISed important information section (Sept 1st 2022). Anitech have created an “LSP sandbox” to test new features for the actual Wellness UnLAOISed app going forward. Andrew and James will have a look at: (A) reformatting the timeline, (B) renaming the sandbox and creating accounts, (C) Demonstrating the assignment (for zoom links) and optimising the view, and (D) Assignment criteria – make sure the assignment doesn’t show “overdue”. Andrew and James will also have a look at putting together the questions for the focus groups regarding the app by the end of the week.
- **Actions:** James will start with the 4 options and update Kiera in the meeting in the afternoon,

23rd May 2022: Meeting for Wellness UnLAOISed (25 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Actions (A) and (B) from above have been completed and usernames and passwords have been sent to True Fitness via email. James hasn’t worked out how to make sure the assignment (zoom links) doesn’t display overdue but he will keep working on this.
- **Actions:** The next meeting will be on Wednesday at 2.15pm.

26th May 2022: Meeting for Wellness UnLAOISed (15 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James informed Kiera and Ruth that Anitech are in contact with a developer regarding the Wellness UnLAOISed app. James is looking into the calendar or upcoming events options for displaying zoom links, instead of the timeline, but needs to work out if these can be added on the landing page/dashboard.
- **Actions:** James will update us regarding the landing page, notifications and the survey questions will be sent on as soon as possible.

26th May 2022: Meeting for Wellness UnLAOISed (2.5 hours)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)
- **Overview:** The team organised the instructors and links for week 6 of the Wellness UnLAOISed programme. The team then discussed the feedback from the on-site focus group on Tuesday 24th May in Mountrath. The team put together some key points and sample social media posts regarding the feedback obtained during this session which focused on on-site sessions, online sessions, the team, the workshops, the app, the recipes and clinical exercise physiology. The team discussed options for obtaining more feedback from participants over the coming weeks. Kiera also provided a quick update on her communication with participants, attendance and posting equipment.
- **Actions:** Ruth and Diane will update the communications plan to include the upcoming posts. Kiera, Ruth and Diane will attend more on-site sessions in the coming weeks to catch

up with the participants and obtain audio/video feedback on the programme. Diane will post the equipment to the participants who didn't receive the resistance bands and balls at pre-testing.

27th May 2022: Meeting for Wellness UnLAOISed (15 minutes)

- **Attended by:** Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** In the last meeting, we informed James from Anitech that Kiera and Ruth were no longer receiving notifications from the Moodle app such as exercise class reminders 1-hour before classes and forum announcements. James troubleshooted the problem and Kiera started to receive notifications but Ruth did not even after she synchronised the Moodle app and after James refreshed the default browser. Ruth met James on Friday 27th May and the issue was resolved after Ruth reinstalled the Moodle app on her mobile device. Ruth emailed five participants to ask them if they have been receiving notifications. Two participants responded that they have been receiving notifications and two participants responded that they have not been receiving notifications. Ruth created a video to show participants how to reinstall the Moodle app. Ruth and James emailed throughout the day with updates from participants regarding notifications. James updated Ruth about the app after consultation with their app developer. They propose changing 'Timeline' to 'Upcoming Events' on the dashboard as activities will not disappear if participants access the class zoom link before the expected completion time. This is a positive outcome as we know from focus groups with the wellness unLAOISed participants that they tend to remain on the dashboard and struggle to find classes if they click on the link before the class time.
- **Actions:** Make a team decision on whether to change the timeline to upcoming events and make sure participants are informed prior to the change.

30th May 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Kiera, Ruth, Diane, Caroline and Andrew (True Fitness (now **EduFIT**), Laois Sports Partnership and Anitech)
- **Overview:** Andrew gave an overview of the progress over the past 2 weeks and informed everyone that the questions regarding the user experience had been prepared and will be circulated to Diane, Ruth and Kiera to send out via survey monkey to participants. The feedback from these questions will help us to customise design of the Wellness UnLAOISed app. The new app will be powered by Moodle (background infrastructure) but will have bespoke customisation based on our team and participant feedback. In the new app, we need to find a way to track the attendance to on-demand recordings. True Fitness informed Andrew of the latest issues with notifications so Andrew will check the settings and then send a test notification to all participants. Andrew also mentioned that we could change the timeline to upcoming events to avoid losing upcoming sessions from the timeline. Diane asked that Anitech let us know when this change is happening so we can inform participants of this.
- **Actions:** Andrew will check all settings and meet Kiera and Ruth regarding a test notification later today.

30th May 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Kiera, Ruth and Andrew (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera, Ruth and Andrew met to discuss the issues with the notifications for the exercise classes and to resolve the issues with delayed announcements. They found that the announcements could be posted "without time delay" but believe there could be a queue

for posting of up to 15 minutes and therefore delayed notifications. The exercise class links are set up as URL links on Moodle as per previous weeks but the notifications have stopped.

- **Actions:** Andrew will follow up these issues with Moodle HQ and report back to us as soon as possible.

1st June 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera and Ruth updated James on the issue with notifications – Ruth received the session reminder last night but not this morning, whereas Kiera did not receive either. However, both Kiera and Ruth are receiving the announcement notifications. The announcements, even when set to no editing delay, appear to be taking a varied amount of time to post.
- **Actions:** James is going to contact Debbie and Andrew has logged the problem with Moodle so they will come back to us with any updates.

1st June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James added an upcoming events block to the dashboard as he is aware that calendar events give push notifications/reminders to see if we all received a notification 1 hour before the health workshop last night. Kiera, Ruth and James received a notification, but Andrew didn't. James also set up an exercise class with a reminder in the LSP sandbox but Kiera didn't get this notification, Ruth did.
- **Actions:** Kiera will send an announcement today regarding the remaining sessions this week and information on the on-site session on Tuesday in Mountrath. Kiera is going to start the exercise class this evening, so she was ask regarding notifications. James will continue to look at this issue and will follow up with Andrew on the feedback questionnaire and app development.

2nd June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** The issue with the notification remains and there has been no response from Moodle yet.
- **Actions:** James will try to remedy the problem with notifications and contact Andrew about app development.

3rd June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** There is still issues with the one-hour reminders so James is going to do something with the upcoming events block and ask us to review it before the change is made to the Wellness UnLAOISed course. We will note all these issues and remedies for the new app.
- **Actions:** James will continue working on this and provide an update on Tuesday and ask Andrew about the questionnaire. Kiera will ask participants in the 11am exercise class if they are receiving notifications or not.

3rd June 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)

- **Overview:** The team met to discuss the schedule and zoom links for the next 2 weeks, the remaining video content that is required for Wellness UnLAOISed (including a 30-minute flexibility class and 3 x 5-minute balance routines) and the remaining resources for the graphic designer. Ruth informed the team that Claudine is on holidays for weeks 11 and 12 so all resources must be completed within the next 2 weeks. The team made a list of resources that still needed to be completed so these will be worked on in the next 2 weeks. Ruth has been working on the communications plan and has content for social media written down and/or prepared for the next 2 weeks.
- **Actions:** Kiera and Ruth will follow up with Anitech on Tuesday regarding the user experience questionnaire. Kiera will upload all the links to Moodle and continue communicating with participants next week. Ruth will continue managing the social media output and communication with the graphic designer.

7th June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera, Ruth and James discussed immediately changing the timeline to upcoming events to enable reminder notifications and to prevent links disappearing from the timeline. Kiera will post an announcement regarding to the change, before it occurs so participants know what to expect. Ruth told James about the communications meeting that took place between True Fitness and Laois Sports Partnership and asked James if he would be available to record a quick conversation regarding Anitech, his role in the company and his role in Wellness UnLAOISed.
- **Actions:** The transfer to upcoming events will happen on 8th June. The video recording will happen in the meeting on Thursday.

7th June 2022: On-site session for Wellness UnLAOISed (90 minutes)

- **Attended by:** Kiera and Ruth (True Fitness, now **EduFIT**)
- **Overview:** Kiera and Ruth attended the on-site exercise class in Mountrath, which was being hosted by Ruth Delaney. There were 6 participants in attendance and the session was split up into aerobic exercises and resistance exercises. This provided the opportunity for participants to use small weights and facilitated an engaging learning opportunity. Kiera, Ruth and Ruth spoke to participants before and after the session regarding topics covered in previous workshops, accessing the exercise classes and workshops through Moodle and post-testing.
- **Actions:** N/A

9th June 2022: Meeting for Wellness UnLAOISed (20 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** James gave a quick update and said he was going to follow up with Andrew after a final review of the questions regarding user experience with the aim of sharing this with participants next week. This questionnaire will include 10 questions, including a question regarding the change from the timeline to upcoming events to see if participants find this easier to navigate. Ruth and Kiera then recorded a short video with James in which they asked him questions such as; Who are Anitech? What is your role in Anitech? What is your involvement in Wellness UnLAOISed.
- **Actions:** This short video will be edited and shared on social media to show the interaction between True Fitness and Anitech regarding app development.

10th June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Kiera, Ruth and James all received reminder notifications for the exercise class at 7pm on Thursday. James hopes that the survey will be reviewed by Andrew today and can be circulated to participants next week. Kiera gave James the dates for the remaining weeks of the programme, as we hope the custom app will be ready to roll out in weeks 11 and 12.
- **Actions:** Kiera has asked Ruth to ask participants if they received reminder notifications for the exercise class at 11am today. The next meeting will be next Tuesday, as True Fitness are onsite on Monday.

13th June 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth, Caroline, Andrew and James (True Fitness (now **EduFIT**), Laois SP and Anitech)
- **Overview:** Andrew provided an overview of the progress in the last few weeks including changing of the timeline to upcoming events, custom app creation and the user app feedback survey. James and Andrew will work on the final draft of the questions today and circulate them to TF and LSP – currently there is 12 questions, and they are hoping to cut them down to 10 questions. Ruth noted some errors in the questions and asked Andrew and James to alter these in the review. Kiera highlighted that we need to get this survey out as soon as possible as participants will be asked to book their post-testing session using google sheets in the coming days too. Andrew said they will put together a draft app and send us all the test version for us to review and alter accordingly. The participant feedback is also important for the final design. Andrew will ask Sophia to create the styling for the app and then they will work with Ardian to create the prototype and app demo. A test version will be available through Android and Kiera might be able to set up a test flight user account on Apple to test using an iPhone - Andrew will send instructions of how to do this.
- **Actions:** James and Andrew will have a final review of the questions for the app feedback survey and circulate to TF and LSP. Ruth will transfer the questions to the TF survey monkey and then send them to participants to complete. The trial app should be ready to go next week.

14th June 2022: Meeting for Wellness UnLAOISed (10 minutes)

- **Attended by:** Kiera, Ruth and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Andrew sent the final draft of the questions to True Fitness and Laois SP to review. Kiera and Ruth were unsure of the meaning of question 2, but James has clarified this via email so the question will remain. Ruth is going to transfer the questions to the True Fitness survey monkey account. The booking forms for post-testing appointments will be released today and then the survey will be sent out on Friday. James asked Ruth to share the responses with the 3 partners at the end of the survey.
- **Actions:** Ruth will transfer the questions to Survey Monkey and open the survey from Friday (via an announcement).

20th June 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth, Diane, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** The teams reviewed the responses to-date for the app user survey that was issued on Friday – so far, 23 people have responded. Ruth has issued reminders to participants to submit as soon as possible as the plan is to begin the next round of user feedback on Wednesday morning, wherein Anitech will take a minimum of 3 people who fall into happy/sad/mad categories and speak to them further about their experiences and how they use the platform.

- **Actions:** By the end of the week, Anitech will prepare a document on the learnings from the feedback, citing the key points that need to be incorporated into our design of the new app. The next team meeting will be next Tuesday at 10am. Once the survey findings and key requirements have been inferred, the Wellness unLAOISed app android demonstration will be put together.

23rd June 2022: Meeting for Wellness UnLAOISed (45 minutes)

- **Attended by:** Kiera, Ruth and Diane (True Fitness, now **EduFIT**)
- **Overview:** This meeting was hosted to discuss post-testing – Kiera and Ruth have contacted everyone by Moodle/email and anyone who didn't respond in the first instance was contacted via direct email then WhatsApp/text. Due to numbers booked in for pre-testing, Diane and Anne will be able to host session 1 and then Kiera and Ruth will join them for session 2 in Portarlinton to collect voice notes, photos and feedback on Wellness UnLAOISed. Kiera and Ruth will also attend session 3, while Ruth, Diane and Anne will be present for session 4. Kiera is currently preparing the testing manual that will be distributed to participants who didn't attend post-testing. Ruth asked Claudine to put together a feedback sheet and certificate for all participants so these templates will be used.
- **Actions:** Kiera and Ruth will keep compiling the lists of participants for post-testing and organise the printing of all resources/test sheets required. Kiera will make a list of participants who did not attend post-testing and start putting together all the results and feedback reports next week.

27th – 28th June 2022: Post-Testing and Focus Groups – Portarlinton and Mountrath

28th June 2022: Meeting for Wellness UnLAOISed (30 minutes)

- **Attended by:** Kiera, Ruth, Caroline, Andrew and James (True Fitness (now **EduFIT**), Laois SP and Anitech)
- **Overview:** Ruth informed the team that there is currently 28 survey respondents and Anitech have spoken to 2 people already and have some phone calls remaining. Andrew told the team that the Android demo is being created and we will have a version by the end of the programme – could be a responsive web application (appears like an app on phone and website on desktop).
- **Actions:** The use of an app only or an app and desktop will need to be considered moving forward based on users and age profile. Anitech will make the final phone calls and then present the findings to the team.

4th July 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera, Ruth, Caroline, Andrew and James (True Fitness (now **EduFIT**), Laois SP and Anitech)
- **Overview:** Andrew discussed the findings of the user feedback survey and follow up phone calls with participants who were happy, sad and mad through a PowerPoint presentation. This presentation was emailed to everyone who attended the meeting. The feedback provided has been extremely useful and will be considered in the final development of the app. Examples of feedback included: Changing from the timeline to upcoming events was a positive change, almost a third of participants didn't read notifications, reminders of what participants had missed would be beneficial, access to on-demand videos from day 1, information on the exercise class (e.g. instructor, length, what the class is focused on), "how to" videos on the app need to be slower, and one participant recommended that the app is optimised for a Bluetooth connection to smart TV for use of a bigger screen. Kiera asked if the new app could have attendance tracking for on-demand resources and recorded

sessions, in addition to the live classes. Diane addressed concerns on the timing of the programme (ran into school holidays) and suggested a possible change to 2 x 6-week blocks, instead of 12 weeks. However, if the programme began in October or January, 12 weeks would be viable.

- **Actions:** Anitech will continue to create the app prototype – a better app, more intuitive. True Fitness and Laois SP will lead on the grant applications, facilitation and delivery of Wellness UnLAOISed going forward.

12th July 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera, Ruth, and Diane (True Fitness, now **EduFIT**)
- **Overview:** The team met to prepare a presentation on the Wellness UnLAOISed programme that Diane will deliver to Sport Ireland on Monday 18th July. The team discussed the mission of Wellness UnLAOISed, the team members involved in every aspect of the programme, the timeline of the programme (from stakeholder engagement to evaluation and final report), the programme outline (including topics covered), testimonials, website and app development, innovation (circuit cards, at home testing manual, co-design and interactive content) and future potential.
- **Actions:** Kiera and Ruth will continue to collate the information required and Diane will meet Caroline on Friday to discuss the important talking points and co-presenting in advance of Monday.

20th July 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera and Diane (True Fitness, now **EduFIT**)
- **Overview:** Kiera and Diane met to discuss the results of the pre- and post-intervention testing for balance (30 seconds eyes closed balance test), muscular fitness (sit to stand and push up tests) and aerobic fitness (6-minute walk test). The team also discussed the findings of the M1 question and WHO Well-being Index and the interpretation of same. The results were transferred to a presentation with the associated norms for the feedback session with participants.
- **Actions:** Diane will deliver the feedback presentation for Wellness UnLAOISed participants on Thursday 21st July at 7pm.

4th August 2022: Meeting for Wellness UnLAOISed (40 minutes)

- **Attended by:** Ruth, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Anitech explained that the Wellness UnLAOISed app will have its own server as it will be moving from Moodle cloud. The first prototype of the new Wellness UnLAOISed app was presented to Ruth. Ruth agreed with the Anitech team that the logo on the app store should just contain the WU figure and not the figure and text. The text will be underneath the app icon so there is no need to have the 'Wellness UnLAOISed' text twice. The full WU logo as designed by Claudine will be shown on the first splash/loading screen for a few seconds before the homepage. Anitech presented four different designs of the home screen to Ruth. Ruth was asked to select the screen she liked the most for the WU app. The fourth screen was chosen. This is an icon design however some modifications were requested to improve display, for example remove the dumbbell icon over the 'meet the team' icon, to use a folder icon for course content rather than a clipboard and to remove the clock beside the bell for the 'notifications' icon.
- **Actions:** Ruth will be sent the apk file to test the app on an android device later this week. Full testing will be completed by Anitech after 10am next Tuesday 9th August as James from Anitech will remove participant access to Moodle after this. Participants are aware of this as

an announcement was sent on Tuesday 2nd August and Ruth will send a final reminder on Monday 8th August.

11th August 2022: Meeting for Wellness UnLAOISed (60 minutes)

- **Attended by:** Kiera, Ruth, Diane, Andrew and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** Andrew gave a demonstration of the new Wellness UnLAOISed apk file. The plan is to make all necessary changes to the apk file, then convert it to IOS and launch it in the app stores. The “app” begins with a launch screen containing the Wellness UnLAOISed logo before the log-in screen appears. Once the credentials are entered, the landing page is visible with large icons to navigate around the app. The team agreed to have 8 icons including: Today’s Events, Timetable, On-Demand Videos, On-Demand Resources, Meet the Team, Ask the Expert, Testing and Private Messaging. The testing area is extremely important as when this programme is scaled nationally, it will be necessary for participants to input their test scores and the team can then download these as an excel file. Big blue button will be incorporated into the “app”, as Zoom will no longer be in use by the True Fitness team. The team also decided to keep the footer at the bottom with only the navigation icon, notification icon and the options button. Diane would like the colour of the log out button to be changed from red to one of colours of the Wellness UnLAOISed colour palette. Andrew discussed the possibility of setting up our own dedicated server which could be managed by Anitech’s Moodle partner Innovation.
- **Actions:** Kiera will send Anitech the transparent logo’s, testing manual, questionnaires, and testing manual so these can be incorporated into the app. Anitech will continue to develop the app based on the discussion today and organise a meeting with the team next week. Diane will inform Caroline of the outcomes of today’s meeting.

23rd August 2022: Meeting for Wellness UnLAOISed

- **Attended by:** Kiera, Ruth, Diane, Andrew, and James (True Fitness (now **EduFIT**) and Anitech)
- **Overview:** In this meeting, changes to the current Wellness UnLAOISed domain were discussed. The highlighted issues included: (1) Overlapping of 'Meet the EduFIT and Laois Sports Partnership Team' in the App, (2) Missing descriptions to answer choices for the sit-to-stand test position in the pre-test and post-test forms, (3) Index miss-typed as ‘indiex’ in the pretest and post-test form settings and (4) Starred Contacts and Private Chat.
- **Actions:** Anitech are going to focus on rectifying these issues in the next week and provide feedback on the same to True Fitness and LSP.

Other:

Participant Feedback Reports – 6 hours – 14th July 2022

Participant Focus Groups in Portarlinton and Mountrath

Appendix IX. Example of Instructions for Accessing Wellness unLAOISed on a Phone or Device.

How to install the App

Accessing Moodle for Wellness UnLAOISed




The logo for Wellness unLAOISed features a stylized green leaf-like shape on the left, with a purple dot in the center. To the right, the word "Wellness" is written in a large, purple, rounded font, and "unLAOISed" is written below it in a smaller, blue, rounded font.



A smaller version of the Wellness unLAOISed logo is located in the bottom right corner of the slide.

1. Download the Moodle App

- We use an App called Moodle to provide access to the Wellness UnLAOISed online exercise, nutrition and health education programme
- To participate in this course, you will need to install this app
- Go to the Play Store (for Android users) or App Store (for Apple users) and search "Moodle"
- Once you have found it, press Install
- You will be provided with access credentials by the True Fitness Team



A smaller version of the Wellness unLAOISed logo is located in the bottom right corner of the slide.

2. Launch the Moodle App

- Launch the Moodle App
- You will see this screen. Select "I'm a Learner"
- Now, you will be prompted to enter your "site" or Scan a QR code.
- If you have a QR code, select this open and follow instructions



2. Launch the Moodle App (contd.)



- If you do not have a QR code, enter the site as:
wellnessunlaoised.moodlecloud.com
- When prompted, press the "Connect to your site" option



3. Login to Wellness UnLAOISed

- Now you are on the Wellness UnLAOISed Login page
- Enter your Username, as provided to you by the True Fitness Team
- Enter your Password, as provided to you by the True Fitness Team
- Press "Log In"



4. Accept the Site Policies

- Note that you may be prompted to accept the Site Policies
- Please select "I understand and agree to the mandatory site policies"
- This is required in order to use the App

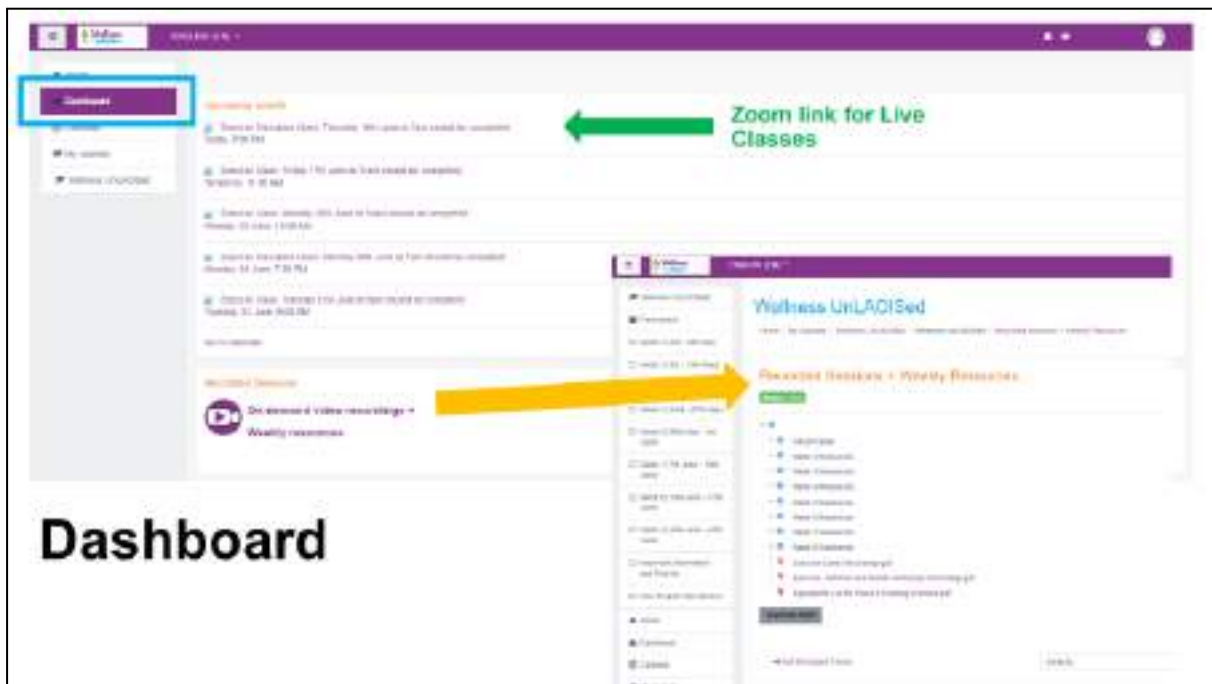
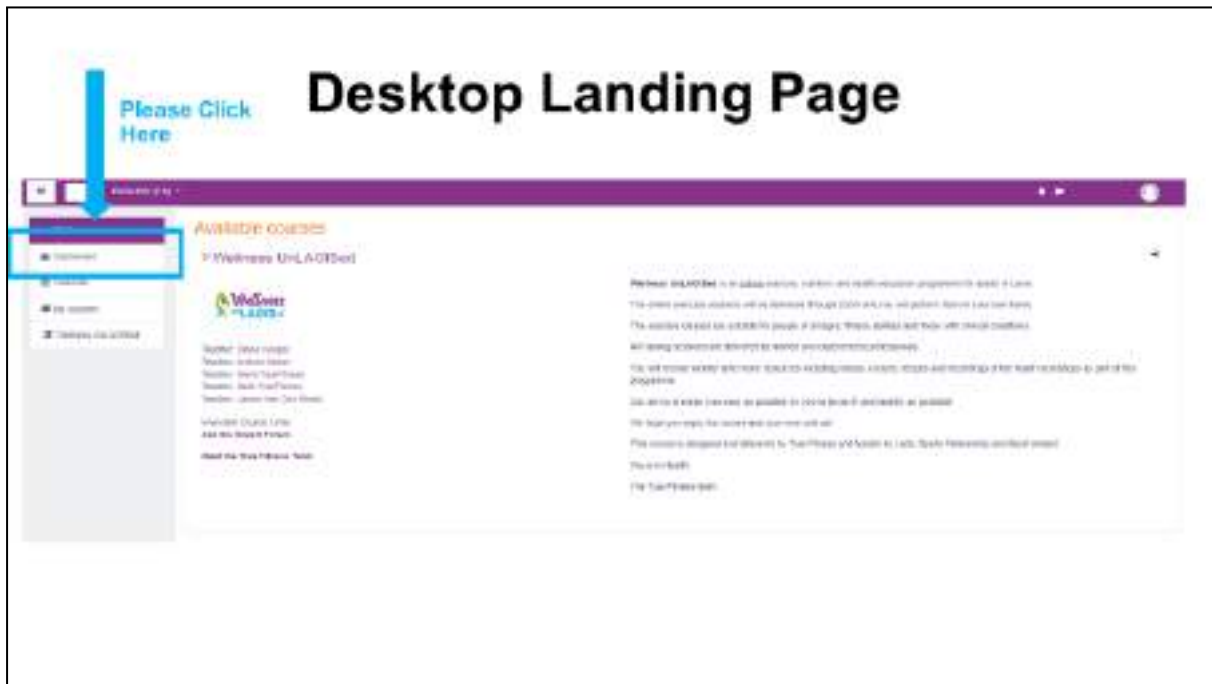


5. Your Landing Page

- You will now arrive on your Wellness UnLAOISed homepage / Landing page
- A link to the full course is here
- Timeline shows all upcoming activities
- In order to attend one, simply click the link or View button, accept opening an external Zoom URL when prompted, and then either open in Zoom or in an Internet Browser when prompted



Appendix X. Example of Instructions for Accessing Wellness unLAOISed on a Desktop.



Accessing Resources

The screenshot shows the Wellness LhLACOid website interface. On the left is a navigation menu with categories like 'Home', 'About Us', 'Contact Us', 'FAQ', 'Privacy Policy', 'Terms of Service', 'Sitemap', and 'Feedback'. The main content area is titled 'Wellness LhLACOid' and features two columns of 'Recorded Resources + Weekly Resources'. The left column is titled 'Recorded Resources + Weekly Resources' and the right column is titled 'Recorded Resources + Weekly Resources'. A green arrow points from the 'Recorded Resources + Weekly Resources' link in the left column to a dropdown menu that appears. A second green arrow points from the dropdown menu to a preview of a 'Week 8 Recipes' page, which shows a burrito and a bowl of soup.

Please click on "Recorded Resources + Weekly Resources"

A dropdown list will appear. Please click on the link that you would like to open.

Wellness LhLACOid
Week 8 Recipes

Accessing Recordings

The screenshot shows the Wellness LhLACOid website interface. On the left is a navigation menu with categories like 'Home', 'About Us', 'Contact Us', 'FAQ', 'Privacy Policy', 'Terms of Service', 'Sitemap', and 'Feedback'. The main content area is titled 'Wellness LhLACOid' and features two columns of 'Recorded Resources + Weekly Resources'. The left column is titled 'Recorded Resources + Weekly Resources' and the right column is titled 'Recorded Resources + Weekly Resources'. A green arrow points from the 'Recorded Resources + Weekly Resources' link in the left column to a PDF document titled 'Wellness LhLACOid'. A second green arrow points from the PDF document to a preview of a 'Wellness LhLACOid' page, which shows the logo and a list of recordings.

Please click on the link to open the pre-recorded exercise class

Please click on this PDF!

Wellness LhLACOid
Wellness LhLACOid

Appendix XI. App User Feedback Survey

Q1. Overall, how would you rate how easy it was to use Wellness unLAOISed?

Easy/Reasonably Easy/Difficult

Q2. Do you know how to find the full course content sections, including 'how to guides' and important documents using Wellness unLAOISed?

Yes of course/Not sure/No clue

Q3. Do you read notifications you receive from Wellness unLAOISed?

Always/Sometimes/Never

Q4. How easy or difficult is it to find your scheduled Zoom exercise sessions on Wellness unLAOISed?

Easy/Reasonably Easy/Difficult

Q5. How easy is it to access the recorded sessions and resources using Wellness unLAOISed?

Easy/Reasonably Easy/Difficult

Q6. Which, if any, of the issues below have you encountered when using Wellness unLAOISed? (Select all that apply)

I did not receive notifications for my class/ The app crashed/ The app was too confusing to use/ I had to reinstall the app to make it work/ I did not experience any problems/ Other (please describe the issues you encountered in more detail)

Q7. This week we removed the 'Timeline' section and replaced it with 'Upcoming Events'. Has this been easier to use?

Yes/No

Q8. How often do you use Wellness unLAOISed to message your course instructors?

Regularly/Sometimes/Never

Q9. Approximately how many times per day do you look at Wellness unLAOISed?

Every few hours or more/ Once or twice a day/ Only if I get a notification

Q10. Does the app respond quickly when loading your data?

Yes, very quickly/Somewhat quickly/No its slow

Q11. Have you ever watched any of the Help videos available on the platform?

Yes/No

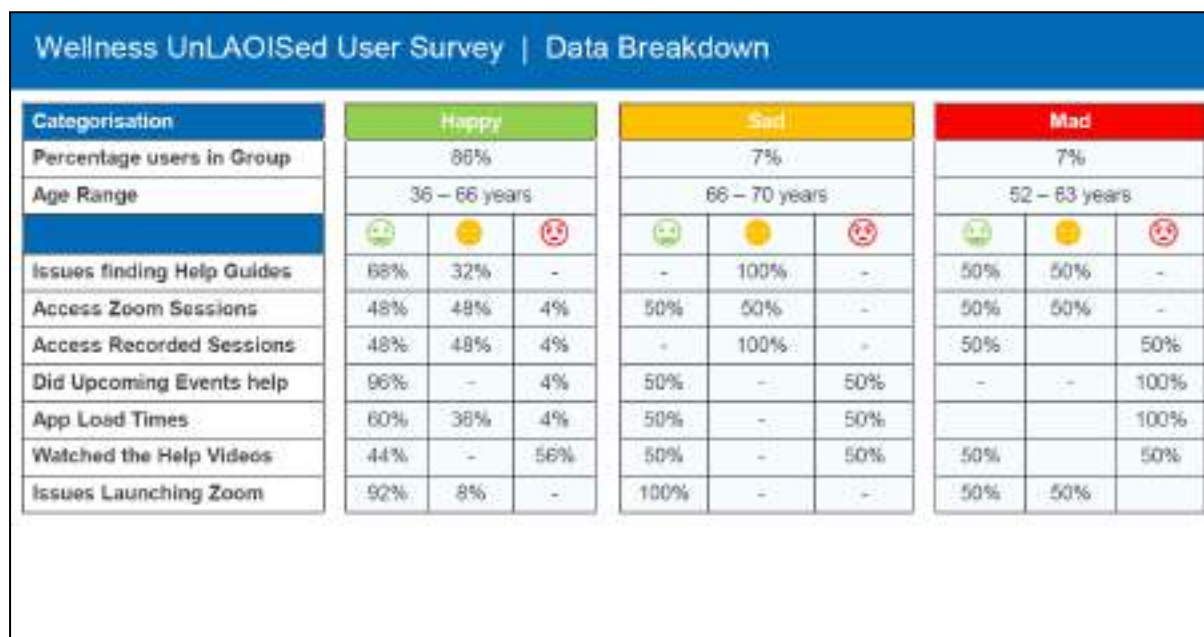
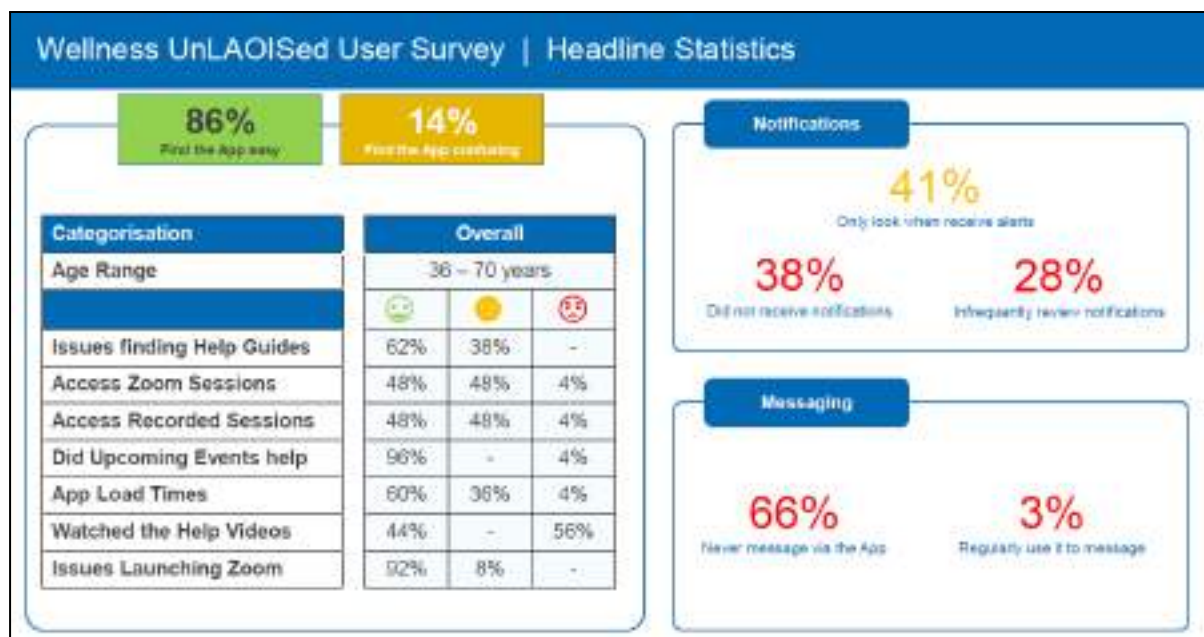
Q12. If you could add one feature to Wellness unLAOISed that you have in another app, what would it be? (Please tell us the name of the app too!)

Open ended question.

Q13. Final question, do you ever have any problems launching Zoom from Wellness unLAOISed?

No never/Sometimes/All the time

Appendix XII. Results of the App User Feedback Survey



Wellness UnLAOISed User Survey | Interviews

Category	Maely	Ben	Mad
Number of Interviews	1	1	1
Age	45	42	63 years
Overall	Very satisfied	Satisfied	Dissatisfied
Notes	<ul style="list-style-type: none"> • Easy to install via QR code • Upcoming events was a good improvement • Notifications one hour before is ideal • Not overly busy interface, which is great - can find links easily • Upcoming events makes sense for workouts • Would love to track progress against daily goals • Also consider reminders of what was missed 	<ul style="list-style-type: none"> • Logging in was easy once a password was provided • Some training videos were not there on Day 1, that would have made life a lot easier • Interface easy to understand, everything accessible • Did not like launching zoom straight away when attempting to just view or read about an upcoming session • Messaging is good • Notifications one hour before is good • Not having to log in again is good 	<ul style="list-style-type: none"> • Said it was messy to install • Confusing - was not sure where to go for what • Took issue with Training content - said not enough progress in there by James for viewer to properly track what was going on; also stated the "pointer" was too small to see • Did not understand why needed to see My Course block, knowing full well she would only be in one course • Only ever watches Sessions via large screen and experiences lag between app and Bluetooth-enabled smart TV • Finds app slow • Move to Upcoming events did not help • Hates the momentary "No events" message when it is loading • No point in calendar because she had a print out of the schedule & only ever referred to that • Had issue with Vimeo installation where required • Don't need notification "ask" email

Reviewing Existing Functionality | Suitability

Feature	Summary	Recommendations
Moodle App	<ul style="list-style-type: none"> • Overall, the use of Moodle achieved what was required in a short space of time, however it did confuse users in old age groups and those not familiar with Learning Management Systems. It did provide a significant amount of functionality, which was not utilised. 	<ul style="list-style-type: none"> • Continue to use Moodle but "under the hood" • Moodle can "power" the new Wellness UnLAOISed app, but will never be visible to end users • The App will feature a new user interface, designed according to lessons learned throughout this pilot.
Upcoming Events	<ul style="list-style-type: none"> • Received a favourable review - should be in next version 	<ul style="list-style-type: none"> • Keep this in the app on a new Landing page and accessible as an icon • Need to ensure "No Upcoming Events" is not visible upon load • Should we have Intro / cover them ahead of Zoom link so they can read about the upcoming session?
Recorded Sessions	<ul style="list-style-type: none"> • Even though this is accessible on the landing page, it did seem to confuse almost half of respondents as to how to access. 	<ul style="list-style-type: none"> • Keep this in the app on a new Landing page and accessible as an icon • Ensure via link workout and recorded session together, so users understand where the recorded session will be available • Incorporate an automatic notification to let users know when a recorded session is not available for review
My Course Block	<ul style="list-style-type: none"> • This confused people because it was an unnecessary step in sourcing the entire course. Not many users ever required access to the course modules 	<ul style="list-style-type: none"> • No need to show the Course information, but instead we should consider providing an additional icon off the landing page to show the full course material and calendar of what to expect.
Help Videos	<ul style="list-style-type: none"> • Very useful but several people did not watch because they could not find them 	<ul style="list-style-type: none"> • The menu items are too inaccessible. This should be a link off the landing page, and from each of the sub-pages. New content will be required for the new app.

Reviewing Existing Functionality | Suitability

Feature	Summary	Recommendations
Messaging	<ul style="list-style-type: none"> Results showed very few people used this feature regularly 	<ul style="list-style-type: none"> For a nation-wide app, the question must be considered as to how you want to maintain an instructor-student relationship and who will be curating and operating course content. If the above is required, then messaging is necessary
Notifications	<ul style="list-style-type: none"> The issues with notifications missing caused many issues but once those were resolved, in the main, these are considered 	<ul style="list-style-type: none"> Important to keep these, but need to determine how useful email and in-app notifications are
Calendar	<ul style="list-style-type: none"> Did not receive a lot of attention 	<ul style="list-style-type: none"> Perhaps only retain as part of the course icon mentioned previously
Profile	<ul style="list-style-type: none"> Did not get much attention 	<ul style="list-style-type: none"> Provide easier access and understanding as to how to set profile picture
More Menu	<ul style="list-style-type: none"> Many users seemed confused by these so clarify the layout and menu design was not ideal 	<ul style="list-style-type: none"> Remove entirely and only include the important links
Overall App	<ul style="list-style-type: none"> Considerations <ul style="list-style-type: none"> Should we attempt to facilitate access to larger screen easier? Should we consider Call To Action indicators on new icons? What other kind of content do you want to add to draw people into use? It is clear from the results that the younger age groups found the app easier to use and relied less upon email and print outs. What is the desired age group for the overall app? Should we incorporate User Statistics so they can see, for example, a list of their attendance and a missed sessions table, with a link to the recorded videos? Will users be automatically enrolled in courses here or can they apply to join one? 	<ul style="list-style-type: none"> Need to understand frequency and why users will become enrolled in a course on the app, and who will operate those courses For example, knowing the above answers questions as to how users will register for courses, get credentials, etc. (One option is register via Desktop, then download app.) Should we move off Zoom?

Appendix XIII. Key Learnings from the App Pilot Phase

Wellness UnLAOISed Innovation | Summary of Key Learnings


- Mobile features and dashboard page** Certain features, including site home & course view, needed to be disabled, so the dashboard page became the landing page. The default dashboard page needed to be reset and the icons all redesigned
 - The entire dashboard used by Moodle was not deemed fit for purpose hence the new app featured its own design
- Activities** Use of the "URL activity" resource type and the migration to the Big Blue Button (BBB) activity for workshops were necessary rather than using Zoom
- Setting weekly files and recordings of sessions** Changed to a folder resource with sub folders and placed on the home page above the weekly course sections
- Timeline block** Users experienced issues when viewing activities early so activities were migrated to the Upcoming events block
- Weekly block format of course** When additional sections were added, activities were not shown in the correct week. In addition, in the initial phase weekly materials and recordings of sessions were collated as weekly sections exacerbated this issue
- How to videos and guides** A useful resource but some users found it difficult to navigate, thus viewing numbers were low – solution was to make these part of the curriculum and accessible via the Dashboard Help section
- Tracking of attendance** Activity completion settings (users "must view") were designed for the URL activities which provided a means of viewing attendance logs in the instructor's view
- Course progress bar** This was linked to activity completion and attendance tracking, so cannot be "disabled" when those settings are set – hence a change in the use of the Timelines block, course visibility & activity was required
- Notifications** During the pilot phase several issues were noticed around certain users not receiving course notifications. By moving to the Upcoming events block these issues were resolved

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1. Mobile Features and 2. Activities

Key Learnings

- Ensure that default dashboard page is set for all users and make sure unnecessary features are disabled in mobile app features
- Moodle provides a wide choice of activities. For the purposes of the 12-week pilot, the URL activity, which allowed for easy sharing of a Zoom link, was deemed the activity of choice
- As the course progressed, other activities were explored with the Big Blue Button (BBB) being chosen as the optimal activity to be used moving into the next phase of development
- The above approach ensured that a) additional costs for using Zoom were not required, b) BBB provided more features than Zoom and better integration, and c) we could track attendance within Moodle



The screenshot shows two sections of the mobile app. The top section, 'Mobile Features', displays a list of features including 'Mobile features', 'Moodle', 'BBB', and 'Zoom'. The bottom section, 'Selected Activities', shows two activity cards: 'URL' and 'BigBlueButton'. An arrow points from the 'URL' card to the 'BigBlueButton' card, indicating a transition or preference.

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3. Setting Weekly Files and Recordings of Sessions, and 4. Timeline

Key Learnings

- In the early stages of the pilot phase, course materials and recorded sessions were collated into a weekly module. It was decided to move to a folder resource structure for course materials and recordings of exercise and nutrition sessions.
- Course materials and recordings were uploaded into weekly sub-folders and moved from the original location, weekly sections, to a discrete folder separate from the weekly sections.
- The Timeline block caused users several issues. When users viewed an activity early, the activity disappeared off the Timeline block. Users then found it difficult to navigate around the site to relocate the activity. Due to this difficulty, the decision was made to migrate from the Timeline block to the Upcoming Events block, which is linked to the calendar.
 - This ensured activities remained on the upcoming events block until after the event, even if users viewed the event early. An additional advantage was that notifications were sent out to users an hour before the event was due, helping overcome another early issue around some users not receiving notifications consistently.
- Further, in the new app, users can set their own reminders.

Course Material and On-Demand Videos



Upcoming Events Block



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5. Weekly Sections and 6. Help

Key Learnings

- For the pilot phase the use of weekly sections to construct the course was appropriate. However, several issues arose when adding and moving sections to ensure the day of the event corresponded to the actual day and week of the actual course. This meant changing some of the weekly sections to general labels at the top of the course homepage.
- The How-to Videos and Guides section were initially hosted by Antech Solutions but were then migrated to hosting by True Fitness on their Vimeo Channel.
- The number of views was limited due to a) many users felt the videos unnecessary, b) other users had difficulties in navigating to the videos, and c) small numbers of people reported the amount of content too excessive, and the videos recorded too quickly.
- This section was changed to a folder resource in which PDF and MP4 files were collated into separate sub-folders. A link was provided in the App footer settings area.

Weekly Sections



How to Section



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Tracking and Progress Bar

Key Learnings

- Tracking of attendance was achieved by setting activity completion in the URL activities so that users had to view the activity. This allowed for viewing of logs by the True Fitness Team. This approach was deemed fit-for-purpose in concert with the BBB activities.
- The course progress bar shown on the course card caused some confusion, as it is linked to activity completion, and different users were at different stages of completion, due to how many activities they had viewed and not the week of the course.
 - Therefore, we ensured that new Dashboard design had no course card and no course progress bar. Instead users are taken straight to the dashboard page of the course.

Activity Completion Settings

Activity completion

Completion status: What event triggers completion status to be marked as complete? (You must select at least one of the following)

Activity: **Completed a course week (course-week)**

Reminder: **Event not yet started (optional)**

No Course Progress Bar



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Notifications

Key Learnings

- Notifications caused issues in the pilot, with some users not receiving notifications for course events.
- Notification settings were re-set several times. By changing to the Upcoming Events Block, this issue was resolved with default reminders of activities being linked to the calendar and being sent out 1 hour before the activity commenced.
- This approach, in concert with the BBB custom reminder option, was deemed fit-for-purpose for the new app design.

Notification Settings

Reminders

Activity	Time	Days	Reminder	Reminder
Activity 1	10:00	Mon	1 hour before	1 hour before
Activity 2	11:00	Tue	1 hour before	1 hour before
Activity 3	12:00	Wed	1 hour before	1 hour before

Default notification reminder

BBB Notification Reminder

GO TO ACTIVITY

Reminders

Select (1 hour before)
5 September 2022 11:00 AM

SET A NEW REMINDER



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Appendix XIV. Testing Manual



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Wellness with LAOIS Testing

Component of Fitness: Balance

Balance refers to the ability to keep the body's centre of gravity within the base of support while in a static position, performing voluntary movements (such as walking) or reacting to external disturbances. Balance is affected by muscle strength, power and flexibility and therefore multimodal exercise training is important for maintaining and improving balance.

Significance for health: Balance is important for controlling, stabilising and maintaining your body position thereby decreasing the risk and incidence of falls and fractures, improving quality of life and maintaining functional independence.

30-Second Eyes-Closed Balance Test

Balance Test Procedure:

- Please make sure to stand near a wall or beside a fixed object for this test. In the event that you lose your balance and need to support yourself.
- Please ask someone to help you test your balance by measuring time using a timer on a watch/phone.

- Stand up straight and cross your arms across your chest.
- Slowly lift up your right knee so your right foot is no longer on the ground.
- Next, close your eyes and ask the tester to start the timer.
- Stop the timer when your right foot touches the ground, wall or fixed object or when the time exceeds 30 seconds.
- Record the amount of time you could maintain your balance when your left foot was on the ground and your right foot was lifted off the ground.
- Repeat the test on the opposite side, and record the amount of time you could sustain your balance when your right foot was on the ground and left foot was lifted off the ground.

Component of Fitness: Balance

Balance Test Score, Left Foot on Ground (time in seconds): _____

Balance Test Score, Right Foot on Ground (time in seconds): _____

Balance Test Norms

Age (years)	Eyes Closed (time in seconds)					
	18-29	30-39	40-49	50-59	70-79	≥80
Below Average	<6	<7	<8	<9	<12	<11
Average	6	7	8	9	12	11
Above average	>8	>9	>10	>11	>12	>11

Please scan this QR code using the camera on your phone/tablet/iPad to enter your post test results if you did not attend post testing in person.

Component of Fitness: Muscular Fitness

Muscular strength is the ability of a muscle or muscle group to exert maximal force.

Muscular endurance is the ability of a muscle or muscle group to exert force repeatedly over time.

Muscular power is the ability of a muscle or muscle group to exert maximal force quickly.

Muscular strength, endurance and power are collectively known as "muscular fitness". Each component of muscular fitness can be targeted using an appropriately designed resistance training programme (specific sets, repetitions and rest intervals) and correctly performed exercises with various types of resistance including free weights, resistance bands, medicine balls, body weight, household objects, etc.

Significance for health: Muscular strength, endurance and power are important components of health-related physical fitness and are essential for mobility, functional independence and quality of life.

Many household chores or activities of daily life including carrying shopping bags to the car require repeated or sustained muscular actions, which can cause muscular fatigue.

Resistance training is very important for sustaining and improving muscular fitness, reducing the risk of sarcopenia (the loss of muscle mass associated with ageing) and frailty (ageing-related process in which multiple body systems gradually lose their built-in reserves leading to reduced function and health), reducing the risk and incidence of falls and fractures and decreasing cardiovascular risk and chronic disease development (e.g. type 2 diabetes, cardiovascular disease, osteoporosis, etc.).

Component of Fitness: Muscular Fitness

Sit-to-Stand Test

The 60-second sit-to-stand test is used to assess lower-body muscular fitness.

Equipment: A straight-backed chair with a flat, hard seat and no armrests (e.g. dining chair) and a stopwatch/timer.

SIT-TO-STAND TEST PROCEDURE

1. Sit in the middle of the chair, with a straight back and your feet flat on the ground.
2. Cross your arms across your chest so your hands rest on the opposite shoulder (position A) or rest your hands flat on your knees (position B).
3. When the test starts, rise to a full standing position and then sit back down, while keeping your arms crossed or your hands on your knees. This is 1 repetition.
4. Repeat this movement for 60 seconds, while counting the number of repetitions completed.



Sit-to-Stand Test Score (reps): _____

Sit-to-Stand Test Position: _____

Component of Fitness: Muscular Fitness

Sit-to-Stand Test Norms - Males

How many repetitions did you do?

Age (years)	Below Average	Average	Above Average	Superior
20-24	<40	60	80	70
25-29	<40	49	66	74
30-34	<40	47	66	70
35-39	<38	44	60	70
40-44	<37	40	59	68
45-49	<35	44	52	70
50-54	<30	40	56	67
55-59	<27	34	56	66
60-64	<23	27	56	66
65-69	<20	20	44	60
70-74	<17	25	49	59
75-79	<16	30	51	56

Component of Fitness: Muscular Fitness

Sit-to-Stand Test Norms - Females

How many repetitions did you do?

Age (years)	Below Average	Average	Above Average	Superior
20-24	<18	30	50	70
25-29	<16	30	54	60
30-34	<17	30	51	60
35-39	<17	30	50	60
40-44	<16	28	48	60
45-49	<16	28	50	60
50-54	<16	29	47	60
55-59	<16	30	45	55
60-64	<16	36	46	55
65-69	<17	33	48	55
70-74	<16	30	38	55
75-79	<16	27	39	45

Component of Fitness: Muscular Fitness

Push-up test

The 60-second push-up test is used to evaluate upper body muscular fitness.

Equipment: A mat, step (optional) and stopwatch/timer.

Push-up Test Positions:

The push-up test can be performed as:

- A. A full push-up (hands pointing forward and under the shoulders on the ground, feet straight, head up, up on the toes) or
- B. A modified (knee) push-up on the floor (hands pointing forward and under the shoulders on the ground, back straight, head up, knees together and on the ground, entire plantar-foot/foot pointed down) or
- C. A modified (knee) push-up using a step (hands pointing forward and under the shoulders on a step, back straight, head up, knees together and on the ground, entire plantar-foot/foot pointed down).

1. The starting position of the push-up is to have the body rolled with the elbows extended.
2. Lower the body by flexing/bending the elbows, until the chin almost touches the ground or step. The stomach should not touch the ground or step.
3. While maintaining a straight back, push up to the straight arm position. This is 1 repetition.
4. Repeat this movement for 60 seconds. Record the maximum number of repetitions performed in this time.

(A) Full push-up



(B) A modified (knee) push-up on the ground




5

Component of Fitness: Muscular Fitness

Push-up Test Score (reps): _____

Push-up Test Position: _____

Push-up Norms

Age (years)	Repetitions									
	10-24		25-34		35-44		45-54		55-64	
Sex	M	F	M	F	M	F	M	F	M	F
Excellent	>48	>30	>30	>27	>25	>24	>21	>20	>18	>17
Very Good	35-48	25-30	25-23	20-26	17-24	16-22	13-20	12-18	9-17	12-16
Good	23-35	16-25	17-21	13-17	10-16	9-14	7-12	7-10	5-12	6-9
Fair	17-23	10-16	12-16	8-12	6-12	5-10	4-8	3-8	3-7	3-4
Poor	<16	<10	<11	<7	<6	<5	<4	<3	<3	<3

Please scan this QR code using the camera on your phone/tablet/iPad to enter your post test results if you did not attend post testing in person.




10



Testing

Component of Fitness: Aerobic Fitness

Aerobic fitness (or cardiorespiratory fitness) is defined as the capacity of the circulatory and respiratory systems to supply oxygen during physical activity. Aerobic fitness is required to perform activities of daily living including stair climbing and shopping.

Aerobic training refers to any exercise involving large muscle groups moving in a repeated or rhythmic fashion for prolonged periods of time that require the body's metabolic system to use oxygen to produce energy. Examples of aerobic exercises include walking, jogging, running, cycling, swimming, skipping, hiking and dancing. Regular and consistent aerobic training improves your cardiorespiratory endurance, meaning that your heart, blood vessels and lungs can work harder than normal.

Significance for Health: Low levels of cardiorespiratory fitness are associated with a higher risk of poor health and premature (and all-cause) mortality, especially from cardiovascular disease.

Aerobic training improves aerobic fitness, functioning of the cardiovascular system (including protective effects on heart rate, blood pressure, arterial stiffness, endothelial function), body composition (lowers total body fat), lipid profile (increases total and HDL-cholesterol and circulating triglycerides) and circulating lipoproteins and increases HDL-cholesterol, insulin sensitivity and peripheral utilization of fat as fuel during exercise.

Aerobic training is also associated with improved self-efficacy and well-being and a decreased risk for clinical depression and anxiety.

Aerobic fitness is an independent predictor of all-cause and cardiovascular disease mortality. This means the higher an individual's aerobic fitness, the lower the risk of developing non-communicable diseases (e.g. type 2 diabetes, metabolic syndrome) and mortality from all-cause and cardiovascular disease, regardless of age, body composition and other risk factors.

DID YOU KNOW?


11

Component of Fitness: Aerobic Fitness

5-Minute Walk Test

The 5-minute walk test is used to assess functional aerobic capacity.


Requirements: The 5-minute walk test must be performed on a flat, hard surface. The test can be performed indoors or outdoors, weather permitting. The walking course must be 20m in length and the turnaround points must be marked with plastic cones.

Please ask someone to help you with the timing of the test and recording the amount of laps of the course that you complete.

Equipment: stopwatch/timer, measuring tape (20m), plastic cones, pen, test sheet.

5-Minute Walk Test Procedure:

1. Stand at the start point, and take notice of the direction of the walking course.
2. When the timer starts, begin walking.
- The objective of the test is to walk as far as possible for 5 minutes.
3. You will be walking back and forth around the cones and you should pivot briskly around the cones and continue walking without hesitation.
4. When you return to the starting point, you have completed one lap of the walking course. Please ask someone to record the amount of laps that you complete.
5. Continue walking until the 5-minute has ended.
- If you have not completed a full lap when the timer ends, record the distance you have completed in the last lap (e.g. if you reach the first cone, you have walked 25m).
6. Calculate the total distance walked and record it on the test sheet.



Distance 20m


12

Component of Fitness: Aerobic Fitness

6-Minute Walk Test Score (meters): _____

6-Minute Walk Test Norms:

Age (years)	16-21	22-24	25-29	30-34	35-39	40-44
Males (meters)						
Mean Average	1084-816	1044-813	1023-807	1000-801	1075-819	1041-846
Range	82-877	83-863	88-888	88-827	83-838	87-838
Mean Average	838-790	888-794	864-798	848-814	867-828	848-844
Standard	172	178	172	183	187	181
Females (meters)						
Mean Average	1180-878	1014-892	1089-882	1088-878	1081-881	1279-885
Range	87-868	888-888	888-888	888-888	887-888	888-888
Mean Average	888-888	888-888	888-888	888-888	888-888	888-888
Standard	187	188	188	188	188	188



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Appendix XVI. Focus Group Finding Social Media Post



True Fitness ·
May 20, 2022 · 🌐

...

Do you prefer on-site or online exercise classes??

This was one of the questions Diane asked 'Wellness UnLAOISed' participants who attended our on-site exercise class in Portarlinton on Monday evening.

Participants said that they like on-site classes but that they would be unable to attend all onsite classes. Participants like online classes as they are convenient and time-efficient.

Overall participants prefer a blended approach!!

Yours in health,
The True Fitness team

Wellness UnLAOISed is designed and delivered by True Fitness in partnership with [Laois Sports Partnership](#) and funded by [Sport Ireland](#) through the Sport Ireland Innovation Fund.

#wellnessunlaoised #innovation #TrueFitness #LaoisSportsPartnership #sportireland #focusgroupfinding



FOCUS GROUP FINDING

Online vs Onsite exercise classes??
























Most popular answer:
A blended approach










👍❤️ 12

1 share

Appendix XVII. On-Demand Resources Provided to Wellness unLAOISed Participants

- ▼  Week 2 Resources
 -  Week 2 - Nutrition Cards.pdf
 -  Week 2 - Recipe Book.pdf
 -  Week 2 Exercise - RPE Scale.pdf
 -  Week 2 Exercise Education - Notes.pdf
 -  Week 2 Nutrition Education - Notes.pdf
- ▼  Week 3 Resources
 -  How to choose a healthy yoghurt.pdf
 -  Week 3 - Nutrition Cards.pdf
 -  Week 3 - Recipe Book.pdf
 -  Week 3 Exercise Education - Resistance Training and Functional Healthy Ageing.pdf
 -  Week 3 Nutrition Education - Notes.pdf
- ▼  Week 4 Resources
 -  Green and Blue Spaces in Laois.pdf
 -  Ingredients list for week 5 .pdf
 -  Nutrition cards - week 4.pdf
 -  Recipes - week 4.pdf
 -  Week 4 Exercise Education - Aerobic Exercise.pdf
 -  Week 4 Nutrition and Health Workshop NOTES.pdf
- ▼  Week 5 Resources
 -  Nutrition cards - week 5.pdf
 -  Recipes - week 5.pdf
 -  Week 5 - Healthy Snacks Cooking Practical + Sugar Shockers NOTES.pdf
 -  Week 5 Exercise Education - Balance.pdf
 -  Who Should Do Balance Training?.pdf

▼  Week 6 Resources

-  Breaking Up Sedentary Time.pdf
-  Healthy Screen Habits.pdf
-  How to make a salad dressing.pdf
-  Importance of Sleep.pdf
-  Ingredients List for week 7 Cooking Practical.pdf
-  Recipes - week 6.pdf
-  Resistance Band Circuit.pdf

▼  Week 7 Resources









-  Exercise Education Resource - Warm Up and Cool Down.pdf
-  Nutrition cards - week 7.pdf
-  Recipes - week 7.pdf
-  Week 7 Exercise Education - Warm Up and Cool Down.pdf










▼  Week 8 Resources

-  Recipes - week 8.pdf
-  Week 8 - Eat Well Spend Less NOTES.pdf
-  Week 8 Exercise Education - Flexibility.pdf
-  Weekly Meal Planner.pdf
-  Weekly Shopping List.pdf

▼  Week 9 Resources

-  Additional Recipes.pdf
-  Nutrition cards - week 9.pdf
-  Recipes - week 9.pdf
-  Trigger Point Therapy Notes - Week 9(1920 × 1080 px) (1).pdf

- ▼  Week 10 Resources
 -  Nutrition Cards - Week 10.pdf
 -  Recipes - Week 10.pdf
- ▼  Week 11 Resources
 -  7 day training diary - Wellness UnLAOISed.pdf
 -  Nutrition Cards - Week 11.pdf
 -  Recipes - Week 11.pdf
- ▼  Week 12 Resources
 -  Nutrition Cards - Week 12.pdf
 -  Recipes - Week 12.pdf
 -  Stress Management Tips.pdf
 -  Week 12 - Health Workshop - Stress and Stress Management.pdf

- ▼  Additional Resources
 -  Wellness UnLAOISed Recipe Booklet .pdf
- ▼  Circuit Cards
 - ▶  Resistance Exercise Circuit Cards
 -  Aerobic Circuit (Level 1,2 3).pdf
 -  Flexibility Circuit.pdf
 -  Resistance Band Circuit.pdf
- ▼  Feedback on Test Results
 -  Feedback on Test Results NOTES.pdf
 -  Feedback on Test Results Workshop.pdf

Appendix XVIII. Week 2 Resources

Nutrition Cards



Exercise Education Resource

Wellness unLAOISed Exercise Intensity Made Easy

It is very important to be aware of the intensity you are exercising at during your training sessions and have a tool that you can use to monitor this intensity.

The RPE (Rate of Perceived Exertion) scale is a simple tool that can assist you with this. The RPE scale presented below is the 0-30 scale.

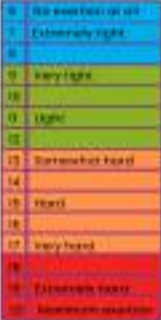
Each number on the scale corresponds to a different perceived level of exertion ranging from no exercise at all (RPE 0) to maximal exertion (RPE 30).

The scale is also colour coded for convenience:

- blue (RPE 0-5)**
represents no feeling of exertion
- green (RPE 6-12)**
represents a low intensity of exertion
- orange (RPE 13-17)**
represents a moderate intensity of exertion
- red (RPE 18-30)**
represents a very difficult to maximal intensity of exertion

Key points:

- When you are doing your warm up and cool down you should feel like you are in the **green zone**.
- During the circuit sessions, you should feel like you are in the **orange or red** as you are doing the exercise, and in the **green zone** during the recovery period.
- If you are a beginner to exercise or have a diagnosed clinical condition, please ensure that you do not enter the **red zone** of any point during the circuit.
- If you are accustomed to exercise and have no injuries or health conditions you can enter the **red zone** for some of the exercises, but make sure you return to the **green zone** before you perform the next exercise.
- The **blue zone** represents resting conditions.



References and Recommended Reading:
Knapik, R. (2015). *Physical Fitness for the 21st Century: A Practical Approach*. London: Routledge.

Recipe Book

Wellness unLAOISed

Week 2 Smoothie Recipes



References and Recommended Reading:
Knapik, R. (2015). *Physical Fitness for the 21st Century: A Practical Approach*. London: Routledge.

Wellness unLAOISed Smoothie Recipes

Recipe 1: Creamy raspberry smoothie Serves 1

Ingredients

- 2 large handfuls of frozen raspberries
- 25g oats
- 5 tablespoons of 0% fat Greek yoghurt
- 20mls water

Method

Place all ingredients into a blender and blend until smooth. If the texture is too thick then add more water. If the texture is too thin then add more yoghurt.



Recipe 2: Tropical smoothie Serves 1

Ingredients

- 2 large handfuls of exotic frozen fruit mix (usually contains mango, passion, pineapple)
- 25g oats
- 5 tablespoons of 0% fat Greek yoghurt
- 20mls water

Method

Place all ingredients into a blender and blend until smooth. If the texture is too thick then add more water. If the texture is too thin then add more yoghurt.



References and Recommended Reading:
Knapik, R. (2015). *Physical Fitness for the 21st Century: A Practical Approach*. London: Routledge.

Recipe 3: Berry blitz

Serves
1

Ingredients

- 2 large handfuls of mixed frozen berries
- 30g oats
- 2 tablespoons of 0% fat Greek yoghurt
- 90mls water

Method

Place all ingredients into a blender and blend until smooth. If the texture is too thick then add more water. If the texture is too thin then add more yoghurt.



Recipe 4: Banana bomb

Serves
1

Ingredients

- 1 banana
- 1 tablespoon of 100% peanut butter
- 30g oats
- 2 tablespoons of 0% fat Greek yoghurt
- 90mls water

Method

Place all ingredients into a blender and blend until smooth. If the texture is too thick then add more water. If the texture is too thin then add more yoghurt.



Appendix XIX. Week 3 Resources

Nutrition Cards



HOW TO CHOOSE A HEALTHY YOGHURT



- The healthiest choice is 0% fat natural / Greek style / Skyr yoghurt.
- You can sweeten yoghurt by adding some chopped fresh fruit.
- Check the label and choose yoghurts that are lower in fat and sugars. Check out our food shopping card on the next page as a guide.
- Luxury yoghurts are generally high in fat so treat them as a dessert.
- Plant-based dairy alternatives are naturally lower in calcium so check the label and choose yoghurts with added calcium.
- *Did you know?* Pictures used on food products must not be misleading. For example, a strawberry yoghurt that gets its flavour from artificial flavourings (not from fruit) is NOT allowed to have a picture of strawberries on the packaging. Artificial flavours are safely designed to mimic the taste of natural ingredients. It is often cheaper for manufacturers to make something taste like strawberry without actually using any real strawberries! A quick way to check if a product contains natural or artificial flavours is to read the ingredients list.



Recipe Book



Week 3 Recipes






Week 3 Recipes

Recipe 1: Fruit and nut oat bake

Serves 2




Ingredients

- 1 tsp olive oil
- 75g oats
- 120ml low fat milk
- 2 handfuls of blueberries, washed
- 2 handfuls of raspberries, washed
- 1 large handful of mixed nuts
- 1 handful of dried fruit e.g. sultanas, cranberries, peach
- Dash of cinnamon
- 1 banana, chopped
- 1 tsp flaked almonds
- Serve with 2-3 large tbsp of 0% fat Greek yogurt.

Method

1. Preheat the oven to 180C.
2. Grease a baking dish with olive oil.
3. In a separate bowl mix 75g of oats and 120ml of milk together and add to the baking dish.
4. Add desired amount of washed blueberries.
5. Add 1 large handful of mixed nuts and 1 handful of dried fruit.
6. Add a dash of cinnamon.
7. Slice 1 banana and add on to the dish.
8. Sprinkle flaked almonds on top.
9. Bake for 15 minutes.
10. Add extra milk and serve with yogurt.






Week 3 Recipes

Recipe 2: Overnight oats*

Serves 1




*to be prepared overnight

Ingredients

- 125g 0% fat yoghurt
- 30-45g oats
- 120ml of milk
- 1-2 large handfuls of mixed berries (fresh, frozen or canned)
- 1 tablespoon of mixed nuts / seeds

Method

1. Mix all of the ingredients together in a bowl or a tupperware container
2. Cover with cling film or lid
3. Place in the fridge for at least 3 hours or overnight to allow the oats to soften.





Week 3 Recipes

Recipe 3: Homemade muesli

Serves 10 adults



1 serving = 45g

Ingredients

- 200g mixture of rolled wheat and oats (muesli cereal base - available in most supermarkets or make at home with 100g rolled wheat and 100g oats)
- 100g mixed dried fruit e.g. cranberries, raisins, banana, apricots, blueberries
- 3 large handfuls of bran flakes
- 50g sesame seeds
- 50g sunflower seeds
- 100g chopped nuts e.g. brazil nuts, hazelnuts, walnuts, almonds

Method

- Mix all of the ingredients together.
- Store in an airtight container in a dark cupboard.
- Place 1 serving (45g) into a bowl and serve with low-fat milk or yoghurt.
- Add 1-3 servings of fresh fruit.




Recipe 4
French toast

Serves
1

Ingredients

- 2 slices of wholegrain (wholemeal toast or 1 wholemeal bagel)
- 2 eggs
- 2 tsp of olive oil
- Drop of milk
- Dash of cinnamon

Method

1. Beat the eggs in a separate bowl.
Add the milk and beat again.
2. Add 1 slice of bread to the egg mixture and cook on both sides.
3. Add 1 tsp of olive oil to a pan over medium heat.
4. Add the slice of bread to the pan. In the meantime, add the remaining slice to the egg mixture.
5. Turn the slice on the pan so that the other side of the bread starts to brown.
Once both sides are browned, remove from the pan.
6. Add a tsp of oil to the pan and add the final slice of bread and repeat step 5.
7. Serve with this fat Greek yogurt and 2 servings of fruit.



Appendix XX. Week 4 Resources

Nutrition Cards



Week 4 Nutrition Cards




Simple swaps



Week 4



Breakfast roll (demi bread roll, 2 rashers, 3 black pudding, 3 sausages, 1 egg, drizzle of ketchup) (450g) 1,208kcal	Portable porridge pot (40g), 1 medium banana (100g - without skin), 1 pot of low-fat yoghurt (180g) 378kcal	430kcal
Hot chicken roll (battered chicken, cheese and coleslaw) 1,074kcal	Chicken salad sandwich (chicken, lettuce, mayo and tomato) (120g) 354kcal	306kcal
Ham & cheese baguette (100g) 1,074kcal	Ham & cheese sandwich (70g) 428kcal	244kcal
Cheddar cheese (40g) 188kcal	Low-fat cheddar cheese (45g) 120kcal	90kcal
Mayonnaise (5g) 104kcal	Tomato relish (5g) 0kcal	0kcal
Bag of crisps (37g) 183kcal	Bag of popcorn (30g) 133kcal	50kcal
Curry chips (60g) 524kcal	Plain chips (60g) 387kcal	275kcal
Vanilla ice cream (100g) 173kcal	Frozen natural yoghurt (100g) 98kcal	58kcal



Simple swaps



Week 4



Breaded chicken fillet (grilled) (100g) 469kcal	Uncoated chicken fillet (grilled) (100g) 159kcal	300kcal
Deep Pan Pepperoni pizza 12" 1,782kcal	Thin pan pepperoni pizza 12" 1,457kcal	120kcal
Deep Pan Pepperoni pizza 12" 1,782kcal	1/2 Thin pan pepperoni pizza and side salad 354kcal	94kcal
Deep Pan Pepperoni pizza 12" 1,782kcal	Thin pan cheese and tomato pizza 12" 1,212kcal	130kcal




Exercise Education Resource

Green and Blue Aerobic Exercise

Mental Health Benefits

- Improved sleep
- ↓ anxiety
- ↑ positive mood
- Calm
- ↓ mental stress
- ↑ self-esteem
- ↓ depression

- **Green exercise** is exercise in a green space e.g. woods, parks, countryside, mountains.
- **Blue exercise** is exercise in or near water e.g. walking along the coast, walking beside a lake, swimming, kayaking.







Green and Blue Spaces in Laois

So many to choose from...

- Abbeylis Bog
- Binnleena Loop, Cullinstill
- Carrick Wood, Portlannington
- Cappanellan Woods, Durrow
- Clonsilla Leppid Walks, Clonsilla
- Cooleaunagh Wood Nature Reserve, near Rathdowney (Bodacora)
- Dunmore Woods, Durrow
- Derrypounce Lake Walk, Portlannington
- Kimo Court and Parklands, Kimo
- Garryloch Woods
- Granddown Wood and Lake Nature Reserve Trail



scan for more info







Green and Blue Spaces in Laois

So many to choose from...

- Glenbarrow Waterfall Loop, Glenbarrow
- Glenbarrow Eco Walk, Glenbarrow
- Glenbarrow Old Mill Loop
- Heywood Gardens & Estate, Ballinacill
- The Esker Walk, Tineahoe
- The canal at Vicoatone
- Killyville Lake, Stradcolla
- Kilsnuck Bog Loop, Abbeylis
- Manicknew Forest, Manicknew
- Oughaval Woods, Oughaval
- Tagher Woods, Portlannington



scan for more info








Recipe Book



Week 4 Recipes






Week 4 Recipes

Recipe 1: Trail mix


Serves 2



Ingredients and Method

Mix:

- 1 handful of unsalted nuts
- 1 handful of seeds
- 1 handful of dried fruit e.g. raisins, dried mango, banana chips
- 2 squares of dark chocolate chopped into small pieces




Week 4 Recipes

Recipe 2: Homemade hummus + veggie dippers

Serves 8



Ingredients

- 1 x 400g can of chickpeas, drained
- The juice of 1 lemon
- 1 clove garlic
- 2 tablespoons of olive oil
- 2 tablespoons of tahini
- ¼ teaspoon ground cumin
- Salt and pepper, to season
- 7 teaspoons of smoked paprika
- Preferred veggies e.g. such as cucumber, carrots, celery, bell peppers, cherry tomatoes.

Method


1. Blend together all the ingredients in a blender until smooth.
2. Season to taste with salt and pepper.
3. If the hummus is too thick add a little water and blend again.
4. Serve with preferred veggies.




Week 4 Recipes

Recipe 3: Roll ups

Serves 1





Ingredients and Method

- **Ingredients and Method**
- Layer four little gem lettuce leaves or romaine lettuce leaves with hummus. Slice a grilled chicken breast and place on top of the hummus. Add cherry tomatoes. Roll up the lettuce and enjoy.

Tip

- You can add any toppings to the lettuce e.g. leftover chilli, bolognese, ahi - fry, curry, etc.

Recipe 4:
Fruit salad

Serves
1

Ingredients

- Add preferred mixed fruit to a bowl (fresh or canned).



Appendix XXI. Week 5 Resources

Nutrition Cards



**Wellness
in LAOIS ed**

**Week 5
Nutrition Cards**





Sugar shockers



Week 5

Item	Teaspoons of sugar
500mls of Monster energy original drink	13.8 teaspoons
200g Fruit Pastilles Sweets	28 teaspoons
500mls Club Orange	18.3 teaspoons
750mls Energize Sport	8.3 teaspoons
800g Squashies Sweets	22.7 teaspoons




Sugar shockers



Week 5

Item	Teaspoons of sugar
1 large chocolate McFlurry's milkshake	16.5 teaspoons
1 chocolate doughnut	8 teaspoons
4 chocolate digestive biscuits	3 teaspoons
1 x 51g Mars bar	7.6 teaspoons
1 mini 4x 4x 4cm bollenberg cake	8 teaspoons






Who Should Do Balance Training?



Who should do Balance Training?

Everyone!


- if you are **low risk of falls** (do balance exercises 2 days per week)
 - Everyone should do some balance training
- if you are **medium risk of falls** (do balance exercises 3-4 days per week)
 - if your balance is poor
 - if you have poor leg strength (and general strength)
 - if you have osteoporosis
- if you are **high risk of falls** (do balance training 4 days per week)
 - if you have a history of falls
 - if you are frail and inactive
 - if you are experiencing frequent falls
 - You may need an individually tailored and more intense falls prevention / balance and strength programme



How much Balance Training should you do?

The F.I.T. Principle

- + **Frequency:** 2-4 days/week depending on your risk category
 - Are you low, medium or high for falls?
- + **Intensity:** Low
 - It generally is not physically demanding to do balance exercises
- + **Time:** 5-10 minutes per session
- + **Type:** Please see pictures of sample balance exercises below



Sample balance exercises and sequencing

10 MIN PREREQ

FORM 35 – 30/300

1. Leg to knee
2. Leg behind
3. Leg forward
4. Calf raise
5. Heel raise
6. Toe to heel walk
7. Clock balance
8. Stair Ruler
9. Single Leg Heel Moving
10. Opposite side lateral toe tap
11. Corner Side behind Toe Tap



How to progress your balance training

1. Gradually reduce your base of support
 - E.g. single leg exercises.
2. Stress the stabilisers and shift your body weight around your centre of gravity
 - E.g. leaning forward and back, side to side, heel to toe stands.
3. Reduce your sensory input (e.g. close eyes)
 - Please only do this if you are low risk of falls and ensure that you are standing near a wall for support if you need it.
4. Reduce contact with supportive objects (chair, wall, partner)
5. Strengthen your legs
 - Poor leg strength is linked to falls. Greater strength allows you to progress your balance.



Benefits of Balance Training

- ↑ balance
- ↓ risk and incidence of falls
- ↓ fractures and breaks
- ↑ quality of life
- ↑ functional independent living as we age



Poor balance and poor leg strength are major predictors of falls in later years!!



Recipe Book



Week 5 Recipes







Week 5 Recipes

Recipe 1: Easy Homemade Bread

Ingredients and Method

1. Preheat the oven to 180°C (fan oven).
2. Add 1 x 600g pot of Ois for natural yoghurt to a bowl.
3. Fill the empty yoghurt pot twice with oats and add to the same bowl.
4. Add 1 egg.
5. Add 4 tablespoons of milk, 2 teaspoons of bread seeds (1/4 teaspoon of salt, 1/2 cup of mixed seeds (e.g. chia, pumpkin, sunflower, sesame seeds)).
6. Mix everything together.
7. Grease and line a baking tin. Add the mixture to the tin.
8. Bake for 50-55 minutes.
9. Allow to cool before slicing.








Week 5 Recipes

Recipe 2: Homemade muesli + yoghurt

Serve 1

Ingredients and Method

1. Use recipe 3 from week 2.
2. Add 2 tablespoons of muesli to a jar/tup.
3. Then add 2 tablespoons of Ois for Greek-style yoghurt (or yoghurt of preference).
4. Add 1 tablespoon of muesli followed by 1 tablespoon of yoghurt.







Week 5 Recipes

Recipe 2: Blueberry bars

Serve 16 bars


Ingredients

- 2 tablespoons of melted butter (melt in microwave for 30 seconds)
- 2 small bananas, mashed
- 250g porridge oats
- 150ml milk
- 2 tablespoons of honey
- 1 teaspoon of vanilla essence
- 150g of fresh or frozen blueberries
- 1 teaspoon of cinnamon

Method

1. Preheat the oven to 180°C. Grease a 8-10" square baking tin with a little bit of butter or line with greaseproof paper.
2. Add all of the ingredients together in a bowl. Fold in the blueberries last.
3. Pour the mixture into the greased baking tin and cook for 20-25 minutes until golden brown.
4. Allow to cool before slicing.






Recipe 4: Frozen yoghurt fruit cups

Serves
6
cups

Ingredients

- 200g vanilla Greek-style yoghurt
- Raspberries (used as a topping)
- Blueberries (used as a topping)

Method

1. Place 6 bun cases in a bun tin.
2. Using a spoon, dollop two tablespoons of yoghurt into the bottom of each case.
3. Top with blueberries and raspberries.
4. Freeze for at least two hours.
5. Remove bun cases before serving.



Recipe 5: Peanut butter balls

Serves
13-15
balls

Ingredients

- 1 cup Medjool dates
- 1/2 cup pumpkin seeds
- 1/2 cup shredded coconut
- 1/2 cup 100% peanut butter
- 1/4 cup chocolate chips
- 2-4 tablespoons water (as needed)

Method

1. Finely chop the dates and add to a bowl.
2. Add the pumpkin seeds, coconut and peanut butter and mix well until a dough starts to form.
3. Add the chocolate chips and mix again.
4. Add water, 1 tablespoon at a time, until the dough starts to come together and you can form it into balls with your hands.
5. Roll the dough into 1-inch balls with your hands and place them in the freezer until set, about 30 minutes.
6. Store balls in the freezer for the best texture and remove as desired.



Appendix XXII. Week 6 Resources

Nutrition Cards

How to create salad dressings

3 parts oil + 1 part acid + 1 part sweetness
+ other flavours to taste (depending on preference)

* What do you mean "3 parts"? This means you use three times as much oil than acid.

Example:
2 Tablespoons olive oil
+ 1 Tablespoon balsamic vinegar
+ 1 Tablespoon honey



OILS	ACIDS	OTHER FLAVOURS	SWEETNESS
<ul style="list-style-type: none"> Olive oil Grapeseed oil Sesame oil Walnut oil Avocado oil 	<ul style="list-style-type: none"> Vinegar (e.g. apple cider, white wine, red wine, balsamic, rice) Lemon juice Lime juice Orange juice 	<ul style="list-style-type: none"> Dijon mustard Curry Salt & Pepper Fresh or dried herbs (e.g. parsley, basil, mint, rosemary, sage, dill, etc.) Note: the amount of each of dried herbs will depend on your taste buds! 	<ul style="list-style-type: none"> Jam / preserves Honey Maple syrup <p style="font-size: x-small;">This is optional and can be used to balance out the flavours of acids.</p>

Place all ingredients in a jar, cup or blender and mix until smooth.



Salad Dressing Recipes

3 parts oil + 1 part acid + 1 part sweetness
+ other flavours to taste (depending on preference)



AIOLI

- 3 tablespoons vegetable oil
- 1 tablespoon rice vinegar
- 2 teaspoons soy sauce
- 1 garlic clove, minced
- Salt & pepper



FRENCH

- 3 tablespoons olive oil
- 1 tablespoon real apple vinegar
- 2 teaspoons Dijon mustard
- 1 garlic clove, minced
- Salt & pepper



BALE

- 2 tablespoons olive oil
- 1 tablespoon vinegar
- 2 tsp. jam
- Salt & pepper










Recipe Book



Week 6 Recipes







Week 6 Recipes

Recipe 1: Tuna pasta salad

Serves 1

Ingredients

- 75-100g whole wheat pasta, uncooked
- 2 teaspoons of olive oil
- ½ onion or use 2 scallions, chopped
- 1 handful of rocket leaves
- 3 chopped cherry tomatoes
- 2 mini bell peppers
- Chunk of cucumber, sliced
- 2 handfuls of mushrooms
- 1 x 60g can of tuna, drained
- Black pepper and lemon juice, to flavour

Method

- Cook the pasta per packet instructions.
- Drain and rinse in cold water.
- Prep the salad by washing and slicing them into small pieces.
- Soften the vegetables in a pan with a little of the oil.
- Drain the tuna from the can and add to the pan along with the pasta.
- Serve.







Week 6 Recipes

Recipe 2: Chicken burrito bowl

Serves 8 adults

Ingredients


- 4 chicken breasts
- 2 large bell peppers, sliced into strips
- 1 large red onion, sliced
- 2 cherry tomatoes
- 2 tablespoons of olive oil
- 1 teaspoon of chili powder, paprika, garlic powder
- ½ teaspoon of cumin, black pepper & mixed herbs
- 100g of extra cheese
- 200g uncooked whole grain rice (or alternative)
- Two packets of tortilla wraps (or rice or grain option)
- 1 x 400g can of kidney beans
- 1 x 200g can of sweetcorn
- 60g grated cheddar cheese
- 1 lime, sliced into wedges



Method

- Preheat the oven to 200°C
- Use a baking tray with foil lid
- Place the chicken, peppers and onions onto the baking tray and drizzle with olive oil
- Sprinkle the herbs over both sides of the chicken breasts
- Add the onion on top of the chicken breasts
- Roast in the oven for 25 minutes
- Cook the rice as per packet instructions
- Drain the chicken using two holes so it becomes stringy
- ADD the rice to a bowl or 7 paperware container if used prepping
- ADD a slice of tinned beans, corn, salsa, tomatoes, peppers, onions and cheese
- ADD tortillas
- Decorate with a lime wedge







Week 6 Recipes

Recipe 2: Beans on toast

Serves 1

Ingredients and Method

- Toast 2 slices of brown bread.
- Add a thin spread of butter on both sides.
- Add 200g of heated baked beans on the bread.
- Sprinkle light grated cheese on top.
- Enjoy a serving of fruit afterwards to make this a balanced meal.

Wellness
the LAOIS of

Week 6
Recipes

Recipe 4:
Beef tacos

Serves
4
adults

Ingredients

- 3 corn shells
- 200g of lean minced beef
- 2 tablespoons of vegetable oil
- 1 medium-sized onion, finely chopped
- 3 large cloves of garlic, finely chopped
- 2 tablespoons of mild chilli powder
- 2 tablespoons of cumin
- 85g Mexican cheese
- Juice from 1/2 lime
- For the toppings:
 - 30g of iceberg lettuce, chopped
 - 1 large vine-ripened tomato or 8 cherry tomatoes, finely chopped
 - 4 tablespoons of low-fat, natural yoghurt
 - 30g low-fat cheddar cheese, grated
 - 1 egg avocado, sliced
 - 1 small white onion, finely chopped

Method

1. Heat the oil in a frying pan.
2. Add the mince. When the mince is brown, add the onion and garlic. Continue cooking and stirring for a few minutes.
3. Add the chilli, cumin, onion and lime. Stirrer for 20 minutes.
4. Heat the taco shells according to the instructions on the packet.
5. Place a small amount of lettuce in the base of the shell and spoon the mince over it.
6. Add any or all of the toppings according to taste.







Health Education Resources

Healthy Screen Habits

Screen Free Times

Communicate

Realistic

Example

Engagement

Notice







Healthy Screen Habits

Screen-Free Times:

Set specific times during your day or week that can go to be completely screen-free. You cannot use your own screen-free times, and/or you cannot screen-free times with other people, e.g. family members, friends, colleagues. Examples of screen-free times could be during bedtime or a car journey, or after getting up in the morning, or while out on a walk.

Communicate:

Communication is what, they can talk about what you enjoy and don't enjoy about being on your devices or being online with others. How does it make you feel? Is there anything that is bothering you that is annoying?

Realistic:

Be realistic with any expectations or rules you set around screen time. They will be times it suits people to have their screen time and other times when they do not have it when necessary.

Example:

Lead by example. Try your best to stick to the screen-free times you have agreed with yourself and with other people and be present in the moment.

Engagement:

Take notice of how you and others are engaging with online platforms and spending time on devices. Screen time can be valuable – it can be used for studying and communicating, education and exciting activities and hobbies, but it is important to use the time for a wide range of activities that allow for positive experiences.

Notice:






Take notice of any changes in your own or other people's behaviour associated with screen time. Be aware of the negative effects of screen time and be open to evaluating your screen-free time.





Health Education Resources

Wellness LAOIS Breaking Up Sedentary Time

 <ul style="list-style-type: none"> • Have a question you need to ask your colleague? Go to their desk for a chat! 	 <ul style="list-style-type: none"> • Organize "walking meetings" when you can! 	 <ul style="list-style-type: none"> • Desk-based movement
 <ul style="list-style-type: none"> • While watching TV, do an active chore during the ad breaks! 	 <ul style="list-style-type: none"> • Use the stairs whenever possible! 	 <ul style="list-style-type: none"> • Try to reduce your screen and sitting time and instead, use this time for health goals!

Wellness LAOIS logo and partner logos at the bottom.

Wellness LAOIS Breaking Up Sedentary Time

 <ul style="list-style-type: none"> • "Mobility breaks" in your kitchen and living room or even in your chair! 	 <ul style="list-style-type: none"> • Walk and talk. 	 <ul style="list-style-type: none"> • Going shopping? Try walking down each aisle!
 <ul style="list-style-type: none"> • Try to avoid going for the closest parking spot! 		<ul style="list-style-type: none"> • Plan ahead! <p><i>Get going in the morning!</i> Have your clothes and shoes ready at the end of the bed. Exercising during the day! Have a great day with you!</p>

Wellness LAOIS logo and partner logos at the bottom.

Health Education Resources

Wellness LAOIS Importance of Sleep

Sleep is essential for physical, emotional and cognitive wellbeing.

It is important for:

- Growth, development and recovery
- Our immune system
- Emotional control
- Learning, memory and concentration

The quality and quantity of sleep contributes to how you feel and function!



Wellness LAOIS logo and partner logos at the bottom.

1. Create a sleep schedule

- Prioritize getting up and going to sleep at the same time each day, even on weekends.
- Following a consistent sleep routine helps train your brain to naturally feel tired when it's bedtime.



2. Disengage before bed

- It's easier to fall asleep when you are relaxed, so take 30 minutes to wind down before bed.
- Turn off electronic devices and dim the lights.
- Read a book, take a warm bath, play soothing music or perform meditation or relaxation exercises.



3. The sleep environment

- Create a sleep-inducing space to snore!
- Dark, quiet and air-cooled.
- Comfortable temperature.
- Comfortable pillows and mattress.
- No clutter.
- Avoid eating, studying and watching TV in bed.



4. Sleep Stimuli

- Avoid exercising right before bed.
- Avoid large meals and sugary foods and drinks before bed.
- Limit caffeine before bed.
- Exposure to smoke or alcohol consumption can make it difficult to sleep.



Appendix XXIII. Week 7 Resources

Nutrition Cards



**Wellness
in LAOIS ed**

**Week 7
Nutrition Cards**





Meals in Minutes

Wellness in LAOIS ed
Week 7

				
Wholewheat pasta	Tuna	Frozen broccoli	1/2 can chopped tomatoes	
				
Wholewheat pasta	Chicken	Mixed veg	1-2 tbsp green pesto	
				
Wholewheat wrap	Chicken	Spinach, peppers, cheese	1-2 tbsp red pesto	



Meals in Minutes

Wellness in LAOIS ed
Week 7

				
Wholewheat wrap	Chicken	Mushrooms, pineapple	Tomato paste, cheese	
				
Wholewheat wrap	Cooked greens	Spinach, red onion	Sweet chili sauce, pineapple	



Meals in Minutes

Wellness
"LADIES"
Week 7



Wholemeal pizza



Chicken



Spinach, cherry
tomato, sweetcorn



Tomato puree,
cheese



Wholemeal rice



Chicken
protein



Frozen veg



Light soy sauce



Recipe Book



Week 7 Recipes





Week 7 Recipes

Recipe 1: Chicken & Vegetable Fried Rice

Serves 2 adults

Ingredients

- Desired amount of preferred mixed vegetables (fresh, frozen, canned)
- 1 tablespoon olive or rapeseed oil
- 2 cloves of garlic or 1 teaspoon of garlic puree
- 2 chicken fillets
- 1 x 250g bag of microwave rice e.g. wholegrain & quinoa rice, golden vegetable rice
- 2 eggs
- 1 tablespoon of reduced salt soy sauce

Method

1. Chop up preferred vegetables and garlic.
2. Add rapeseed or olive oil to the pan.
3. Add garlic to the pan.
4. Add chicken to the pan and cook until browned.
5. Add the chopped vegetables to the pan.
6. Add the microwave rice e.g. wholegrain & quinoa rice and soy sauce.
7. Add 2 eggs to the pan. After a few seconds when the egg begins to turn white scramble all of the ingredients together until the egg is cooked through.

Tip: Add pre-cooked chicken to make meals in less time.





Week 7 Recipes

Recipe 2: Quick Homemade Pizzas

Serves 1

Ingredients

- 2 tablespoons of passata
- 1/2 garlic clove, crushed (or 1/2 tsp garlic powder)
- Dried mixed herbs
- 1 wholemeal tortilla wrap
- 25g grated cheese (e.g. cheddar or mozzarella)
- Preferred toppings e.g. cooked chicken, peppers, sweetcorn, pineapple, aubergine, tomato.

Method

1. Heat the oven to 200C fan.
2. Mix the passata, garlic, herbs together.
3. Put the tortilla onto a baking sheet.
4. Spread over the tomato sauce leaving a 1cm border around the edges.
5. Scatter with the cheese, add toppings.
6. Bake for 6-8 minutes until the edges of the tortilla are crisp and golden.





Week 7 Recipes

Recipe 3: Burgers

Serves 4 adults

For the burgers

- 1 tablespoon of vegetable olive oil
- 2 small onions, sliced
- 2 cloves of garlic, crushed
- 400g of lean minced beef
- 1 large egg beaten
- Pinch of black pepper
- 1 tablespoon of fresh chopped sage or 1 teaspoon of dried sage
- Plain flour, for shaping burgers

Serve with

- 4 large buns, halved
- 4 large leaf lettuce, sliced into 4 thick slices
- 2 tomatoes, sliced lengthways
- 2 teaspoons of low-fat mayonnaise

Method

1. Cook onion and garlic on medium heat for 5-10 minutes in a frying pan with some oil until soft.
2. Pop the mixture in a large bowl and leave it for a short while to cool.
3. Add the onion and egg to the bowl, mix well and season with pepper and sage.
4. Shape the mince into 4 thick burger patties - use some flour on your hands to prevent the meat sticking. Place on a covered plate or in a possible container.
5. Keep cool in the fridge until ready to cook.
6. Cook the burgers in a hot frying pan with some olive oil for at least 10-12 minutes each side.
7. While it is sizzling, ensure that the burgers are cooked thoroughly.

Tip: Use a hot plate for the burger with a clean knife and check that the burger is piping hot all the way through. Heat more in a hot plate until sizzling and heat the bun in a toaster.

When cooked, serve the burger in the bun and add your toppings.




Wellness with LAOIS **Week 7 Recipes**

Recipe 4: Spice Rag **serve 2 adults**

Ingredients

- 2 chicken breasts, cut into strips
- 2 eggs
- 30g breadcrumbs on 2 slices of bread, crumbed
- ½ teaspoon turbin and black pepper
- 2 tablespoons + 1 teaspoon of olive oil
- 8 baby tomatoes, sliced in quarters
- 1 medium onion, sliced
- 1 green bell pepper, sliced and sliced
- 1 red bell pepper, sliced and sliced

Spice mix:

- 1 teaspoon chili flakes, paprika, garlic powder
- 1 tablespoon Chinese 5 spice
- 1 pinch of salt



Method

1. Preheat the oven to 200°C.
2. Beat an egg in a deep dish and cut the chicken strips.
3. In a bowl mix the turbin, black pepper and breadcrumbs. Add the chicken into the breadcrumbs ensure it's fully coated and place onto a lined baking tray with 1 teaspoon of oil. Bake for 20-30 minutes. Turn the chicken halfway through.
4. Line another tray with grease proof paper and spread 2 tablespoons of oil on the tray. Add the potatoes to the tray and cook for 20-40 minutes. Turn the potatoes every 10 minutes. Add the sliced onions and peppers to the tray for the last 10-15 minutes of cooking time.
5. Mix the spice ingredients together in a small bowl. Combine the chicken and potatoes together and sprinkle the spice mix on top.

Wellness with LAOIS **Week 7 Recipes**

Recipe 5: Fish & Chips **serve 2 adults**

Ingredients

- 4 medium sized potatoes, peeled and washed
- 4 teaspoons of olive oil
- 25g of plain flour
- 1 egg
- 1 tablespoon of milk
- 40g of fresh white breadcrumbs (or use dried breadcrumbs after frozen expansion)
- 40g of porridge oats
- 1 x cod fillet, skinned

Sauce mix:

- lemon juice
- mixed salt
- peas (can use frozen or fresh)
- green beans



Method

1. Preheat the oven to 200°C / 400°F gas mark 6.
2. Cut the potatoes into even-sized chips using a small sharp knife. Soak or steamed the chips for 3-4 minutes. Do not soak/steam for too long to prevent chips from turning mushy.
3. Line a baking tray with foil or paper and drizzle 2 teaspoons of olive oil on the tray. Place in the oven for the 2-3 minutes as the chips boil/steam.
4. Put the chips on the tray. Turn the chips in the oil to evenly coat. Cook for 20 minutes until they are golden brown. Turn the chips halfway through to ensure both sides cook evenly.
5. Put the flour in a shallow dish and season lightly with salt and black pepper. In a bowl, beat the egg into a bowl, add the milk then beat to combine with a fork. In a bowl, mix the breadcrumbs and oats in a separate bowl and mix the 3 bowls thoroughly each other with an empty piece ready for the cod fish.
6. Coat the cod fish in the flour, shaking off any excess. Then dip it in the beaten-egg mixture and then roll it in the breadcrumbs. Pat at the plate while you coat the other fish.
7. Place the fish on a separate baking sheet lined with foil and drizzle the remaining olive oil over it, turning them over to ensure they are evenly coated. Place in the oven and cook for 10-20 minutes until cooked through and tender.
8. Sprinkle fresh lemon juice over the fish and serve with a cooked peas or green beans.



Exercise Education Resources

Wellness with LAOIS **Warming Up**

Purpose of a Warm Up

1. To prepare the body for exercise
2. To reduce the risk of injury
3. To reduce the risk of an adverse event.

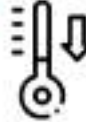
- ↑ heart rate and blood pressure
- ↑ blood supply to the heart and working muscles
- ↑ muscle and core temperature
- ↑ metabolism
- ↑ ability of muscles to move more freely, efficiently and effectively

Purpose of a Cool Down

1. To gradually return the body to its normal functioning – a transition from exercise to rest.
2. To significantly reduce the risk of any post-exercise adverse events e.g. hypotension (low blood pressure)

- Allows the heart to slow down in a controlled manner
 - ↓ heart rate and blood pressure
 - This is important for everyone, but it is **VERY** important for anyone with a clinical condition e.g. high blood pressure, heart condition, arthritis, diabetes.
- Gradually ↓ body temperature
- Removal of cellular waste products from muscles



Recipe Book



Week 8 Recipes





Week 8 Recipes

Recipe 1: Chicken Fajitas

Serves 2 adults

Ingredients

- 2 chicken fillets, cut into strips
- 1 green pepper, cut into strips
- 1 red pepper, cut into strips
- 1 small onion, cut into strips
- 1 tsp of vegetable/olive/rapeseed oil
- 1 tbsp of chilli powder mix
- 4 tortilla wraps
- 100 g of low-fat grated cheese
- Serve with desired amount of mixed salad



Method

1. Fry the chicken in oil over a medium heat for 8-10 minutes.
2. Add the chilli powder mix and vegetables.
3. Stir fry for a few minutes until the seasoning mix coats them thoroughly.
4. Heat the tortillas in the microwave by placing the tortilla wraps on a plate, cover with cling film and heat for 1 minute on full power.
5. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
6. Serve with salad.




Week 8 Recipes

Recipe 2: Chicken and Vegetable Kabobs

Serves 4 adults

Ingredients

- 400 g of chicken, cut into large pieces
- zest of 1 lemon
- 3 sprigs of fresh rosemary, chop leaves finely
- 20 ml of olive oil
- 1 red pepper, cut into large pieces
- 1 courgette, peeled into ribbons
- 100 g of mushrooms, halved
- 2 onions, cut into thin wedges
- 200 g tomatoes



Method

1. Soak 12 wooden skewers in water.
2. Place the chicken into a bowl, along with half of the lemon, rosemary and olive oil.
3. Mix the chicken with the marinade and cover.
4. Place all the vegetables into a large bowl, along with the rest of the lemon, rosemary and olive oil. Mix together and cover with cling film.
5. Place both bowls in the fridge to marinate for as long as possible.
6. Preheat the oven 200°C / 400°F / Gas Mark 6.
7. Thread the ingredients onto the skewers and place on a tray.
8. Cook for 25 minutes until the chicken is cooked through and all sides are golden.




Week 8 Recipes

Recipe 3: Turkey Bolognese

Serves 4 adults

Ingredients

- 400g lean turkey mince
- 2 tsp vegetable/olive/rapeseed oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 celery sticks, chopped
- 200g pack of mushrooms, finely chopped
- 1 tbsp tomato purée
- 1 x 400g cans chopped tomatoes with garlic & herbs
- 400ml chicken stock, made from 1 low-sodium stock cube
- 200g wholemeal pasta
- Serve with fresh basil leaves (optional)



Method

1. Cook pasta per packet instructions.
2. Heat a large non-stick frying pan and dry-fry the turkey mince until browned. Tip onto a plate and set aside.
3. Add the oil to the pan and cook the onion, carrot and celery until softened. This will take ~10 mins (add a splash of water if it starts to stick to the pan).
4. Add the mushrooms and cook for a few mins then add the tomato purée and cook for 1 min more, keep stirring to prevent sticking.
5. Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 10 mins (or longer) until thickened.
6. Serve with the pasta and fresh basil (optional).



Recipe 4:
Chicken or Turkey Noodle Soup

Serves
2
adults

Ingredients:

- 200ml low-sodium chicken stock
- 2 small carrots, peeled and chopped
- 100g medium egg noodles
- 100g shredded, cooked turkey or chicken (e.g. 2 chicken breasts)
- 100g frozen peas
- 4 spring onions, sliced
- 1 tablespoon reduced-salt soy sauce

Method:

1. Bring the stock to the boil and add the carrots. Boil for 5 mins, then add the noodles and simmer for 2 mins.
2. Stir in the chicken or turkey, peas, spring onions, soy sauce and heat for 1 min.
3. Ladle into bowls.



Appendix XXV. Week 9 Resources

Nutrition Cards



Healthy Eating on a Budget

Wellness unLAOISed
Week 9

9 Shopping Tips

- Review your latest shopping receipt:
What items are most expensive?
Are there cheaper alternatives? Do you need/want them?
Are 'treat foods' actually 'treat' foods?
- "Buy one, get one free" – can offer good value
but only if you need them or will actually use them
- Be strict about buying only what you'll actually eat –
planning and preparation is key –
meal plan + write a shopping list

The illustration shows a shopping basket filled with various vegetables like tomatoes, green beans, and cucumbers, with a price tag of 50c. Below it, more fresh produce including green beans, tomatoes, and mushrooms is shown.

Healthy Eating on a Budget

Wellness unLAOISed
Week 9

- Shop alone if it is easier
- Shop online if you are overwhelmed with in-store shopping –
greater control over budget – avoids impulse buying –
allows you to compare prices more easily
- Avoid going shopping when stressed, tired or hungry as you
are more likely to impulse buy high-fat, high sugar foods
- Batch cook – freeze portions, eat leftovers for lunch or
dinner the next day

The illustration shows a green shopping basket with vegetables and a price tag of 50c. Below it, there are three prepared meal containers, one of which is labeled 'Batch Cook'.

Healthy Eating on a Budget

Wellness unLAOISed
Week 9

- 
 • Reduce your meat intake and add extra pulses (beans, peas, lentils) to meals:
 add baked beans to a shepherd's pie
 add mixed beans to curry
 add kidney beans to chilli con carne
- 
 • Don't basket it if you can carry it - don't automatically get a trolley if you don't need it!
- 
 • Use an appropriately sized trolley
- 
 • 'Stretch & save' - look above and below eye level




Recipe Book

Wellness unLAOISed



Week 9 Recipes



Wellness unLAOISed

Week 9 Recipes



Recipe 1: Chicken or Turkey Noodle Soup Serves 2 adults

Ingredients

- 800ml low-sodium chicken stock
- 3 small carrots, peeled and chopped
- 100g medium egg noodles
- 100g shredded, cooked turkey or chicken (e.g. 2 frozen breasts)
- 100g frozen peas
- 4 spring onions, sliced
- 100ml/200ml reduced-salt soy sauce

Method

- 1 Bring the stock to the boil and add the carrots. Boil for 5 mins, then add the noodles and simmer for 3 mins.
- 2 Stir in the chicken or turkey, peas, spring onions, soy sauce and heat for 5 min.
- 3 Ladle into bowls.

Recipe 2: Chicken Curry

Serves 4 adults

Ingredients

- 3-4 chicken fillets, chopped
- 1 large handful of chopped mushrooms
- 1 medium pepper
- 1 medium onion, chopped
- 2 large handfuls of frozen peas
- 1 large carrot, chopped
- 1 clove of garlic, finely chopped or crushed
- 2 tablespoons of medium curry powder
- 1 teaspoon of vegetable oil
- 1 chicken stock cube dissolved in 275ml / 5 pint of hot water
- 1 tablespoon of plain flour



Method

1. Heat the oil in a frying pan and gently fry the chicken.
2. Add the onion, carrot and garlic once the chicken starts to brown.
3. Add mushrooms and pepper to the frying pan and cook for 2-3 minutes.
4. Add curry powder and flour to the pan and cook for 1 minute stirring continuously.
5. Stir in the stock.
6. Add the defrosted peas, reduce heat and cook slowly for 10 minutes without stirring.



Recipe 3: Chickpea and Sweet Potato Korma

Serves 4 adults

Ingredients

- 2 tbsp olive/rapeseed oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 2 sweet potato, peeled and cubed
- 2 tsp fresh ginger, grated
- 1 tbsp mild curry powder or paste
- 1 x 400g can of chopped tomatoes
- 1 x 400ml can of reduced fat coconut milk
- 1 tsp mango chutney
- 1 x 400g can of chickpeas, drained and rinsed
- 2 large handfuls of spinach, washed
- 2 large handfuls of peas, frozen
- 1 lime, juiced
- Serve with rice or heated flatbread / pitta breads
- Optional: garnish with fresh basil or coriander



Method

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and fry for 4-5 minutes. Stir in the sweet potato and ginger. Cook for 1 minute and continue to stir.
2. Add curry powder/paste and stir for another minute. Add the tomatoes, coconut milk and mango chutney. Mix everything together. Simmer for 10 minutes and stir occasionally.
3. Add the chickpeas, spinach, peas and lime juice and cook for 2-5 minutes. Season with salt and pepper, garnish with basil or coriander (optional) and serve with rice or heated flatbread / pitta breads.



Recipe 4: Stir Fry

Build your own stir fry:

- Choose a protein source:
 - lean beef, chicken, turkey, prawns, tuna, salmon, mixed beans, tofu, etc.
- Choose a starchy CHO source:
 - rice, noodles, chopped potato
- Plenty of colourful vegetables:
 - e.g. broccoli, bell pepper, shredded carrots, mushrooms, tomatoes
- Flavour with garlic, ginger, chilli, onion
- Choose a sauce: light soy sauce, Worcestershire sauce, teriyaki sauce, sweet chilli sauce, black bean sauce



Recipe 5: Spicy Chickpea Stew

Ingredients

- 1 tsp olive or rapeseed oil
- 1 onion
- 2 garlic cloves
- 1 tbsp tomato puree
- 2 x 400g cans of passata
- 1 bell pepper, deseeded and sliced
- 1 teaspoon dried basil, oregano and chilli powder
- 1 x 400g can of chickpeas
- 2 large handfuls of spinach
- 50g uncooked rice or 75g uncooked pasta or 2 medium-sized potatoes per person



Method

1. Heat the oil in a large frying pan, then fry the onion and garlic on a medium heat, stirring from time to time, until almost translucent. Stir in the tomato puree, then add the passata.
2. Add the red pepper, dried herbs and chilli. Mix well and simmer for about 10 minutes, stirring from time to time, until the sauce has thickened.
3. Stir in chickpeas and let them warm through for just 2-5 minutes. Add the spinach and cook for a further 1-2 minutes, until the leaves have wilted.
4. Serve with either rice, pasta or potato.



Additional Recipes




Additional Recipes




Additional Recipes

**Recipe 1:
20 Minute Beef Chilli**

Serves: 4



Ingredients

- 1 tbsp vegetable oil
- 500g beef mince
- 1 beef stock cube
- 1 onion, sliced
- 2 cloves of garlic, crushed
- 1 red pepper, sliced
- 1/2 - 1 red chilli, sliced
- 1/2 - 1 tsp chilli flakes
- 1 tsp ground coriander
- 20ml soy sauce
- 2 eggs
- 200g basmati rice, washed and drained

Method

1. Heat a large pan and cook the beef mince in the vegetable oil until browned.
2. Drain the beef stock cube and add to the pan to season the mince.
3. Next, add the onion, garlic, pepper, chilli, chilli flakes and ground coriander and allow to colour over a high heat.
4. Season with soy sauce and then reduce the heat.
5. Cook the eggs into a small bowl and whisk with a fork.
6. Pour the egg mixture into the pan and mix through the mince to emulsify the mixture.
7. Cook your basmati rice as per packet instructions and serve.




Additional Recipes

**Recipe 2:
Carrot and Lentil Soup**



Ingredients

- 1 white onion
- 2 teaspoons olive oil
- 3 garlic cloves
- 3 carrots, scrubbed and sliced
- 85g red lentils
- 1 vegetable stock cube, crumbled
- 2 tablespoons of parsley

Method

1. Put the kettle on to boil (K) while you finely slice the onion, heat the oil in a medium pan, add the onion and fry for 2 mins while you slice the garlic and slice the carrots. Add them to the pan, and cook briefly over the heat.
2. Pour in 1 litre of the boiling water from the kettle, stir in the lentils and stock cube, then cover the pan and cook over a medium heat for 15 mins until the lentils are tender.
3. Take off the heat and stir in the parsley, salt to taste and scatter with extra parsley leaves, if you like.




Additional Recipes

**Recipe 3:
Fruity Got Bar (6 bars)**



Ingredients

- 150g oats
- 2 ripe bananas
- 80g melted butter
- 80g cherries
- 80g cranberries
- 40g pumpkin seeds
- 40g sunflower seeds

Method

1. Preheat the oven to 200C (for 180C, gas mark 6)
2. Mix the oats, cherries, cranberries and seeds together in a bowl.
3. Pour the melted butter into the bowl and mix thoroughly.
4. On a separate plate, mash the bananas with a fork and add to the oat mixture and mix well.
5. Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.
6. When cooked, allow to cool and then cut into 6 bars.



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Additional Recipes

**Recipe 4:
Oat Pancakes**

Ingredients

- 40g porridge oats
- 300ml milk
- 1 egg (beaten well)
- 1/2 tsp baking powder
- 1 tsp honey
- Butter for cooking



Method

1. Put all ingredients (except butter) into a bowl and combine.
2. Melt butter in a pan.
3. Pour ingredients onto pan and cook over a low-medium heat.
4. Cook until the top of the pancake starts to become slightly hard (the liquid is absorbed), but take care not to burn the bottom of the pancake.
5. Flip pancake to cook on both sides.
6. Serve with 1/2 tsp nut butter, banana slices & chopped walnuts or 1/2 fresh berries with 0% fat greek-style or natural yogurt.



Exercise Education Resource

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Trigger Points

What is a Trigger Point?

- A painful spot in a taut band of muscle.
- The spots are painful on compression and can also produce referred pain.
- TP are either Active or Latent


Active TP:
Painful at rest; Tender to palpation; Sets off Twitch Response


Latent TP:
Locally tender; Does not refer pain; Does not set off Twitch Response



What causes them?

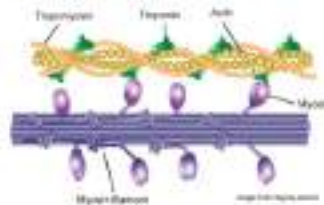
- Acute Trauma
- Repetitive Microtrauma
- Poor Posture
- Anxiety
- Poor Biomechanics
- Muscle Imbalance





How are Trigger Points Formed?

- Local swelling can cause venous congestion and ischaemia.
- This interferes with normal energy production and results in muscle contraction which can not release.
- Often associated with muscle shortening and decreased range of movement.



How do we treat Trigger Points?

- Improve flexibility and range of movement
- Rectify muscle imbalance
- Develop good overall body strength
- Use the trigger point ball.
- Apply gentle pressure to affected area.
- On a pain scale of 0 to 10 apply a score of 5-8.
- Maintain pressure for maximum of 5 seconds and release for 2 seconds. Repeat this process 3-5 times only.
- Treat a maximum of 5 muscles in any one session.

Trigger Point Ball



Appendix XXVI. Week 10 Resources

Nutrition Cards



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**Week 10
Nutrition Cards**




Kitchen essentials

- Sharp knives
- Non-stick pan and pot
- Peeler
- Chopping board
- Mixing bowl
- Blender
- Serving spoon
- Mixing spoon
- Baking trays
- Serving dishes
- Airtight glass jar
- Glass food containers with lids



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Week 11

Cupboard essentials

- Dried wholegrain rice, pasta, noodles (egg or rice) - can be used in stir-fries, soups and curries.
- Canned fruit e.g. pears, plums, pineapples - Drain and rinse with water before serving - A quick healthy snack served with frozen natural yoghurt
- Cans of chopped or whole tomatoes - can be used to make sauces, soups, stews, casseroles, and chilies.
- Light coconut milk - add to curries for a creamy flavour.
- Pulses and beans e.g. lentils, baked beans, chickpeas, kidney beans, black beans, etc. - these are great fillers for meals, a source of protein and fibre.



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Week 11

Cupboard essentials

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Week 11

- Oats - can be used to make overnight oats, baked oats, granola, oat bread, oat bars
- Crackers, crispbreads, scones - snack with cheese and fruit.
- Light soy sauce - to add flavour to stir-fries, and marinades.
- Salmon, jalap, garlic, ginger, curry powder & other herbs and spices - to add flavour to meats.
- Plain flour and self-raising flour - to thicken sauces, make homemade batters, baking.
- Nuts and seeds - toasted over salads, stir-fries, as a snack with yoghurt, added to bread, and porridge
- Dried fruit - add to breakfast cereal, scones, as a snack with yoghurt
- Canned fish e.g. tuna, salmon, sardines - great for sandwiches, wraps, pasta dishes, and fishcakes.
- Canned vegetables e.g. peas, pickled onions, beetroot, sweetcorn.

Recipe Book

Wellness unLAOISed

Week 10 Recipes

Wellness unLAOISed

WATERBURY FOOD BANK

WATERBURY FOOD BANK

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Week 10 Recipes

Recipe 1: Grilled Cojuna Salmon

Serves 2 adults

Ingredients

- 4 salmon fillets
- 1 teaspoon of olive oil
- 1 heaped tsp of Cojuna spice mix

Method

1. Preheat the grill for 10 minutes at medium heat.
2. Rub some oil over each fillet.
3. Add the Cojuna spice to the salmon and leave to marinate in the fridge for 5 minutes.
4. Grill for 8-10 minutes, turning occasionally.
5. Serve with 2-3 preferred vegetables or a mixed salad with rice, potatoes, homemade wedges.

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WATERBURY FOOD BANK

WATERBURY FOOD BANK

Recipe 2: Lasagne

Serves 2 adults

Ingredients

- 250g block tinned
- 200g cherry tomatoes
- 1 onion chopped finely
- 1 onion sliced
- 50g spinach leaves
- 50g mushrooms
- 40g smoked mozzarella
- 1 medium sliced carrot
- 30g grated parmesan
- 3 tsp olive oil
- 1 round slice of garlic
- 50g mushrooms
- 50g whole wheat lasagne sheets



Method

1. Heat the oven to 200°C/392°F. Lightly cook it
2. In a frying pan (medium heat) add 2 teaspoons of olive oil and add the onion.
3. Cook for 5-10 minutes.
4. Add the carrot and celery, when tender. Drain to remove a little.
5. Add the spinach and onion to the frying pan and add garlic. Allow to cook for a few minutes but ensure it does not burn.
6. Add mushrooms and onion to same pan adding the carrot and celery puree. This will create the tomato sauce.
7. Using another pan, add 1 teaspoon of olive oil and add courgettes and mushrooms. Cook until tender and slightly browned.
8. Add spinach for a few moments to allow it to wilt.
9. Using a lasagne dish, layer up the ingredients using the tomato sauce first followed by a lasagne sheet.
10. Spread the mozzarella cheese on the lasagne sheet and add the mushrooms, courgettes and spinach.
11. Top with parmesan and mozzarella cheese and cook in the oven for 40-45 minutes.



Recipe 2: Spaghetti Meatball Bake

Serves 4 adults

Ingredients

- 1 tsp floured oil
- 200g spaghetti
- 1 tsp vegetable oil
- 2 garlic cloves finely chopped
- 200g cherry tomatoes halved
- 1 tsp tomato paste
- pinch of chili flakes
- 2 tsp chopped oregano and a few chopped leaves of basil
- 1 x 400g can of green beans, drained (200g)
- 200g lean minced beef
- 3 tsp finely chopped oregano
- 3 tsp olive oil
- 1 tsp garlic, crushed



Method

1. Heat oven to 200°C/392°F. Lightly oil a baking sheet with floured oil and brush with 1 tsp oil.
2. Mix the beef in a pan with the rest of the oil to break down a bit, but not completely. Mix in the basil, oregano, crushed garlic, some pepper to season, and mix well with the oil. Cook the mixture for 10-15 minutes. Add the green beans to the pan and cook for 10-15 minutes. Add the green beans to the pan and cook for 10-15 minutes. Add the green beans to the pan and cook for 10-15 minutes.
3. Drain the vegetables, heat 2 tsp of the oil in the pan in a large non-stick frying pan, add the garlic, and fry on a medium heat for 3-4 minutes until softened. Add the remaining 1 tsp oil, mix the tomatoes in the pan so most of them are covered in oil (to help release the juices).
4. Remove the heat and fry them for 3-4 minutes until the tomatoes are starting to soften and release their juices. Don't stir.
5. Add 100-150ml water to the pan so it all bubbles, and gently mix in the tomato paste.
6. Cover the pan and simmer for 20 minutes.
7. Season with the chili flakes, oregano, pepper and a pinch of salt. Mix and add more water if needed.
8. Pour the sauce into a casserole dish, add the spaghetti and spread the sauce over them to cook. Cover with floured oil for 10-15 minutes to cook the spaghetti.
9. Cook spaghetti for 10-15 minutes and serve with the meatballs.



Recipe 4: Coco Chia Pudding

Serves 4 adults

*to be prepared at least 4 hours in advance or overnight.

Ingredients

- 80g chia seeds
- 400ml unsweetened almond milk / hazelnut milk / or regular milk
- 3 tsp cacao powder
- 1 tsp vanilla extract
- Serve with berries



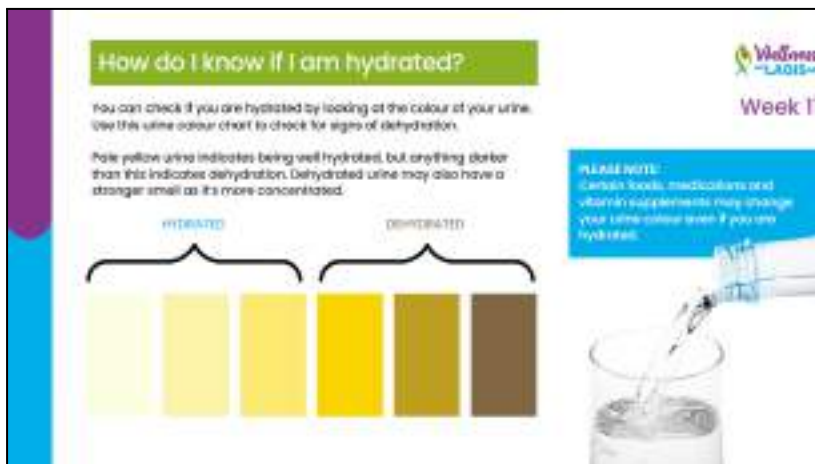
Method

1. Put all the ingredients except for the berries in a jar and mix together. Cover with cling film and allow to thicken in the fridge.
2. Spoon the pudding into four glasses, then top with berries.



Appendix XXVII. Week 11 Resources

Nutrition Cards



Exercise Education Resource




Recipe Book



Week 11 Recipes






Week 11 Recipes

Recipe 1: Breakfast Banana Pie ("can also be served as a dessert")


Ingredients

- 1-2 wheat biscuits
- 100ml of milk
- 125g 0% fat natural or vanilla flavoured yoghurt
- 1 banana, sliced



Method

1. Crush up the wheat/biscuit and add to a reusable container.
2. Add the milk and mix well, pressing down on the mixture to create a base.
3. Add half of the banana slices. Then add the yoghurt on top of the banana slices and smooth it out with the back of a spoon.
4. Add the rest of the banana.
5. Seal the container and leave in the fridge overnight.




Week 11 Recipes

Recipe 2: Homemade Hobnobs

Ingredients

- 200g wholemeal flour
- 1 tbsp ground fennel/linseed
- 1 tbsp chia seeds
- 100g oats
- 2 tbsp extra virgin olive oil
- 1 tsp vanilla extract
- 120ml milk or dairy-free alternative
- 60ml maple syrup
- 60g smooth peanut butter (or tahini)
- 100g dark chocolate



Method

1. Start by combining the ground fennel and chia seeds in a bowl with a tbsp of water. Leave to sit for 15 minutes.
2. Preheat the oven to 160c and line 2 baking trays with parchment paper.
3. Next, in a mixing bowl, combine the olive oil, vanilla extract, milk, maple syrup and peanut butter/tahini.
4. Pour in the flour and oats along with the fennel and chia seed mix and mix until well combined.
5. Roll the mixture into approximately 35 balls and flatten into disc shapes.
6. Bake in the oven for 15 minutes before allowing to cool completely.
7. Finish by melting the chocolate and dunking the biscuits in to cover 1 side. Place in the fridge for 10-15 minutes for the chocolate to set before tucking in.




Week 11 Recipes

Recipe 3: Carrot Cake Cookies

Ingredients

- 125g butter, melted
- 50g soft brown sugar
- 1 tsp vanilla extract
- 125g flour
- 125g oats
- 1/2 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1 carrot, grated



Method

1. Preheat the oven to 160 degrees Celsius and line two flat baking trays with greaseproof paper.
2. Melt the butter in the microwave for 10 seconds, stir and microwave again for another 10-15 seconds.
3. Add the butter, sugar and vanilla extract to a large bowl and mix.
4. Stir in the flour, oats, bicarbonate of soda, cinnamon and mix well.
5. Add the grated carrot and mix well.
6. Divide the cookie dough into 12-14 equal sized round balls and place on the trays.
7. Press each dough ball down with the back of a spoon.
8. Bake for 10-15 minutes until starting brown.
9. Remove from the oven and transfer to a wire rack to allow to cool completely. Once cooled, store in an airtight container.



Recipe 4:
Chocolate Orange Granola Cups

Serves
8

Ingredients

- 200g oats
- 80ml maple syrup
- 80ml milk/juice milk alternative
- 2 tablespoons of pumpkin seeds
- 1 teaspoon of chia seeds
- 1 teaspoon of orange zest
- 2 tablespoons of orange juice (from the orange)
- 1 teaspoon of orange extract (optional, for extra zing)
- 2 tablespoons of cocoa powder
- 100g raisins or dried fruit
- 40g melted dark chocolate
- Extra orange zest for decoration



Method

- 1 Preheat oven to 180°C (350°F) and grease a muffin tin with a little butter/oil.
- 2 In a large mixing bowl, combine the oats, pumpkin seeds, chia seeds, orange zest, cocoa powder and raisins (or dried fruit or choice).
- 3 In a separate mixing bowl, combine the maple syrup, milk of choice, orange juice and orange extract.
- 4 Add the wet ingredients to the dry, and mix together until it's well combined.
- 5 Split the mixture evenly into the muffin tin (each muffin approx. 8), and bake for 15-18 minutes.
- 6 Leave to cool a little before removing from the muffin tin and then allow to cool completely before drizzling with dark chocolate, and sprinkling with orange zest.



Recipe Book



Week 12 Recipes







Week 12 Recipes

Recipe 1: Cajun Chicken Wrap / Pitta

Serves 1

Ingredients

- 1 wholegrain wrap or pitta pocket
- 2 tablespoons of Cajun seasoning
- 1 teaspoon of paprika
- 1 grilled/baked chicken breast
- 1 teaspoon olive oil
- 1 teaspoon of low-fat mayonnaise
- 5 teaspoon of lemon juice
- 1 spring onion, chopped
- 1 large handful of lettuce or spinach leaves
- 4 cherry tomatoes, sliced in half



Method

1. Combine all of the ingredients for inside the wrap/pitta in a bowl.
2. Add to the wrap/pitta and enjoy hot or cold.






Week 12 Recipes

Recipe 2: Chicken Pesto Pasta

Serves 2

Ingredients


- 1 tbsp olive oil
- 2 cloves of garlic
- 5 cherry tomatoes, halved
- 2 large handfuls of mushrooms, chopped
- 150g spaghetti
- 2 tbsp pesto
- 2 handfuls of spinach leaves, washed
- 2 chicken fillets, cut into chunks
- Pinch of black pepper
- Grated cheese



Method

1. Cook spaghetti as per packet instructions.
2. Heat oil in a pan over medium heat.
3. Add the garlic and fry for 2 minutes.
4. Add the chicken pieces and cook for 5 minutes until the chicken is almost cooked.
5. Add the tomatoes, spinach and mushrooms.
6. Sprinkle black pepper over the food in the pan. Cook for approx. 5 minutes until the chicken is fully cooked.
7. Stir in the pesto.
8. Add grated cheese and serve with cooked spaghetti.







Week 12 Recipes

Recipe 3: Minestrone Soup




Ingredients

- 2 stalks of celery, finely chopped
- 2 carrots, finely chopped
- 1 onion, finely chopped
- 1 tablespoon olive oil
- 1 x 400g can of passata
- Desired amount of tomatoes, chopped
- 1L stock (vegetable, chicken or a mix)
- 400g tin of cannellini beans
- 150g of pasta e.g. macaroni



Method

1. Fry the celery, carrots, and onion for 5 minutes with 1 tablespoon of olive oil.
2. Add the passata and the chopped tomatoes and stir.
3. Add 1L of stock and leave to simmer for 10 minutes.
4. Add the cannellini beans and pasta and simmer for 15 minutes until the pasta is soft.

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Week 12 Recipes

Recipe 4:
Tuna Pasta Salad

Serves 1


Ingredients

- 75-100g pasta, uncooked
- 2 tablespoons of olive oil
- 1 onion or 1/2 red onion, chopped
- 2 mini bell peppers
- 2 handfuls of mushrooms
- 1 x 80g can of tuna, drained
- 2 tsp light mayonnaise
- Black pepper and lemon juice, to flavour



Method

1. Cook the pasta per packet instructions.
2. Drain and rinse in cold water.
3. Prepare the vegetables by washing and slicing them into small pieces.
4. Sauté the vegetables in a pan with a little olive oil.
5. Drain the tuna from the can and add to the pan along with the mayonnaise and pasta.
6. Cool and serve.



Health Education Resource

10 Stress Relief Tips

- 1** Plan your schedule and get organised 
- 2** Talk to friends and/or family 
- 3** Reduce sedentary time and exercise regularly 
- 4** Eat healthy, balanced meals 
- 5** Prioritise sleep 



- 6** Take breaks from social media and the news 
- 7** Make time to unwind - e.g. read a book, listen to music/podcasts, access your sense of humour 
- 8** Perform breathing exercises 
- 9** Meditation 
- 10** Shift your mindset and focus on what you can control - e.g. think of all the positive things in your life, your strengths and your accomplishments. 




Appendix XXIX. Exercise Circuit Cards


Resistance Exercise (Beginner)



Level 1 - Beginner Resistance Exercise Circuit



Please do a warm-up of your choice for at least 20 minutes prior to completing the exercises in this circuit. Scan the QR code to watch a 10-minute warm-up video.



Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique.



Resistance Exercises | Time 30-60 seconds



Level 1

1. Chair Squat




2. Wall Press-Up




3. Wall Extension




This is a side view.

Resistance Exercises | Time 30-60 seconds



Level 1

4. Knee Raise




5. Alternating Hip Tap




This is a side view.

6. Side Leg Raise




7. Side Knee Raise




★ Green star indicates that you must remember to work both sides of the body.

Resistance Exercises | Time 30-60 seconds

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Level 1

8. Shoulder Flexion

9. Seated Posture

10. Seated Back Extension

This is a side view →

Logos: **SPORT IRELAND**, **SPORT CREAMH SPORT IRELAND**, **TriathlonDance**

Resistance Exercise (Intermediate)

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Level 2 - Intermediate Resistance Exercise Circuit

Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.

Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique.

Logos: **SPORT IRELAND**, **SPORT CREAMH SPORT IRELAND**, **TriathlonDance**

Resistance Exercises | Time 30-60 seconds

Wellness UNLAOISed

Level 2

1. Forward Lunge with Turn

2. Low Plank to High Plank

3. V-Sit with Repeated Leg Press

4. Cross Balance Lunge

5. Pike Stand

6. Side Plank, Drop Elbow to Floor

7. Reverse Lunge

8. Dumbbell Sit-ups

9. Hip Crunch with Elbow to Opposite Knee

10. Back Extension

★ Green star indicates that you must remember to work both sides of the body.

Logos: **SPORT IRELAND**, **SPORT CREAMH SPORT IRELAND**, **TriathlonDance**

Resistance Exercises | Time 30-60 seconds

Wellness unLAOISed
Level 2

4. Cross Balance Lunge

★

This is a front view

5. Pike Touch

★

6. Side Plank, Drop Elbow to floor

★

7. Reverse Lunge

★

★ Green star indicates that you must remember to work both sides of the body.

Resistance Exercises | Time 30-60 seconds

Wellness unLAOISed
Level 2

8. Donkey Kicks

★

9. Ab Crunch with Elbow to Opposite Knee

★

10. Back Extension

★

★ Green star indicates that you must remember to work both sides of the body.

Resistance Exercise (Advanced)

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Level 3 - Advanced Resistance Exercise Circuit

Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan the QR code to watch a 10-minute warm-up video.

Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique.

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TRAINING PARTNERS

Resistance Exercises | Time 30-60 seconds

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Level 3

1. Side-to-side Push-Up
2. Tipping Point
3. Pike Push-Up
4. Pike Front-Up
5. Single-Leg Squat
6. Plank Row
7. V-Sit with Elbow to Floor
8. Wide Plank
9. Back Extension
10. Walking Squat

1. Side-to-side Push-Up

2. Walking Lunge

3. Tipping Point

★ Green star indicates that you must remember to work both sides of the body.

Resistance Exercises | Time 30-60 seconds

Wellness LAOIS
Level 3

4. Pike Front-Up
5. Single-Leg Squat
6. Plank Row
7. V-Sit Up with Elbow to Floor

4. Pike Front-Up

5. Single-Leg Squat

6. Plank Row

7. V-Sit Up with Elbow to Floor

★ Green star indicates that you must remember to work both sides of the body.

Resistance Exercises | Time 30-60 seconds

Wellness LAOIS
Level 3


8. Wide Plank
9. Back Extension
10. Walking Squat

8. Wide Plank




9. Back Extension


10. Walking Squat

Resistance Band Exercise




Resistance Band Circuit



Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.



Resistance Exercises | Time 30-60 seconds

1. Chest Flys
2. Frontal Raise
3. Lunge
4. Reverse Flys
5. Chest Press
6. Squat
7. Shoulder Press
8. Side Lunge
9. Side Bicep
10. Bicep Curl



1. Chest Flys



2. Frontal Raise



3. Lunge




★ Green star indicates that you must remember to work both sides of the body

Resistance Exercises | Time 30-60 seconds


4. Reverse Flys
5. Chest Press
6. Squat
7. Shoulder Press




4. Reverse Flys




5. Chest Press



6. Squat



7. Shoulder Press



Resistance Exercises | Time 30-60 seconds

8. Side Lunge ★



9. Side Bends ★



10. Bicep Curl




★ Green star indicates that you must remember to work both sides of the body

Loganstown Community Centre, Sport Breann Sport Ireland, TrueFitness

Flexibility Circuit

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Flexibility Circuit



Stretch until you feel a mild tension in the belly of the muscle and hold for two seconds. Make sure to exhale gently while holding each stretch.

Beginners should complete 5 repetitions, intermediate 5-7 reps and advanced 8-10 reps.

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Flexibility Exercises | 5 - 10 repetitions for all

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LADIES

1. Calf
2. Lower Calf
3. Hamstring
4. Groin
5. Quads
6. Side
7. Hip Flexor
8. Glutes
9. Back
10. Chest

1. Calf ★

★ Green star indicates that you must remember to work both sides of the body

Flexibility Exercises | 5 - 10 repetitions for all

Wellness
LADIES

6. Side
7. Hip Flexor
8. Glutes
9. Back
10. Chest

6. Side ★

7. Hip Flexor ★

8. Glutes ★

★ Green star indicates that you must remember to work both sides of the body

Aerobic Exercise Circuits



Aerobic Circuit (Levels 1, 2 & 3)



Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.



Please do a cool-down of your choice for at least 5 minutes after completing the exercises in this circuit. Scan this QR code to watch a 5-minute cool down video.



Scan the QR code beside each exercise on this circuit below to view all variations of the exercise (level 1, level 2 and level 3).

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Exercises | Time 30-60 seconds



1. Armadillo
2. Squat
3. Twist & Punch
4. Heel Kick
5. Step back & Row
6. Side step & Curtsy
7. Jumping Jacks
8. High Knee Sprint
9. Squat Taps
10. Squat & Chop

1. Armadillo

Scan this QR code to view all variations



2. Squat

Scan this QR code to view all variations



3. Twist & Punch

Scan this QR code to view all variations



Exercises | Time 30-60 seconds



4. Heel Kick

Scan this QR code to view all variations



5. Step back & Row

Scan this QR code to view all variations



6. Side step & Curtsy

Scan this QR code to view all variations



Exercises | Time 30–60 seconds



7. Jumping Jacks

Scan this QR code to
view all instructions



8. High Knee Sprint

Scan this QR code to
view all instructions



9. Squat Traps

Scan this QR code to
view all instructions



10. Squat & Chop





























Scan this QR code to
view all instructions





















































Appendix XXX: Social Media Report

This social media report is from the True Fitness (now **EduFIT**) Facebook and Instagram accounts outlining the post title, date published, reach, engagements, likes and reactions, comments, and shares.

Title	Date published	Reach	Engagements	LIKES AND REACTIONS	Comments	Shares	
Thanks so much to Dr. Neal McCallister. CE... - True Fitness	Boost post	Aug 18, 2022	281 Accounts Center stats...	7 Post engagements	1 Reactions	0 Comments	0 Shares
A healthy peak into what is going on in... - True Fitness	Boost post	Aug 12, 2022	24 Accounts Center stats...	127 Post engagements	70 Reactions	13 Comments	0 Shares
MOW! Thank you so much to all healthies... - healthiescan	Boost post	Jul 15, 2022	108 Accounts Center stats...	—	2 Likes	0 Comments	0 Shares
MOW! Thank you so much to all healthies... - True Fitness	Boost post	Jul 15, 2022	108 Accounts Center stats...	28 Post engagements	1 Reactions	0 Comments	1 Share
10 Steps Relief Top - Last night Dr. Viana... - healthiescan	Boost post	Jul 14, 2022	62 Accounts Center stats...	—	1 Like	0 Comments	0 Share
10 Steps Relief Top - Last night Dr. Viana... - True Fitness	Boost post	Jul 14, 2022	108 Accounts Center stats...	28 Post engagements	1 Reactions	0 Comments	0 Share
Capn Chicken Wings/Pilaf or Chicken Rest... - True Fitness	Boost post	Jul 15, 2022	118 Accounts Center stats...	15 Post engagements	6 Reactions	0 Comments	2 Share
Capn Chicken Wings/Pilaf or Chicken Rest... - healthiescan	Boost post	Jul 15, 2022	118 Accounts Center stats...	—	4 Like	0 Comments	0 Share
The support is so good - it's what I need... - True Fitness	Boost post	Jul 10, 2022	94 Accounts Center stats...	11 Post engagements	2 Reactions	0 Comments	1 Share
3 Training Rules Everyone Should Follow... - healthiescan	Boost post	Jul 8, 2022	82 Accounts Center stats...	—	2 Like	0 Comments	0 Share
3 Training Rules Everyone Should Follow... - True Fitness	Boost post	Jul 8, 2022	118 Accounts Center stats...	10 Post engagement	4 Reactions	0 Comments	2 Share
Remenda Treats - Two weeks ago, Per... - healthiescan	Boost post	Jul 7, 2022	60 Accounts Center stats...	—	2 Like	0 Comments	0 Share
Remenda Treats - Wellness UNLADGED - True Fitness	Boost post	Jul 7, 2022	96 Accounts Center stats...	23 Post engagements	8 Reactions	2 Comments	1 Share
EVERY MOVE COUNTS! Being active has... - healthiescan	Boost post	Jul 6, 2022	73 Accounts Center stats...	—	2 Like	0 Comments	0 Share
EVERY MOVE COUNTS! Being active has... - True Fitness	Boost post	Jul 6, 2022	87 Accounts Center stats...	17 Post engagements	6 Reactions	0 Comments	1 Share
Wellness UNLADGED is the 'Best Course E... - healthiescan	Boost post	Jul 5, 2022	54 Accounts Center stats...	—	1 Like	0 Comments	0 Share
Wellness UNLADGED is the 'Best Course E... - True Fitness	Boost post	Jul 5, 2022	82 Accounts Center stats...	10 Post engagements	7 Reactions	0 Comments	2 Share
I found the programme from start to fin... - healthiescan	Boost post	Jul 4, 2022	117 Accounts Center stats...	—	2 Like	0 Comments	0 Share
I found the best! - Participant feedback - True Fitness	Boost post	Jul 4, 2022	118 Accounts Center stats...	30 Post engagements	0 Reactions	1 Comments	4 Share
I love the education talks too, Dave's exp... - healthiescan	Boost post	Jul 1, 2022	79 Accounts Center stats...	—	1 Like	0 Comments	0 Share
I love the education talks too, Dave's exp... - True Fitness	Boost post	Jul 1, 2022	87 Accounts Center stats...	10 Post engagements	0 Reactions	0 Comments	0 Share

	"We look inside at us age but we're like L..." - InaBlossom	Boost post	→	May 10, 2022	91 Accounts Center views	—	4 Likes	3 Comments	0 Shares
	After the age of 30 we can look 1-2yrs of ... - Tara Pines	Boost post	→	May 10, 2022	15 Accounts Center views	22 Post engagements	0 Reactions	4 Comments	1 Share
	Message for Health 101 Registered Associa... - InaBlossom	Boost post	→	May 5, 2022	118 Accounts Center views	—	4 Likes	4 Comments	2 Shares
	Message for Health 101 Registered Associa... - Tara Pines	Boost post	→	May 5, 2022	88 Accounts Center views	42 Post engagements	16 Reactions	2 Comments	0 Share
	Last night Dr David Cooper from The Clin... - Tara Pines	Boost post	→	May 4, 2022	111 Accounts Center views	47 Post engagements	27 Reactions	3 Comments	1 Share
	Wellness is the act of pursuing healthy ha... - InaBlossom	Boost post	→	May 2, 2022	91 Accounts Center views	—	2 Likes	4 Comments	0 Share
	What is Wellness? Wellness is the act of p... - Tara Pines	Boost post	→	May 2, 2022	85 Accounts Center views	5 Post engagements	6 Reactions	4 Comments	0 Share
	We'll come to everyone who trained with us... - Tara Pines	Boost post	→	May 13, 2022	38 Accounts Center views	44 Post engagements	18 Reactions	2 Comments	2 Share
	People in Latin are lucky to be surrounded... - InaBlossom	Boost post	→	May 21, 2022	92 Accounts Center views	—	2 Likes	6 Comments	0 Share
	Green and Blue Spaces in County Local Pa... - Tara Pines	Boost post	→	May 18, 2022	37 Accounts Center views	17 Post engagements	7 Reactions	0 Comments	0 Share
	Do you prefer one side or another exercise ... - InaBlossom	Boost post	→	May 18, 2022	18 Accounts Center views	—	0 Likes	0 Comments	0 Share
	Do you prefer one side or another exercise ... - Tara Pines	Boost post	→	May 18, 2022	48 Accounts Center views	28 Post engagements	12 Reactions	0 Comments	1 Share
	Last night our registered associate with... - InaBlossom	Boost post	→	May 12, 2022	193 Accounts Center views	—	0 Likes	0 Comments	0 Share
	Last night our registered associate with... - Tara Pines	Boost post	→	May 12, 2022	165 Accounts Center views	48 Post engagements	11 Reactions	3 Comments	5 Shares
	Here is our Level 2 - Intermediate Resist... - Tara Pines	Boost post	→	May 08, 2022	21 Accounts Center views	44 Post engagements	19 Reactions	4 Comments	0 Share
	Level 1 - Beginner Resistance Exercise Cla... - Tara Pines	Boost post	→	May 07, 2022	117 Accounts Center views	71 Post engagements	21 Reactions	2 Comments	7 Shares
	Behind the Scenes @... - We are count... - InaBlossom	Boost post	→	May 27, 2022	110 Accounts Center views	—	2 Likes	4 Comments	0 Share
	Behind the Scenes @... - We are count... - Tara Pines	Boost post	→	May 27, 2022	71 Accounts Center views	48 Post engagements	21 Reactions	4 Comments	2 Share
	Wellness UNACOGed Cooking Practical Me... - InaBlossom	Boost post	→	May 25, 2022	149 Accounts Center views	—	2 Likes	2 Comments	2 Shares
	Wellness UNACOGed Cooking Practical - 5... - Tara Pines	Boost post	→	May 25, 2022	34 Accounts Center views	74 Post engagements	12 Reactions	14 Comments	2 Share
	We'll come to everyone who trained with us... - InaBlossom	Boost post	→	May 25, 2022	112 Accounts Center views	—	4 Likes	4 Comments	0 Share
	Did you ever use a resistance band? Most ... - Tara Pines	Boost post	→	Jan 3, 2022	72 Accounts Center views	44 Post engagements	6 Reactions	2 Comments	0 Share
	Do you know how to create healthy sn... - Tara Pines	Boost post	→	Jan 2, 2022	64 Accounts Center views	16 Post engagements	5 Reactions	0 Comments	1 Share
	Do you know how to choose healthy sn... - Tara Pines	Boost post	→	Jan 1, 2022	62 Accounts Center views	32 Post engagements	18 Reactions	0 Comments	3 Shares
	Now that we are safely halfway through th... - InaBlossom	Boost post	→	May 11, 2022	74 Accounts Center views	—	0 Likes	0 Comments	0 Share
	Participant Feedback - Wellness UNACOG... - Tara Pines	Boost post	→	May 11, 2022	62 Accounts Center views	38 Post engagements	0 Reactions	0 Comments	1 Share
	This is our Level 2 - Advanced Resistance E... - InaBlossom	Boost post	→	May 11, 2022	78 Accounts Center views	—	2 Likes	0 Comments	0 Share
	This is our Level 1 - Advanced Resistance E... - Tara Pines	Boost post	→	May 08, 2022	92 Accounts Center views	27 Post engagements	4 Reactions	0 Comments	1 Share

 What do you think of our new smoothie?... - Tue Flores	Boost post	Jun 8, 2022	36 Accounts Center score...	55 Post engagements	4 Reactions	3 Comments	1 Share
 It's absolutely fantastic, I'm absolutely lov... - wellnessunl	Boost post	Jun 7, 2022	7 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Participant Feedback - Wellness UNLAD... - Tue Flores	Boost post	Jun 7, 2022	79 Accounts Center score...	30 Post engagements	1 Reactions	0 Comments	1 Share
 Do you know how to make salad dressings... - wellnessunl	Boost post	Jun 7, 2022	69 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 All Wellness UNLAD participants have... - wellnessunl	Boost post	Jun 7, 2022	87 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Do you know how to make salad dressings... - Tue Flores	Boost post	Jun 8, 2022	121 Accounts Center score...	67 Post engagements	11 Reactions	1 Comments	4 Share
 All Wellness UNLAD participants have... - Tue Flores	Boost post	Jun 8, 2022	82 Accounts Center score...	48 Post engagements	10 Reactions	2 Comments	1 Share
 All the products are so hard and give us... - wellnessunl	Boost post	Jun 14, 2022	83 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Participant Feedback - Wellness UNLAD... - Tue Flores	Boost post	Jun 13, 2022	62 Accounts Center score...	25 Post engagements	11 Reactions	0 Comments	0 Share
 Meet Ardash Solutions, the technology pa... - wellnessunl	Boost post	Jun 15, 2022	66 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Meet Ardash Solutions, the technology pa... - Tue Flores	Boost post	Jun 15, 2022	68 Accounts Center score...	20 Post engagements	0 Reactions	0 Comments	1 Share
 February client ideas - Wellness UNLAD... - Tue Flores	Boost post	Jun 9, 2022	77 Accounts Center score...	60 Post engagements	12 Reactions	0 Comments	1 Share
 What do you think of our new smoothie... - wellnessunl	Boost post	Jun 8, 2022	75 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Do you think that the cost of food has inc... - wellnessunl	Boost post	Jun 15, 2022	94 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 Do you think that the cost of food has inc... - Tue Flores	Boost post	Jun 15, 2022	46 Accounts Center score...	2 Post engagements	1 Reactions	0 Comments	0 Share
 We are taking our sessions up a notch with... - wellnessunl	Boost post	Jun 15, 2022	66 Accounts Center score...	1 Post engagements	0 Reactions	0 Comments	0 Share
 We are taking our sessions up a notch with... - Tue Flores	Boost post	Jun 15, 2022	401 Accounts Center score...	20 Post engagements	4 Reactions	2 Comments	0 Share
 Three weeks ago, Wellness UNLAD... - wellnessunl	Boost post	Jun 14, 2022	191 Accounts Center score...	1 Post engagements	0 Reactions	3 Comments	0 Share
 Taste Testing Wellness UNLAD's New... - Tue Flores	Boost post	Jun 14, 2022	271 Accounts Center score...	81 Post engagements	14 Reactions	0 Comments	0 Share
 Wellness UNLAD's is delivered through... - Tue Flores	Boost post	Jun 21, 2022	391 Accounts Center score...	18 Post engagements	4 Reactions	1 Comments	0 Share
 Trigger point therapy is used to help redu... - wellnessunl	Boost post	Jun 21, 2022	183 Accounts Center score...	1 Post engagements	1 Reactions	0 Comments	0 Share
 What is trigger point therapy? Trigger poi... - Tue Flores	Boost post	Jun 21, 2022	576 Accounts Center score...	66 Post engagements	12 Reactions	2 Comments	1 Share
 What is the best yogurt to buy? We get a... - wellnessunl	Boost post	Jun 29, 2022	183 Accounts Center score...	1 Post engagements	0 Reactions	1 Comments	0 Share
 What is the best yogurt to buy? We get a... - Tue Flores	Boost post	Jun 30, 2022	730 Accounts Center score...	115 Post engagements	19 Reactions	1 Comments	0 Share
 I love the balance rock and something th... - wellnessunl	Boost post	Jun 17, 2022	68 Accounts Center score...	1 Post engagements	0 Reactions	0 Comments	0 Share
 Participant Feedback - Wellness UNLAD... - Tue Flores	Boost post	Jun 17, 2022	180 Accounts Center score...	30 Post engagements	4 Reactions	1 Comments	0 Share

	Age is no barrier, it's a restriction you put... - Influencer	Boost post	Jun 28, 2022	172 Accounts Center advis...	0 Likes	8 Comments	0 Shares	
	Ready to go, so fast... Wellness UNLOCKED - The Fitness	Boost post	Jun 25, 2022	133 Accounts Center advis...	86 Post engagements	25 Reactions	6 Comments	1 Share
	Participate feedback - Wellness UNLOCKED - The Fitness	Boost post	Jun 27, 2022	18 Accounts Center advis...	15 Post engagements	0 Reactions	0 Comments	0 Share
	is it OK to exercise if you are feeling unwell... - Influencer	Boost post	Jun 27, 2022	64 Accounts Center advis...	0 Likes	2 Comments	0 Shares	
	is it OK to exercise if you are feeling unwell... - The Fitness	Boost post	Jun 27, 2022	90 Accounts Center advis...	45 Post engagements	6 Reactions	2 Comments	2 Share
	Do you eat meat if not, how often do you?... - Influencer	Boost post	Jun 23, 2022	122 Accounts Center advis...	0 Likes	2 Comments	0 Shares	
	Meet Eric Curran - Web @ Wellness UNL... - The Fitness	Boost post	Jun 28, 2022	180 Accounts Center advis...	25 Post engagements	4 Reactions	5 Comments	0 Share
	Today we finished post testing. The Welne... - Influencer	Boost post	Jun 28, 2022	30 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	Thank you Lavinia Savaris Partnership + Spo... - The Fitness	Boost post	Jun 28, 2022	81 Accounts Center advis...	26 Post engagements	6 Reactions	0 Comments	1 Share
	Spegheri Mutual Bakes is a fun family b... - Influencer	Boost post	Jun 28, 2022	112 Accounts Center advis...	0 Likes	2 Comments	0 Shares	
	Spegheri Mutual Bakes is a fun family b... - The Fitness	Boost post	Jun 28, 2022	89 Accounts Center advis...	16 Post engagements	4 Reactions	0 Comments	0 Share
	Participate feedback - Wellness UNLOCKED - The Fitness	Boost post	Jun 25, 2022	75 Accounts Center advis...	27 Post engagements	0 Reactions	0 Comments	0 Share
	I'm a mother and tonight I was amazed... - Influencer	Boost post	Jun 28, 2022	121 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	Finishing We have completed post... - Influencer	Boost post	Apr 29, 2022	198 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	Finishing We have completed post... - The Fitness	Boost post	Apr 29, 2022	81 Accounts Center advis...	48 Post engagements	1 Reactions	10 Comments	0 Share
	We are so happy to be able to meet partici... - Influencer	Boost post	Apr 25, 2022	186 Accounts Center advis...	0 Likes	4 Comments	0 Shares	
	We are so happy to be able to meet partici... - The Fitness	Boost post	Apr 26, 2022	172 Accounts Center advis...	42 Post engagements	14 Reactions	0 Comments	1 Share
	Wellness UNLOCKED is now FULLY BOOKED... - Influencer	Boost post	Apr 13, 2022	94 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	Wellness UNLOCKED is now FULLY BOOKED... - The Fitness	Boost post	Apr 13, 2022	475 Accounts Center advis...	17 Post engagements	10 Reactions	0 Comments	1 Share
	ONLY 5 PLACES LEFT! If you would like to... - The Fitness	Boost ad	Apr 12, 2022	128 Accounts Center advis...	10 Post engagements	1 Reactions	0 Comments	1 Share
	2 WEEKS TO GO LIMITED AVAILABILITY... - Influencer	Boost post	Apr 11, 2022	180 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	Limited availability for Wellness UNLOCKE... - The Fitness	Boost post	Apr 11, 2022	80 Accounts Center advis...	45 Post engagements	0 Reactions	4 Comments	1 Share
	ADULTS FROM PORTLAISE PORTFOLIO... - Influencer	Boost post	Apr 8, 2022	170 Accounts Center advis...	0 Likes	0 Comments	0 Shares	
	ADULTS FROM PORTLAISE PORTFOLIO... - The Fitness	Boost post	Apr 8, 2022	140 Accounts Center advis...	140 Post engagements	17 Reactions	0 Comments	7 Share

