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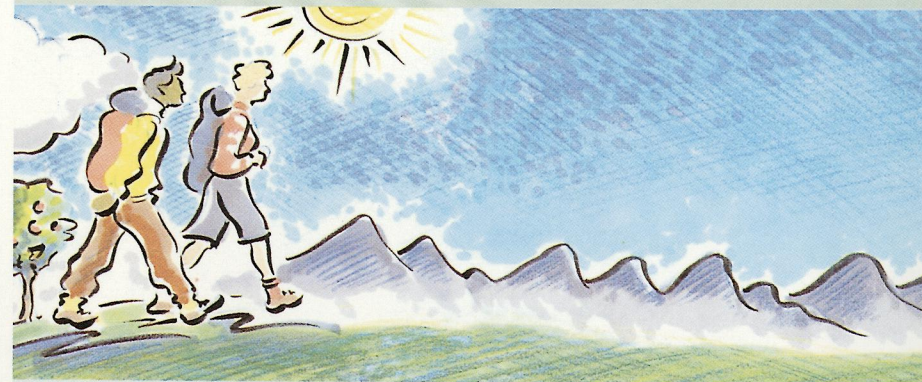
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# Fit for anything

A guide to fitness and  
healthy eating





# Fit for anything Introduction

## Food and exercise – do yourself a favour

These days, trying to find out just what you should do to look after your body can seem like a recipe for madness. There is just so much information available, so many 'experts', so many rules, that it's hard to know where to start.

So why not start here? There's no question that very few of us eat as well as we could, or exercise as much as we should.

But that doesn't mean we should all be a vegan marathon runner.

The truth is, there's any number of different ways you can easily, painlessly, enjoyably improve your diet, your lifestyle and your health. And they're different for everyone.

So go on. Do yourself a favour today. This leaflet, we hope, will help.

## For further information

The Ileostomy & Internal

1A – The Ileostomy & Internal Pouch Support Group,  
PO Box 132, Scunthorpe DN15 9YW. Tel: 0800 0184724  
Website address: [www.ileostomypouch.demon.co.uk](http://www.ileostomypouch.demon.co.uk)

British Colostomy Association, 15 Station Road,  
Reading, Berkshire RG1 1LG. Tel: 0800 3284257  
Website address: [www.bcass.org.uk](http://www.bcass.org.uk)

Urostomy Association, 'Buckland', Beaumont Park,  
Danbury, Essex CM3 4DE. Tel: 01245 224294

(For disabled ostomists)

RADAR (The Royal Association for Disability and  
Rehabilitation), 12 City Forum, 250 City Road,  
London EC1V 8AF. Tel: 0171-250 3222  
Website address: [www.radar.org.uk](http://www.radar.org.uk)

Details of manufacturers of swimwear, shorts, leisure wear  
etc., specially for ostomists can be obtained from any of the  
ostomy associations, or call the Coloplast Customer Care  
Service on the FREE Linkline Number: 0800 220622.  
(In Eire call 1-800-409 502.)

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Elaine Swan, Manor Hospital, Walsall





## The benefits of exercise

- Improved circulation
- A bigger, stronger heart
- Better stamina
- Better balance & flexibility
- Better concentration
- Improved skin tone
- Better resistance to illness & faster recovery
- Better body shape and posture
- Loss of excess weight
- Fewer body toxins
- More self-confidence
- More energy

## Doctor's orders

All doctors agree on the benefits of exercise – but it's a good idea to talk to your doctor before starting an exercise programme, especially if you're very out of practice, or if you have other conditions, like asthma or a heart condition.

Your doctor will advise you to take it easy to begin with, and to enjoy yourself.

And you can't get better advice than that.

## Special note

**Pregnancy:** A normal pregnancy is perfectly possible – if you would like any specific advice, contact your stoma nurse.





## **Eat well... ...if you know what's good for you**

Everyone talks about the Holy Grail of Nutrition – a “balanced diet”. But what exactly does it mean?

Mainly, it means that you don't have to promise never to eat a biscuit again. Our bodies need a whole range of different food types for health (including sugars). The secret is to know what you're eating and strike the right balance.

### **What's a Protein?**

Protein is the body's building block, and it's repair mechanism. We're talking about meat and fish, but also eggs, pulses, dairy products, soya and nuts.

**The body doesn't store proteins so we need a regular intake. The art is to do it without overdoing the fat.**

Go for variety. Chicken and pork are good protein providers that aren't high in fat. Pulses, like lentils are too. And if you do get the urge for bacon and eggs, your body will be grateful if the frying pan isn't involved.

## **Good sports**

The trouble with exercise is, it's easy to get a taste for it – especially when you begin to feel better in yourself.

So when you're ready to take the next step, join the club.

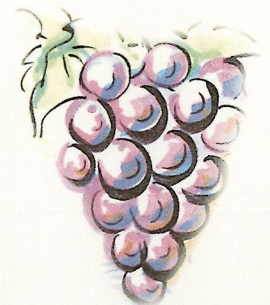
We quite understand if, after your operation, you feel a little inhibited about playing sport. But really, there's no need. With the special small pouches available these days, the sky's the limit.

Swimming, of course, is wonderful all-purpose exercise. Golf's another good one, giving you an excellent five mile walk in the countryside (spoiled only by the need to hit the ball).

If you like exercise and fresh air, on your bike. Cycling to get the Sunday papers will save you a small fortune in petrol and could put years on your life.

Tennis, badminton, cricket, skiing, sailing, dancing – when it comes to fitness-building fun, you're spoilt for choice.

So get out there, and get fitter. There is no excuse.





## And the final ingredient – exercise

Exercise has become 'fashionable'. And that has probably done more to put people off it than anything else.

If the thought of strobe lights, rowing machines and lurex leotards gives you the shivers, then take heart. There are no end of easy, enjoyable ways to make yourself a little stronger, a little fitter. Just find the ones that are right for you.

Most of all, don't overdo it. Even light exercise is good exercise – for your heart, your joints, your muscles, your lungs, and for your general sense of well being.

## Gently does it

To begin with, don't confuse exercise with sport. There's more to getting healthier than chasing a ball around on a football field. Walking is a great place to start. Post-operatively, just a walk to the next door neighbours or to the end of the garden is fine. Then, when you begin to regain your strength, try to walk more, both for pleasure and as an alternative means of transport. And when you do, walk briskly, so you get slightly out of breath.

Gardening is great too. Digging, weeding, hoeing and mowing can constitute a superb day's workout. And of course you'll have a showpiece garden to show for it. Wait for about 3 months after surgery before beginning gardening.

You'll be surprised how quickly you feel the benefits. After a few aches in the early days, you'll begin to feel more supple, and be able to do more without getting out of breath. Everything about life will be better – and, dare we say it, that may go for your sex life too.





## What's fibre?

Fibre (also called 'roughage') is the skeleton of plants – and it's wonderful stuff.

It's essential to digestion, so it helps us get more out of all the other food we eat. It helps prevent constipation and it makes you feel fuller (so it's great for dieting). It's a minor miracle.

The trouble is, many processed foods have the fibre refined out. So put it back – with wholemeal bread and flour, and loads of fresh fruit, veg, nuts and grains.

Like most things, too much can be a problem, so ileostomists: don't overdo the sweetcorn, nuts and dried fruits as these may cause blockages.

So for fitter, not fatter, choose fibre.

## Fibre-rich foods

### Bread (4 slices)

wholemeal bread	11g
or chapatti	
brown bread	6g
white bread	3g

### Vegetables

yam	3g
leeks	3g
dahl	3g
swede	2g
sprouts	2g

### Vegetables and beans (1 serving)

red kidney beans	10g	peas	7g
baked beans	6g	spinach	5g
sweetcorn	5g	plantain	5g
lentils	4g	carrots	3g

### Potatoes (1 serving)

boiled with skin on	3g	baked in jacket	3g
boiled without skin	1g		

## Healthy eating – day-to-day

Just because you have a stoma doesn't mean you're on a 'special diet'. What was good for you before is good for you now.

To keep your bowel movements regular and consistent, just follow the healthy eating advice we've already given you.

- Enjoy three regular meals a day
- Balance your diet
- Eat plenty of high fibre foods –  
5 portions of fruit or vegetables daily
- Drink plenty of fluids, especially water  
(about 8 – 10 cups daily)

Your stoma care nurse will have discussed with you any particular issues that may apply to you, but some general principles and notes may help.

Colostomists: A good, healthy, balanced diet as recommended in this booklet should ensure a normal output.

Ileostomists: Again, follow the principles in this booklet, but specifically, chew your food well to aid digestion

Urostomists: Normal, healthy living and cranberry juice is a particular recommendation.

But the best advice of all is – ENJOY YOUR FOOD, ENJOY YOUR LIFE. Because there's nothing at all to stop you.



## Healthy eating – after the op

When you're recuperating, diet is important. You'll need extra calories to help the healing process and build up your strength.

### Some guidelines for the recovery period:

- Enjoy small meals, taken often
- Bump up the calorie intake for extra strength
- Eat plenty of protein to speed healing
- Chew your food thoroughly to aid digestion
- If you've lost weight, make sure your dentures (if you wear them) still fit properly.
- If you've lost your appetite, simply eat food you enjoy

## What's fibre? continued...

### Breakfast cereals (1 serving)

2 Weetabix	5g	2 Shredded Wheat	5g
puffed wheat	4g	unsugared muesli	4g
porridge	3g	cornflakes	3g

### Fruit and snacks

2 dried apricots	7g	1 banana	3g
raisins (30g)	2g	unsalted peanuts (30g)	2g
1 apple	2g		

### Spaghetti (1 serving)

wholemeal	6g	ordinary	2g
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### Rice (1 serving)

brown	3g	white	2g
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The recommended intake of dietary fibre for an adult is 30g per day. Source: The Health Education Authority. March 1987.

## What's a carbohydrate?

Another important energy source, also known as calories, found in sugars and starches. That means bread, rice, potatoes and pulses.

Sure, sugar gives you energy, but it can harm your teeth and make you put on weight. And with so much hidden sugar in processed foods (3 teaspoonfuls in a small can of baked beans), we almost all eat more than we need.

So much better to get your carbohydrates from starchy foods, especially the high fibre ones. More on that later.

And if you've got a sweet tooth, honey and brown sugar are a little better. But a sweet, juicy apple will do you far more good.



## What's a fat?

Fats, in spite of what you may think, are not evil incarnate. They're an essential source of energy and vitamins A and D. They're found in butter and oils, of course, along with dairy products, fish, meat and nuts. They're also in many processed foods. And they come in two types – saturated and unsaturated.

The trouble with fats is that, taken to excess, they can begin to build up in your arteries, and saturated fats are the culprit.

So the answer is – DON'T CUT OUT FATS, BUT CUT DOWN ON THE 'BAD' ONES. That means less butter, lard, hard cheese and full cream milk. Instead, use 'low fat' dairy product alternatives. And cut down the frying when you can grill or poach instead.

What's more, watch the fat in processed foods. A pack of biscuits can be like drinking a cup of lard. So enjoy yourself, but be careful.

### Friendly fats

margarine  
vegetable oil  
cottage cheese  
tuna  
herrings

### Unfriendly fats

butter  
milk/cream  
hard cheese  
suet  
lard

## What are vitamins and minerals?

Vitamins and minerals play a vital role in health maintenance. We don't need large amounts, but we do need them all.

**A note about salt. A little is vital, but too much can be bad news for blood pressure, and there is a lot hidden in food these days. Try not to add extra to your food.**

NB. ileostomists: due to a greater loss of fluid in hot weather, you should take a little extra salt.

Much better to get them from food than from supplements (unless your doctor tells you otherwise). If you follow a normal healthy diet you will find that you will be provided with the vitamins and minerals you need.

