

## Exhale Foundation CIO

Intentional Health has been designed by Niky Dix (BSc (Hons) Sport & Exercise Science, PGCE), on behalf of the Exhale Foundation CIO. Niky is a qualified PE and Science teacher with over 10 years experience, she is also qualified as an exercise practitioner in diabetes and obesity management.

Over the past 7 years Niky has been designing lifestyle health interventions for children and families, recognised as a good example by NICE (National Institute of Clinical Excellence) and adopted by Cornwall and Isles of Scilly NHS. Niky, through her work with Exhale, is an associate of European Centre for Environment and Human Health, Exeter Medical School, and also a School for Social Entrepreneur Fellow and has held leadership positions within her local church.

Intentional Health is built on this considerable experience and is a major project of the Exhale Foundation.

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# Intentional HEALTH

## Inspiring Healthy Communities through Local Church Networks



On behalf of Exhale Foundation  
Registered Charity no 1182910



A fresh approach to preventing health poverty  
and promoting health & wellbeing

## The mission and values of Intentional Health

Intentional Health is dedicated to serve the local church with a simple tool kit designed to inspire healthy communities and reduce health poverty. It's 10 session programme creates peer supported communities to champion and promote improved health and wellbeing in a fun, inclusive and non judgemental environment.

Intentional Health provides simple insights about wellbeing, nutrition, exercise and managing stress, helping to improve and maintain healthy lives. Applicable for every (human) body.

**Intentional Health is great way of supporting churches wanting to connect with community in an uncomplicated and relevant way, using both bible and Government guidelines to enable healthier and happier lives.**

### Intentional Health will help anyone wanting to:

- Live a longer, more fulfilled purpose life
- Boost self image and self worth
- Reduce weight or improve BMI
- Improve diet
- Increase physical activity levels
- Learn to think positively and break negative habits
- Understand goal setting and applying boundaries
- Learn how to rest and get more sleep

Intentional Health is the winner of Premier Radio Mustard Seed Gold Award 2013 and has received support from Cornwall Christian Community Project, Lloyds Bank School for social entrepreneurs and Focus Technology Europe Ltd Dragons Den award.

## WHAT PEOPLE SAID ABOUT INTENTIONAL HEALTH...

**KATE BIRCH:**

“ Intentional Health looks at all aspects of your life and shows you in a non judgemental way how to make changes to achieve a healthier lifestyle. It doesn't matter whether you are super fit or obese. There is no 'guilt', counting calories or points, just common sense and encouragement ”



**ARTHUR WHITE:**

“ This isn't a slimming club, fitness class or a counselling session - although all these issues are covered, it's a course designed to encourage us all to be intentional about our health and wellbeing ”



**TERESA PENFOLD:**

“ The whole programme is so relaxed and friendly with great discussion and information. I really liked how the holistic nature of the course challenged my thinking and habits about healthy lifestyle choices, and my perceptions of what these were ”



**MATTHEW PARSONS:**

“ Intentional Health is so informative, I would recommend this programme to everyone, you are never too young and too old to begin to apply its principles. I have such a healthier approach to life ”



**Intentional Health is a short 10 session community group programme helping you to make healthier choices in order to live your best life.**



**WELCOME AND INTRODUCTION**



**BALANCED DIET**



**READINESS TO CHANGE**



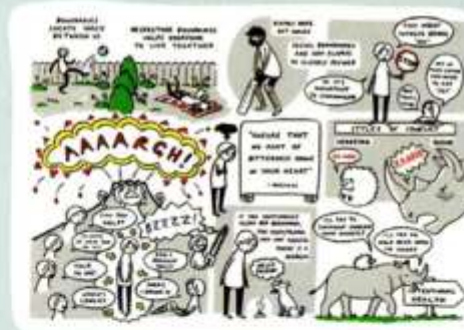
**CHOICES**



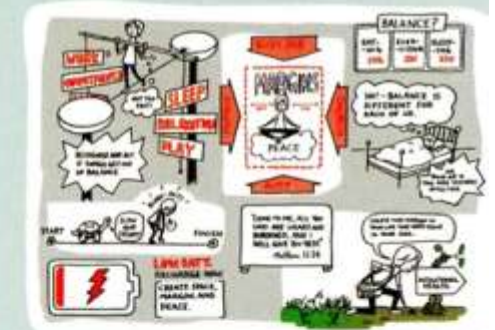
**PHYSICAL ACTIVITY**



**THOUGHTS AND FEELINGS**



**CONFLICT AND BOUNDARIES**



**BALANCE AND MARGIN**

- Intentional Health content is based on simple bible verses and knowledge of lifestyle health & wellbeing. It is then facilitated by a trained Intentional Health coach following our programme manual.
- Each session is supported by a handbook and short animations, and includes a bible verse, small group discussion, activities, and lots of fun!

- Physical health topics include considering making informed choices, impact of habits, understanding healthy & unhealthy environments and increasing physical activity. There are also opportunities to learn more about processed foods, reading food labels and choosing a simple balanced diet.

- Emotional health and wellbeing is often connected to physical health and is therefore a key part of the programme that will help you assess readiness for change, support you with goal setting and motivation, help you understand positive and negative thoughts and feelings, how to set and maintaining healthy boundaries as well as tips to manage conflict and stress.

- Intentional Health, provided in a peer supported community setting, offers tools to help you keep a balanced approach to making choices, eating well and being active and to improve your whole physical, spiritual and emotional health and wellbeing.