

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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Stay  
**HEALTHY**  
at Home

# NEW JERSEY SELF-ADVOCACY PROJECT



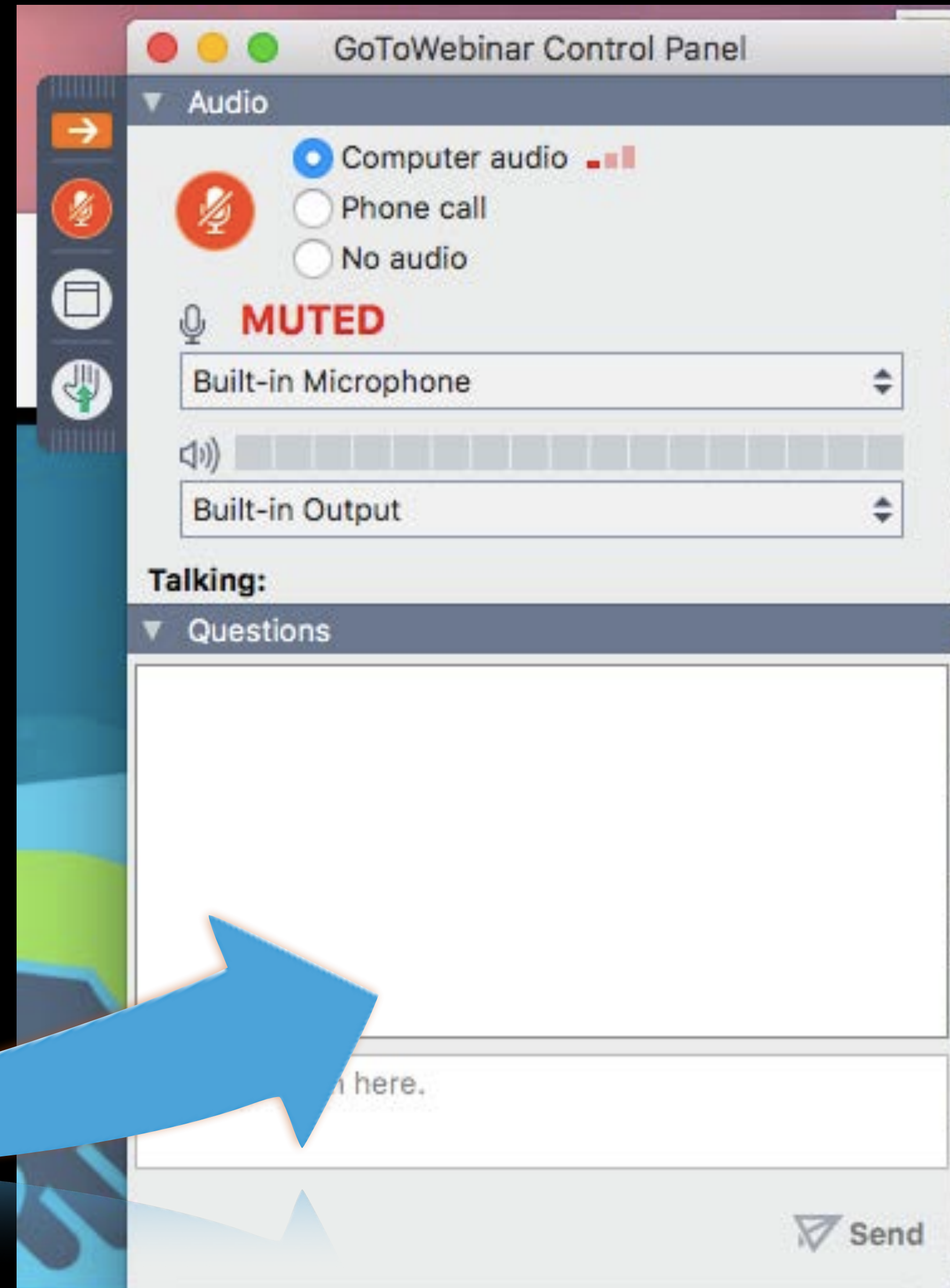
## Mundane Objects, but Real Gains

At Home Workout Tips

STAY HEALTHY AT HOME WEBINAR SERIES

DECEMBER 22, 2020 FROM 2 - 3 PM

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
QUESTIONS  
BOX



# INTRODUCTION

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- ▶ Erin Smithers, the Information/Referral Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

We will be presenting exercises that you can participate along with.

Please do not do anything that hurts, make sure to drink plenty of water, and take breaks as needed!



# TODAY, WE WILL DISCUSS:

- Adaptive Home Exercises
- Overview of Healthy Lifestyles Project (HLP)
- Upcoming Activities with HLP Live!

LET'S GET STARTED!

# What You Will Need

- A Sturdy, Hardcover Book
- A Pillow
- A Chair With No Arms
- Laundry Detergent



- 2 Soup Cans  
or  
2 Pasta Sauce Jars
- 2 Tote Bags
- A Hand Towel
- A Wall



# Remember

Have water  
nearby and  
drink often



STOP if  
something  
starts to hurt!

TIME TO STRETCH!

**Stretching  
Helps Prevent  
Injuries**



**Take Your Time  
and Remember  
to Breathe**

EXERCISE!

**Go At Your  
Own Pace, You  
Are Doing  
Great!**



**You've Got  
This!**

COOL DOWN!

**Cool Down  
Also Helps  
Prevent Injuries**



**Take Your Time  
and Remember  
to Breathe!**

# OTHER EXERCISES



# Small Changes = Big Impact

- Parking further away
- Taking the stairs
- Making multiple trips
- Walking in place while watching TV
- Walking around your neighborhood
- YouTube videos
- Grocery shopping
- Hiking

# HIKING



# The Dos and Don'ts of HIKING

Horses have the right of way.



Step aside and let them pass.



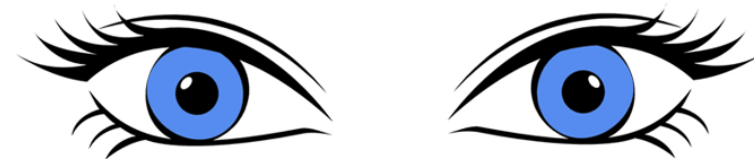
Never leave trash behind and don't forget to recycle!

Use sun protection on your summer hikes!



Don't touch the animals!

See with your eyes.



NOT with your hands!



Wear proper clothing and footwear to stay comfortable. Trails may be rocky or muddy!



Always stretch before you hike!



Freeze for bees! Don't bother them & they won't bother you.



Drink lots of water, especially in warm weather.

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey

For more information on HLP visit our website:  
<https://www.arcnj.org/information/healthylifestyles.html>

Contact us:  
NJSAP@ArcNJ.org / 732-749-8514



HEALTHY  
LIFESTYLES  
PROJECT

POLL:

HAVE YOU PARTICIPATED IN ANY  
OF OUR HLP EVENTS?

- YES
- NO
- OTHER





# WHAT IS THE HEALTHY LIFESTYLES PROJECT?



# FREE VIRTUAL TRAININGS



The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. Contact us to set up a time and date at your location! The New Jersey Self-Advocacy Project Team will provide free workshops on the following topics:



## Connect With Us!

Phone & Fax: (732) 749-8514

Email: [NJSAP@ArcNJ.com](mailto:NJSAP@ArcNJ.com)

[www.Facebook.com/NewJerseySAP](http://www.Facebook.com/NewJerseySAP)

[www.Twitter.com/NJSAP](http://www.Twitter.com/NJSAP)

[www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)



Foundation for New Jersey

# Gravity Vault in Chatham, Middletown, and Flemington





# Classic Thyme in Westfield



# iFly in Paramus





# Maskers Barn in Berkeley Heights



# Hawk Watch in Rockaway





# Frelinghuysen Arboretum in Morristown



# Equine Therapy in Oldwick, Middletown, and Mahwah





# Morris County School of Glass in Morristown



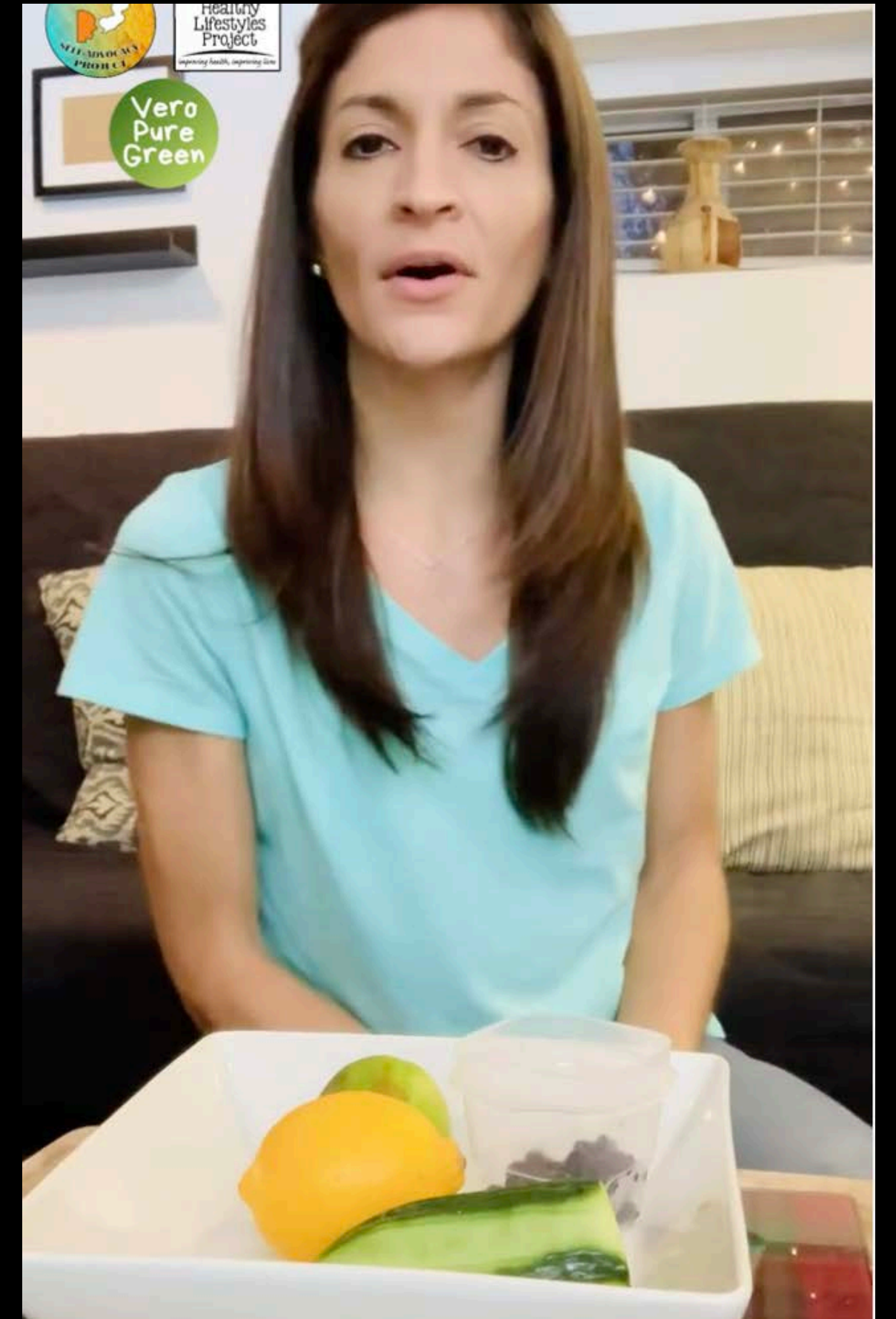
# Watchung Wednesdays in Union County



# WEEKLY SCHEDULE



# MONDAYS:



# STAY HEALTHY AT HOME TUESDAYS:

NEW JERSEY SELF-ADVOCACY PROJECT



## STAY HEALTHY AT HOME:

Can I Help You?  
Mental Health First Aid

STAY HEALTHY AT HOME WEBINAR SERIES  
NOVEMBER 24TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



## STAY HEALTHY AT HOME:

What Comes Next?  
2020 Election Results  
&  
What They Mean

STAY HEALTHY AT HOME WEBINAR SERIES  
NOVEMBER 10TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



## STAY HEALTHY AT HOME:

Model Employee:  
Perfect Your Personal &  
Professional Look

STAY HEALTHY AT HOME WEBINAR SERIES  
OCTOBER 20TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



## STAY HEALTHY AT HOME:

The Picture Perfect Filter:  
Using Facebook & LinkedIn  
to Find Work

STAY HEALTHY AT HOME WEBINAR SERIES  
OCTOBER 27TH, 2020 FROM 2 - 3 PM

# 2PM-3PM

# WEDNESDAYS:



# THURSDAYS:

## NJSAP Brain Games on Zoom!

Live, interactive board games with the NJSAP Team for you to test your creativity and knowledge and to have fun!  
Join us on Zoom every Thursday at 1PM!



[www.arcnj.org/programs/njsap/braingames.html](http://www.arcnj.org/programs/njsap/braingames.html)

# THURSDAYS:

## HOW TO JOIN

**Date/Time:** Thursday, December 17th at 1pm

**Link to Join the Zoom Meeting:**

[https://zoom.us/j/93182237903?  
pwd=OXo1VFJ6NFNQT2F4QVgxN2dLQ2tRUT09](https://zoom.us/j/93182237903?pwd=OXo1VFJ6NFNQT2F4QVgxN2dLQ2tRUT09)

**Meeting ID:** 931 8223 7903

**Passcode:** games

NO REGISTRATION! JUST JOIN!

# HEALTHY RECIPES FRIDAYS:



# QUICK TIPS:

**QUICK TIP:**  
**BE AWARE OF WHAT YOU ARE DRINKING!**



**QUICK TIP:**



**SMILE  
MORE!**



Quick tip:



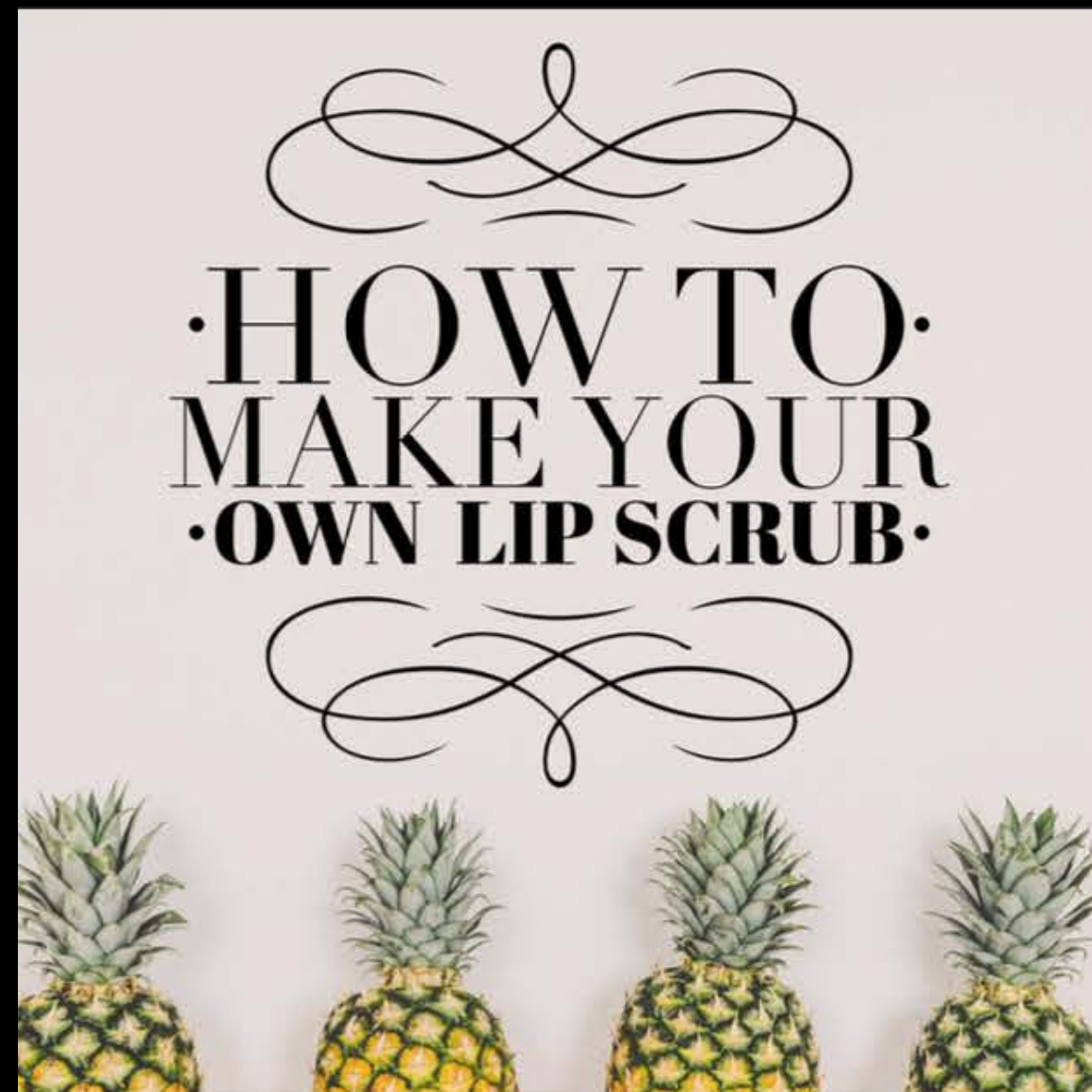
**Take care  
of your  
skin everyday!**



QUICK TIP  
TRY INTERVAL  
TRAINING



# THROUGHOUT THE WEEK:





# YOUTUBE:

## 🕒 Watch later

Save videos to watch later. Your list shows up right here.

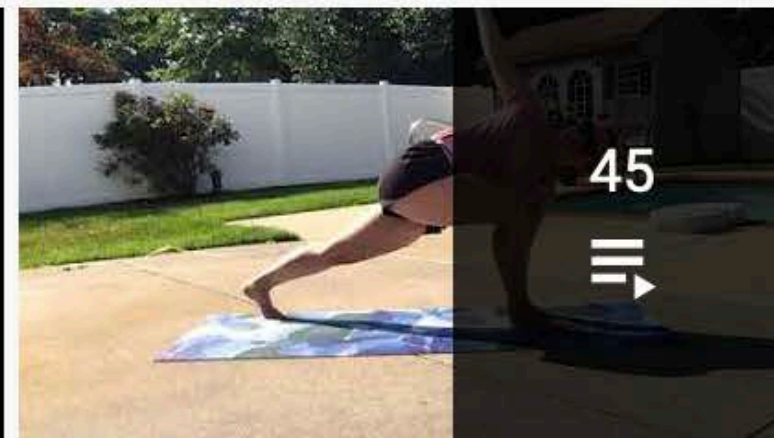
## ☰ Playlists Recently added ▾



### Stay Healthy At Home Webinars

New Jersey Self-Advocacy Project  
Updated yesterday

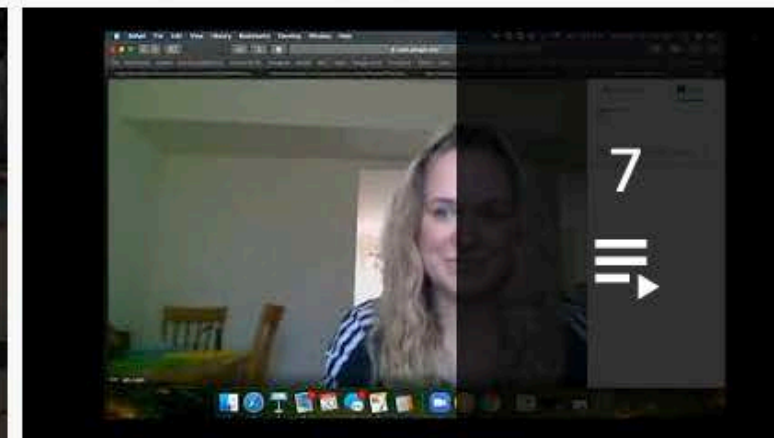
[VIEW FULL PLAYLIST](#)



### Yoga and Meditation

New Jersey Self-Advocacy Project  
Updated yesterday

[VIEW FULL PLAYLIST](#)



### Tech Tutorials

New Jersey Self-Advocacy Project  
Updated 2 days ago

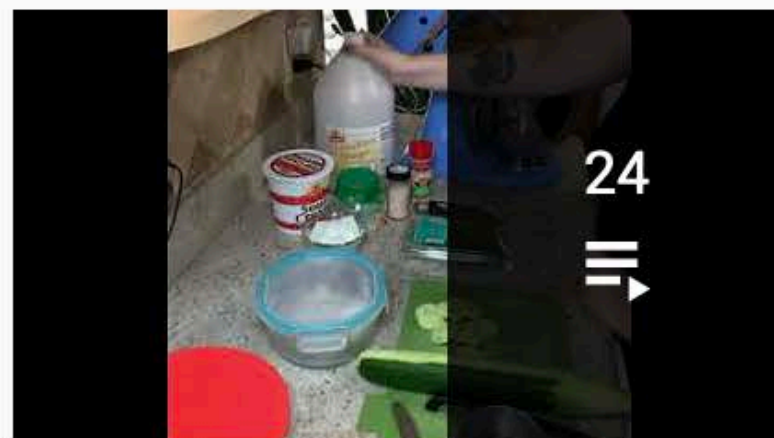
[VIEW FULL PLAYLIST](#)



### NJSAP Team STAY AT HOME Dance Party Playlist

New Jersey Self-Advocacy Project

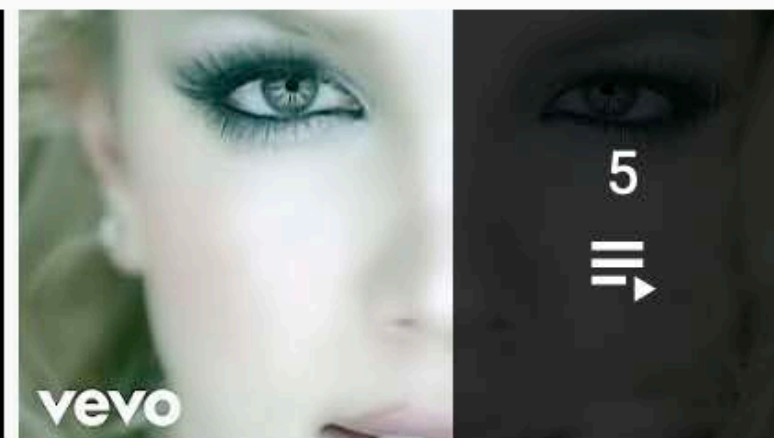
[VIEW FULL PLAYLIST](#)



### Healthy Recipes

New Jersey Self-Advocacy Project

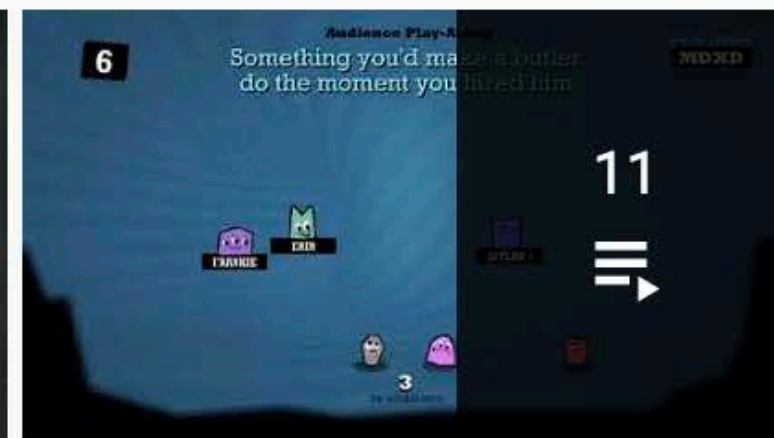
[VIEW FULL PLAYLIST](#)



### Your Requested Songs

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)



### Live: Brain Games!

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)



### Trainings

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)

[SHOW MORE](#)

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# MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT



## MONDAY

•Check social media feed for Veronica's new nutrition video



## TUESDAY

•Watch the new Stay Healthy at Home webinar at 2pm



## WEDNESDAY

•Interactive Zoom event for HLP:Live at 11am



•Check social media feed for IHT's new workout video



## THURSDAY

•Play this week's Brain Game on Zoom at 1pm



## FRIDAY

•Check social media feed for Erin's new recipe video



•HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



### TO DO LIST:

•Sign up for NJSAP's email list

•Request a virtual group training

•Make a social media post using this month's hashtag

•Participate in an advocacy campaign or Action Alert



### REMINDERS + NOTES:

•Mark my calendar with all upcoming activities

•Reminder: Each NJSSAN Council meets every month

•Remember: Self-Advocacy means to SPEAK UP!



Find out more at [www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

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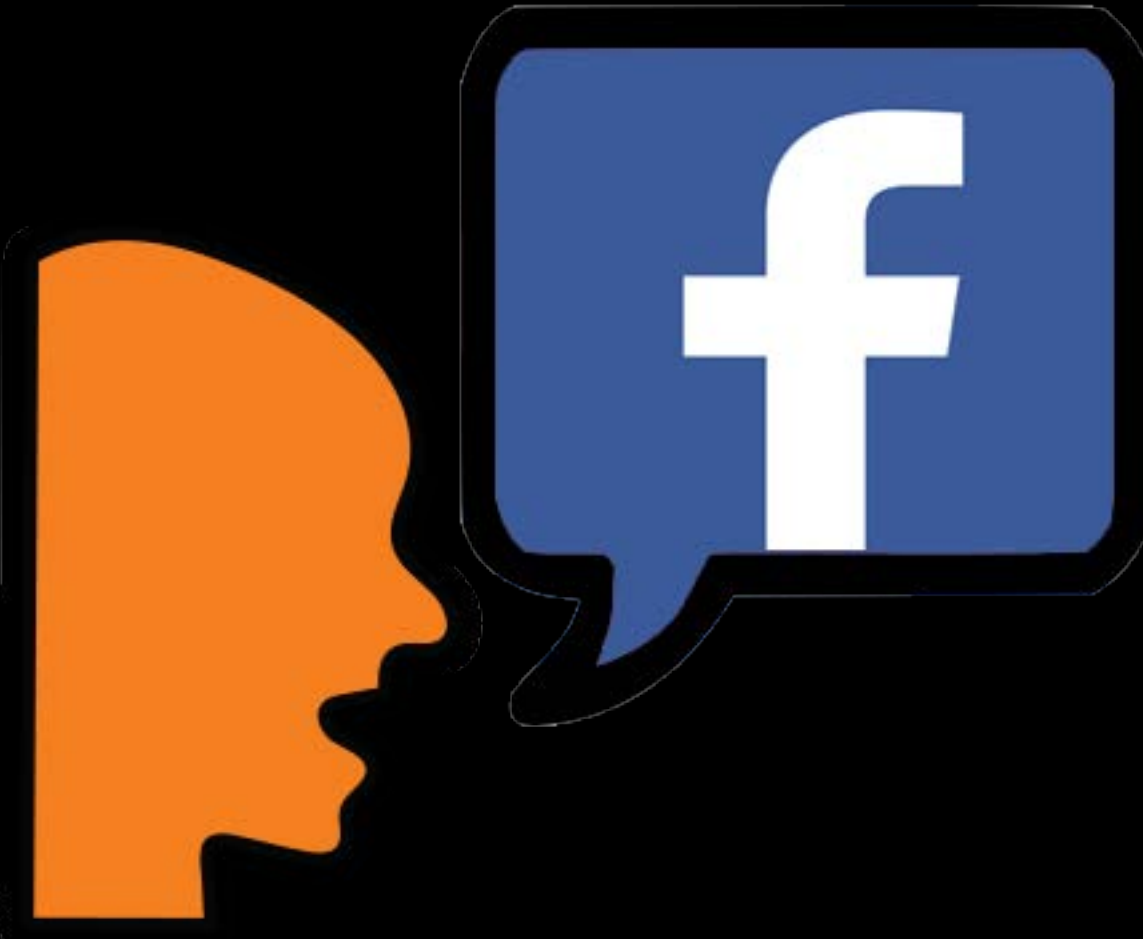
# EVERYTHING IS AVAILABLE ON:



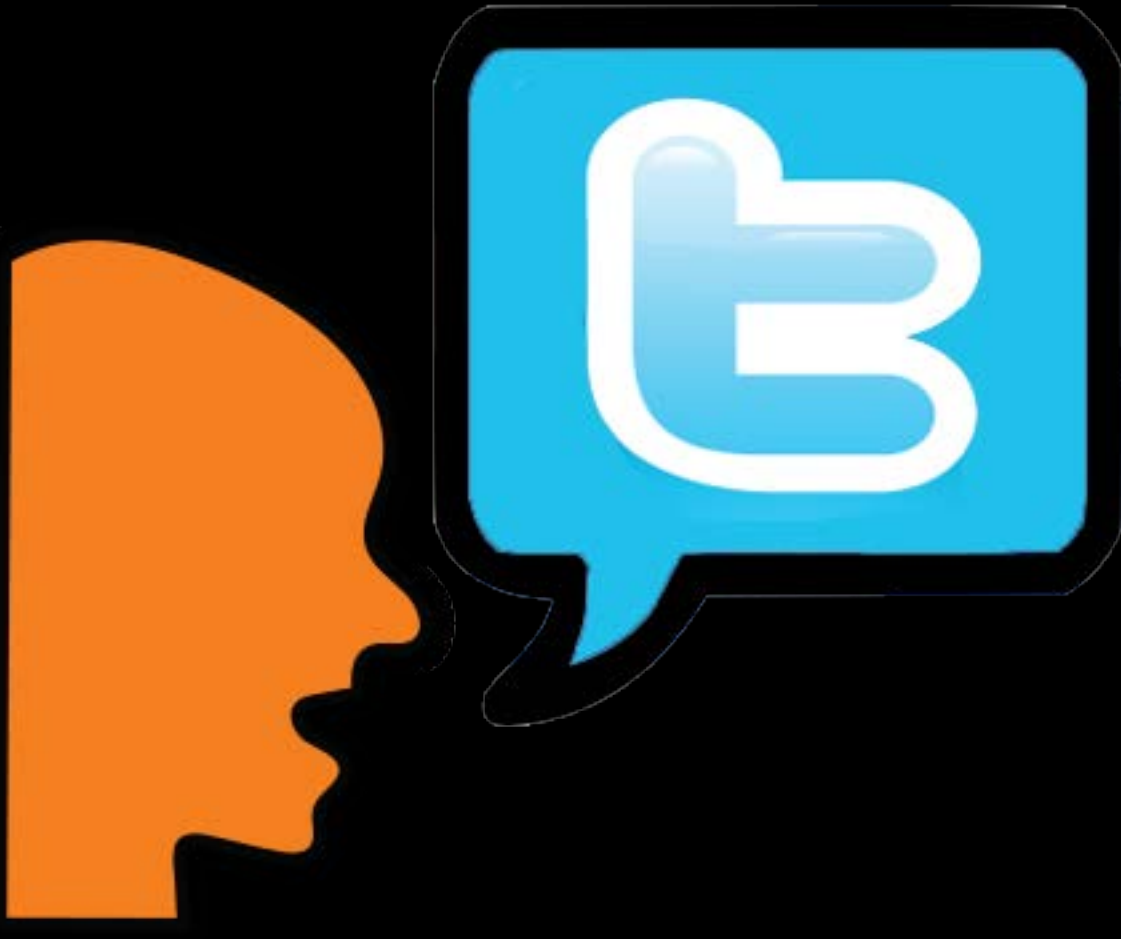
[www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>



[Click Here To Sign Up!](#)

HEALTHY  
LIFESTYLES  
PROJECT  
LIVE!

Healthy  
Lifestyles  
Project  
**LIVE** 

Live Healthy,  
Together



HLP: LIVE!

WEDNESDAYS @ 11AM

FRIDAY @ 1PM

## Winter Chocolate & Oat Smoothie



### Ingredients: (makes 2 smoothies)

- 6 tbsp of oats
- 1 tbsp of unsalted peanut or almond butter (use sunflower butter for peanut allergies)
- 1 ripe banana
- 2 1/2 cups of coconut milk, or any nondairy milk
- 1 tsp cacao powder
- Cinnamon powder

### Directions:

- Place the oats, banana, 1/2cup of coconut milk (or any nondairy milk), nut butter & cacao powder into the smoothie maker/blender.
- Separately warm up the additional 2 cups of milk but do not add it to the blender mix.
- Take both the blended ingredients and the warm milk and mix them in a separate container to be ready to serve.
- Pour, sprinkle some cinnamon on top and enjoy!



VERO  
PURE  
GREEN



CAPE  
MAY  
COUNTY  
ZOO





# LAUGHTER YOGA



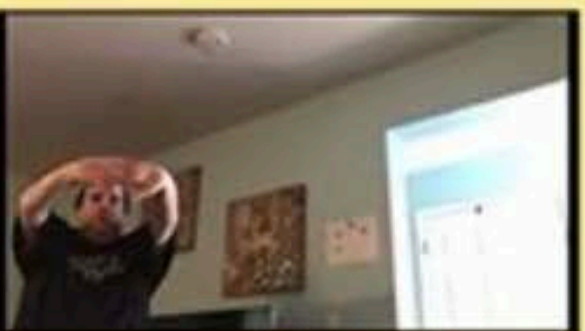
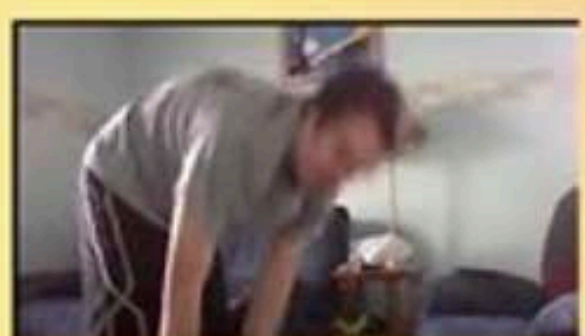
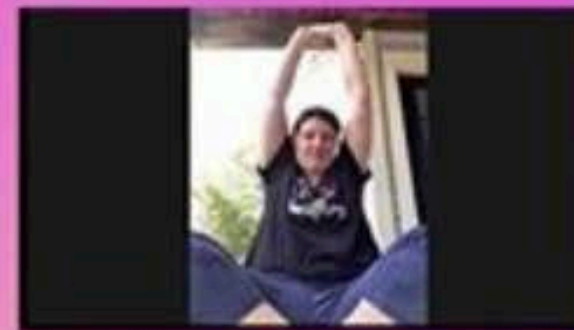
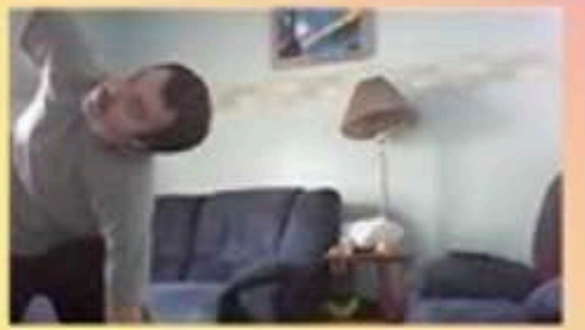
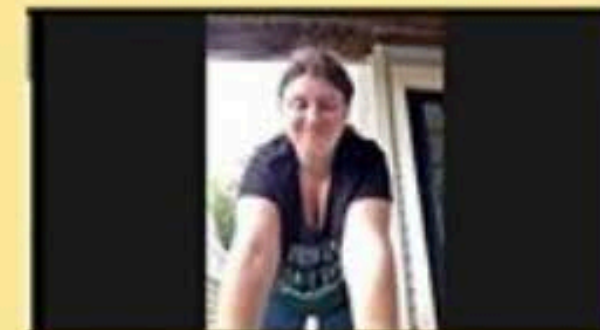
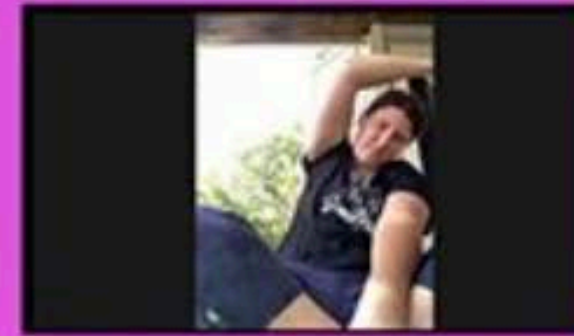
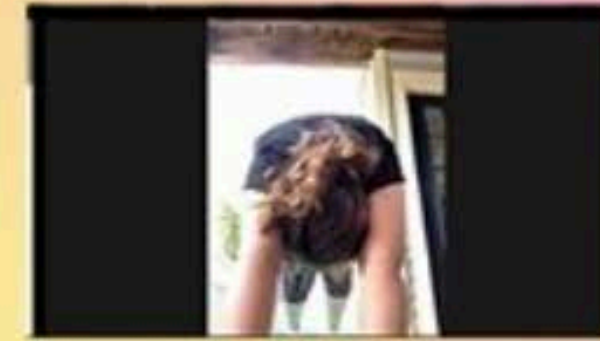
# IN-HOME TRAINING

**Healthy Lifestyles Project: LIVE!**  
**Fitness Fridays: Chair Exercises!**

The central diagram illustrates eight chair exercises:

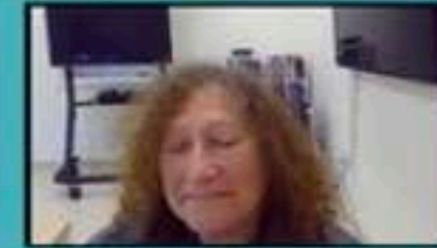
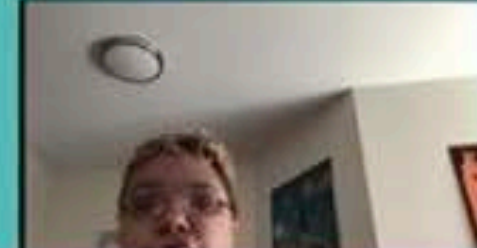
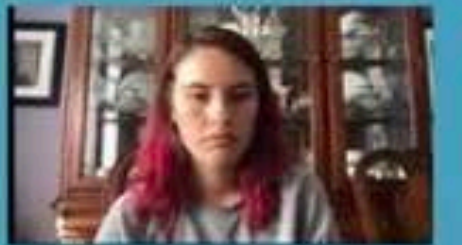
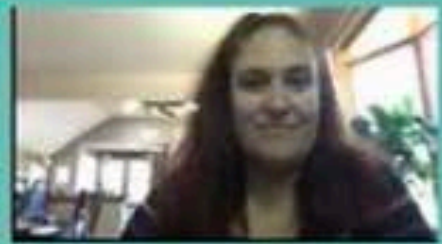
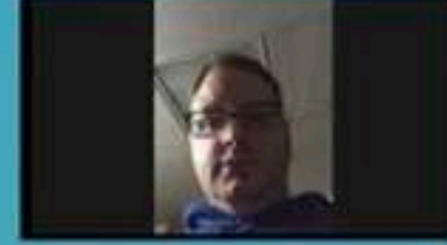
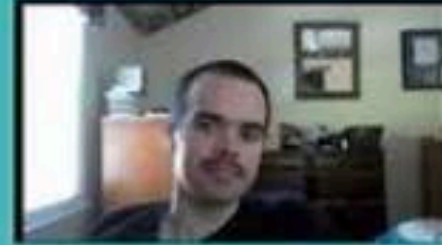
- 1. Seated leg lift: A person sits on a chair, lifting one leg straight out to the side.
- 2. Standing with chair: A person stands with one foot on a chair, leaning forward.
- 3. Seated torso twist: A person sits on a chair, twisting their torso to the side.
- 4. Seated forward bend: A person sits on a chair, leaning forward with their head and arms down.
- 5. Arm raise (standing): A person stands with one foot on a chair, raising one arm straight up.
- 6. Arm raise (seated): A person sits on a chair, raising both arms straight up.
- 7. Arm raise (standing, bent): A person stands with one foot on a chair, raising one arm bent at the elbow.
- 8. Arm raise (seated, bent): A person sits on a chair, raising both arms bent at the elbows.

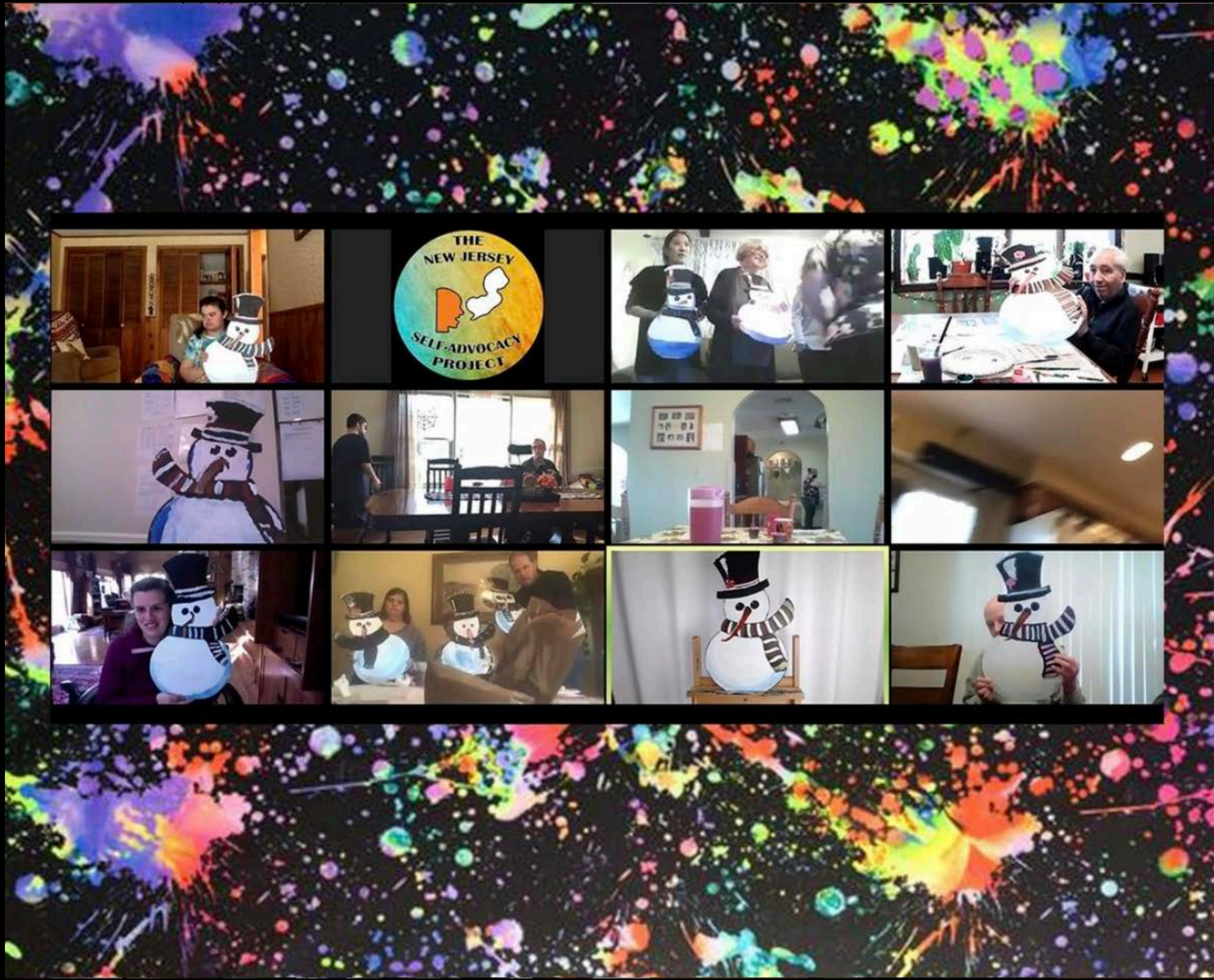
Surrounding the diagram are several video thumbnails showing individuals performing these exercises in a home environment.



# IN-HOME TRAINING

# MANE STREAM





UPTOWN  
ART  
PAINT  
AND SIP



# The New Jersey Self-Advocacy Project

## Programs

The Arc of NJ Family Institute

Criminal Justice Advocacy Program

Mainstreaming Medical Care

The New Jersey Self



SIGN UP TODAY!!



# DOWNLOADS:

## Healthy Lifestyles Project

improving health improving lives

### Your Guide

Tomorrow  
Flexibility Biking  
Fitness Walking  
Running Low Sugar  
Vegetables Diet  
Recreation Happiness  
Sleep Fresh Air  
Aromatherapy A  
Today Well  
Fun Well  
Hard

**MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>-Check social media feed for Veronica's new nutrition video</li> </ul>	<ul style="list-style-type: none"> <li>-Watch the new Stay Healthy at Home webinar at 2pm</li> </ul>	<ul style="list-style-type: none"> <li>-Interactive Zoom event for HLP:Live at 11am</li> </ul>	<ul style="list-style-type: none"> <li>-Play this week's B Game on at 1pm</li> </ul>
<ul style="list-style-type: none"> <li>-Sign up for NJSAP's email list</li> <li>-Request a virtual group training</li> <li>-Make a social media post using this month's hashtag</li> </ul>	<ul style="list-style-type: none"> <li>-Participate in an advocacy campaign or Action Alert</li> </ul>	<ul style="list-style-type: none"> <li>-Check social media feed for IHT's new workout video</li> </ul>	<ul style="list-style-type: none"> <li>-Mark my calendar activities</li> <li>-Reminder: Each 1 every month</li> <li>-Remember: Self-Advocacy me SPEAK UP!</li> </ul>

Find out more at [www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org)  
 Facebook: @NewJerseySAP / Instagram: @NewJerseySAP

## FREE TRAININGS FOR ADULTS WITH DISABILITIES

The New Jersey Self-Advocacy Project  
FREE workshops across NJ  
We have an array of topics to choose from

**The Arc of New Jersey**

A training on our program, NJSAP  
Starting a Self-Advocacy Group  
Team Building  
Human Rights and Responsibilities  
Erasing the R-Word & Person First Language  
Legislative Advocacy  
Governmental Affairs  
Advocating for Yourself

**NEW!** Cons  
Prop  
Da  
Quick

Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

Indoor Exercise & A

Don't see what you're looking for? We'll make it for you!

To schedule a FREE training at your program, please contact:  
**Frankie Bayak**  
NJSAP@ArcNJ.org  
732-749-8514

Want a pr  
View video  
http://www

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey

For more information on HLP visit our website:  
<https://www.arcnj.org/information/healthylifestyles.html>

Contact us:  
NJSAP@ArcNJ.org / 732-749-8514

Check out photos and videos of some of our past trainings on our social media pages and website:

**Twitter:** [www.twitter.com/NJSAP](https://twitter.com/NJSAP)  
**Facebook:** [www.facebook.com/NewJerseySAP](https://www.facebook.com/NewJerseySAP)  
**Web:** [www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)

## The Dos and Don'ts of HIKING

Horses have the right of way.

Step aside and let them pass.

Never leave trash behind and don't forget to recycle!

Always stretch before you hike!

Drink lots of water, especially in warm weather.

Use sun protection on your summer hikes!

Don't touch the animals! See with your eyes, NOT with your hands!

Wear proper clothing and footwear to stay comfortable. Trails may be rocky or muddy!

Freeze for bees! Don't bother them & they won't bother you.

**Healthy Lifestyles Project**  
improving health, improving lives




**Horizon Foundation for New Jersey**

# Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)
- ▶ NJSAP HLP: [www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)
- ▶ Healthy Lifestyles Project Live!: <https://www.arcnj.org/information/healthy-lifestyles-project/hlplive.html>
- ▶ NJSAP Email List Registration: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5\\_IYANtZZVdceO7DjpChlHrmndLyH8%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChlHrmndLyH8%3D)
- ▶ Positive Pulse Sign Up Link: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw\\_-qljyChHCjo8caQS7OnfriaJZQWdRzRL\\_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf\\_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw_-qljyChHCjo8caQS7OnfriaJZQWdRzRL_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==)
- ▶ NJSAP Twitter: <http://www.twitter.com/njsap>
- ▶ NJSAP Instagram: <https://www.instagram.com/newjerseysap/>
- ▶ NJSAP Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶ NJSAP HLP LIVE Sign Up Link: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5\\_IYANtZZVdceO7DjpChlHrmndLyH8=](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChlHrmndLyH8=)

# QUESTIONS?

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- ▶ Stay in touch: [ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  [twitter.com/NJSAP](https://twitter.com/NJSAP) or @NJSAP
- ▶  Facebook: [https://www.facebook.com/  
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/  
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://  
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)