

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



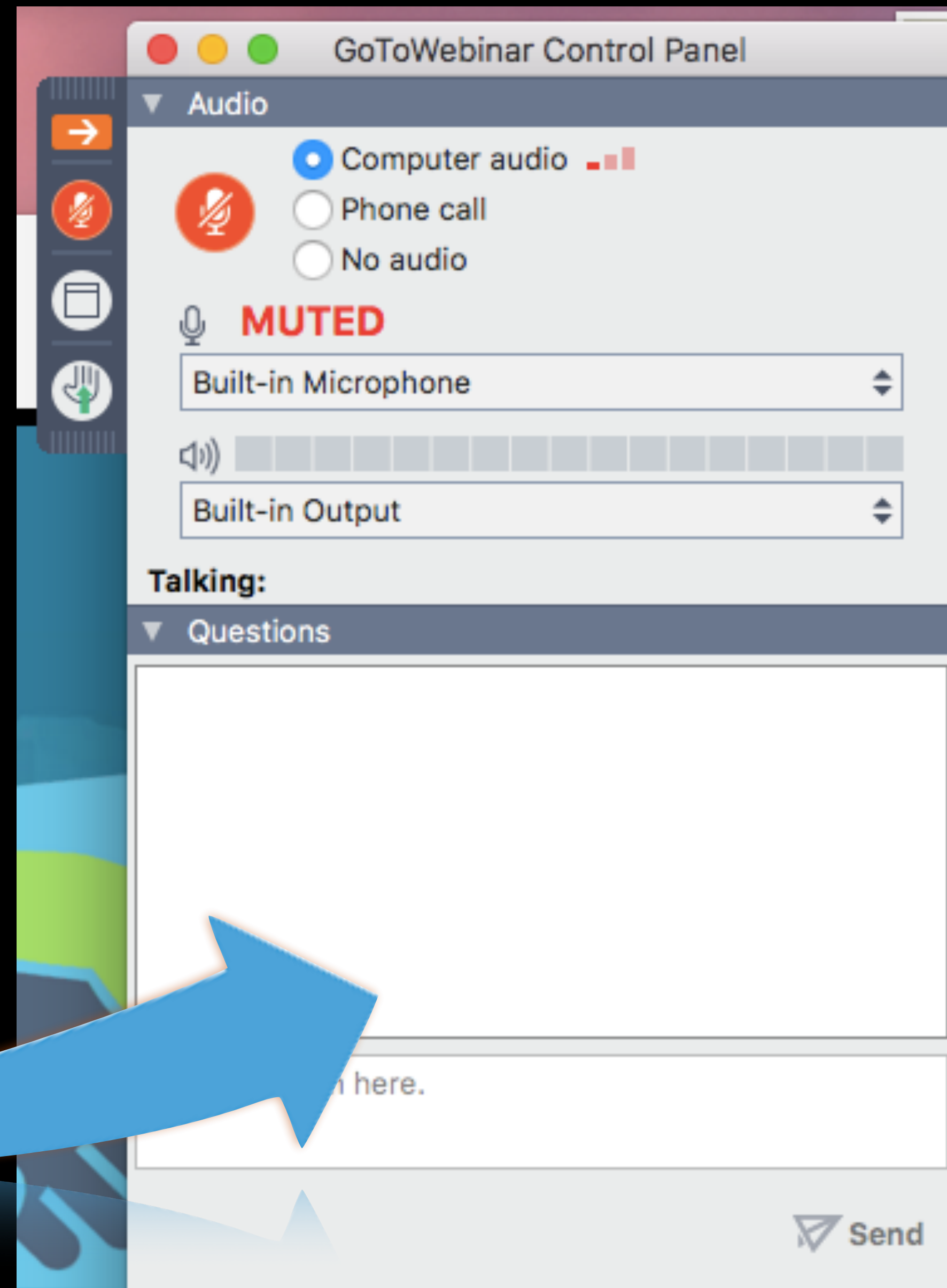
Fitness That Fits You:

Adaptive Exercises to Stay in Shape

STAY HEALTHY AT HOME WEBINAR SERIES

AUGUST 4, 2020 FROM 2 - 3 PM

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
QUESTIONS
BOX



INTRODUCTION



- ▶ 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?



Healthy Lifestyles Project

improving health, improving lives

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

[www.Facebook.com/NewJerseySAP](https://www.facebook.com/NewJerseySAP)

[www.Twitter.com/NJSAP](https://www.twitter.com/NJSAP)

www.NJSelfAdvocacyProject.org



Foundation for New Jersey

Gravity Vault in Chatham, Middletown, and Flemington





Classic Thyme in Westfield



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

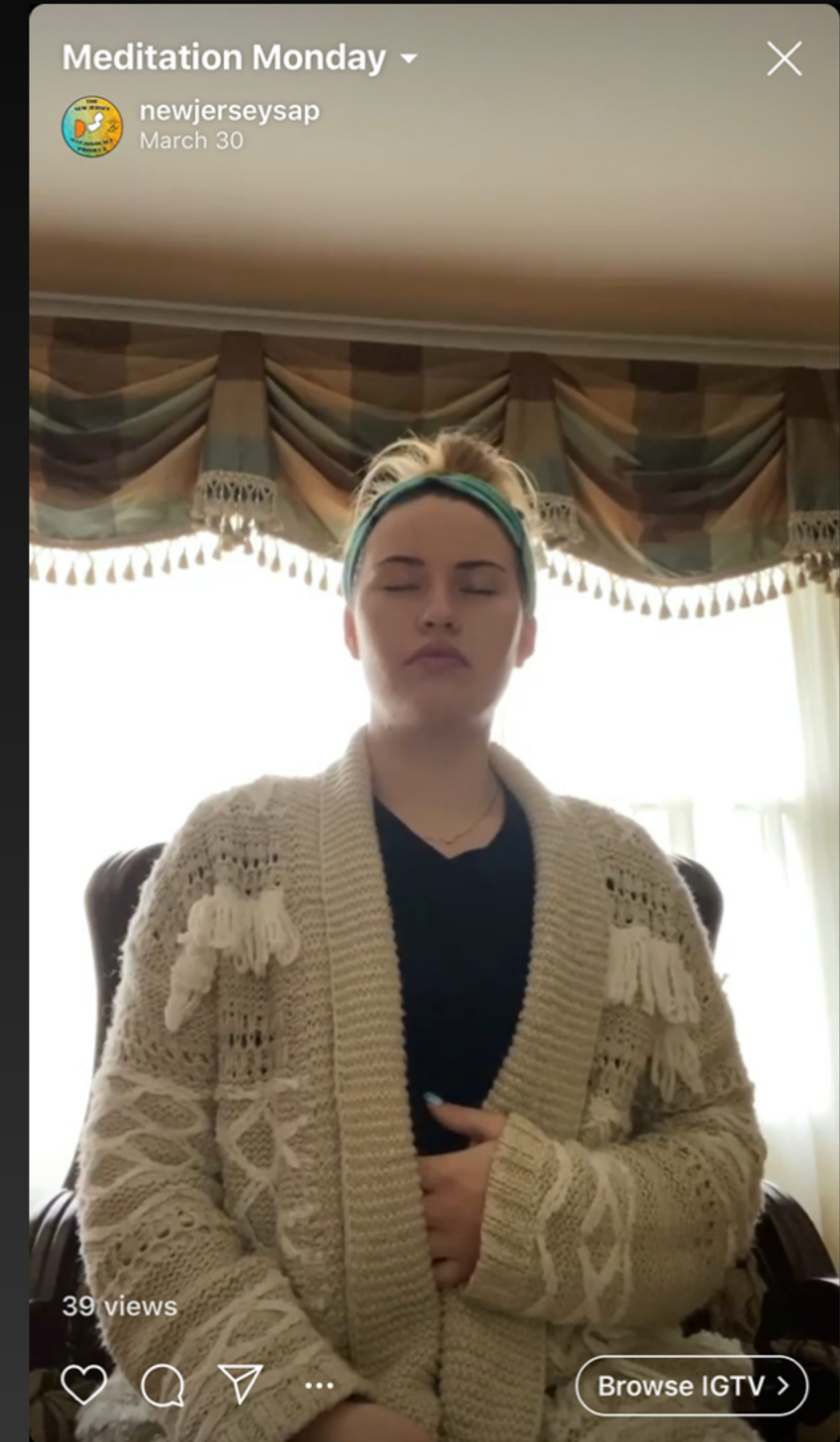


Watchung Wednesdays in Union County



S O C I A L M E D I A

Meditation Mondays



Training Tuesdays

***NEW* WEEKLY
WEBINAR SERIES**



**Stay Healthy
at Home**

**Fitness that Fits You:
Adaptive Exercises to Stay in
Shape**

**Tuesday,
August 4, 2020
2 PM - 3 PM**

**Register
Here**

Presented by Erin Smithers, this webinar will explore affordable ways to stay in shape at home that anyone can work into their routine. It will include adaptive exercises that you can do at home with household objects. An overview of the New Jersey Self-Advocacy Project's Healthy Lifestyles Project will also be discussed as well as other upcoming activities based on healthy living.

If you'd like to participate in real-time, be sure to dress comfortably to work out (leggings, shorts, t-shirt, sneakers etc.), have enough space for you to move, and have water available to drink while you exercise.

Erin will be using the following item in her workout routine:

- A sturdy hard cover book
- A pillow (smaller in size, like a decorative couch pillow)
- A chair with a backing but no arms
- A wall
- Laundry detergent, or gallon of water
- 2 soup cans or 2 tomato sauce jars
- A hand towel
- 2 tote bags

Animal Yoga Wednesdays



Brain Games Thursdays



Join the NJSAP Team for LIVE games to test
your knowledge and creativity --
and to HAVE FUN.

You can't be bored when you have board games!

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

Super Hero Yoga Fridays



Healthy Snacking Recipes Friday



newjerseysap



Let them cool
and enjoy!



newjerseysap




Additional Content Throughout



 **Watch later**

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

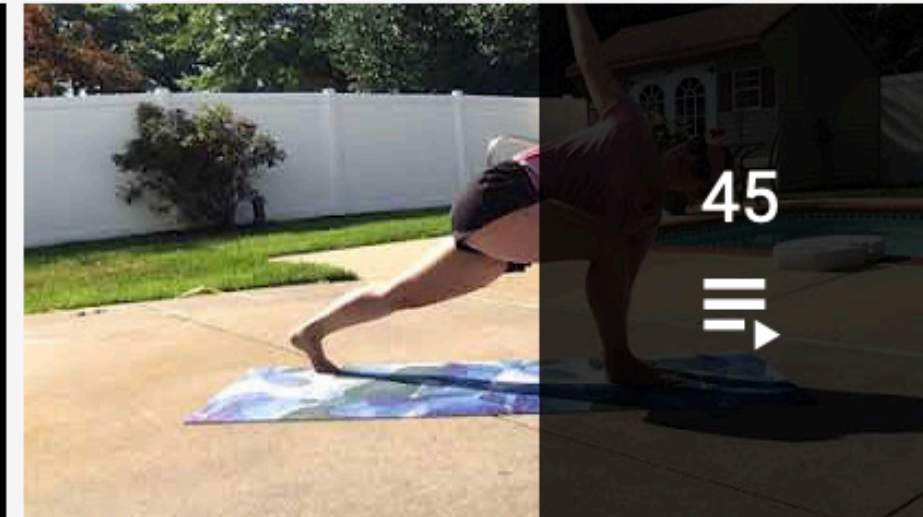
 **Playlists** Recently added ▼



Stay Healthy At Home Webinars

New Jersey Self-Advocacy Project
Updated yesterday

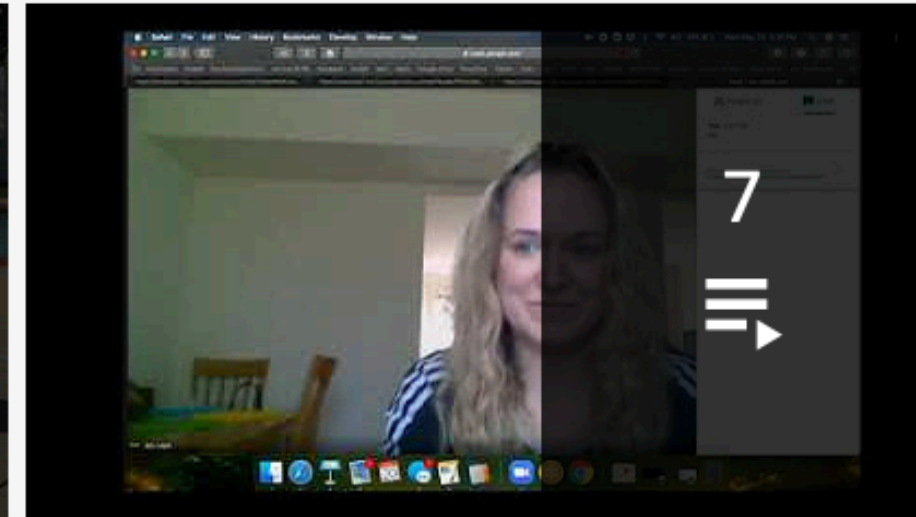
[VIEW FULL PLAYLIST](#)



Yoga and Meditation

New Jersey Self-Advocacy Project
Updated yesterday

[VIEW FULL PLAYLIST](#)



Tech Tutorials

New Jersey Self-Advocacy Project
Updated 2 days ago

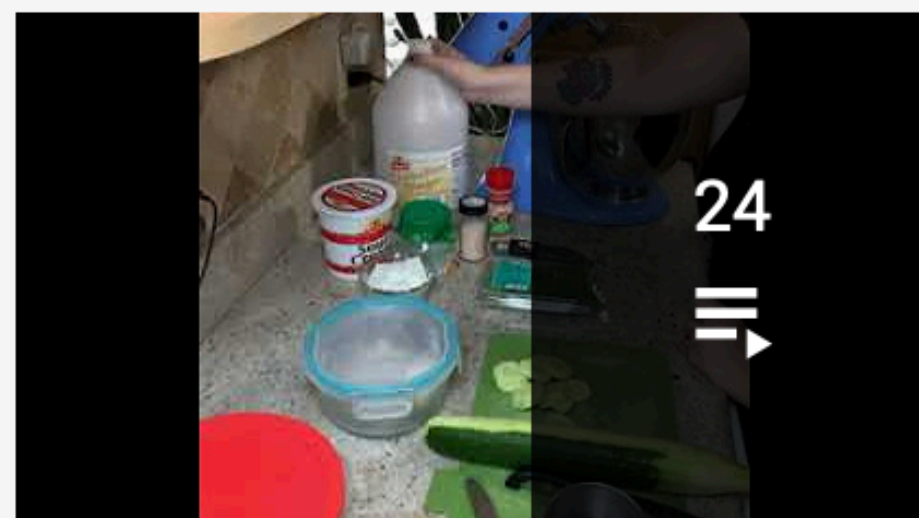
[VIEW FULL PLAYLIST](#)



**NJSAP Team STAY AT HOME
Dance Party Playlist**

New Jersey Self-Advocacy Project

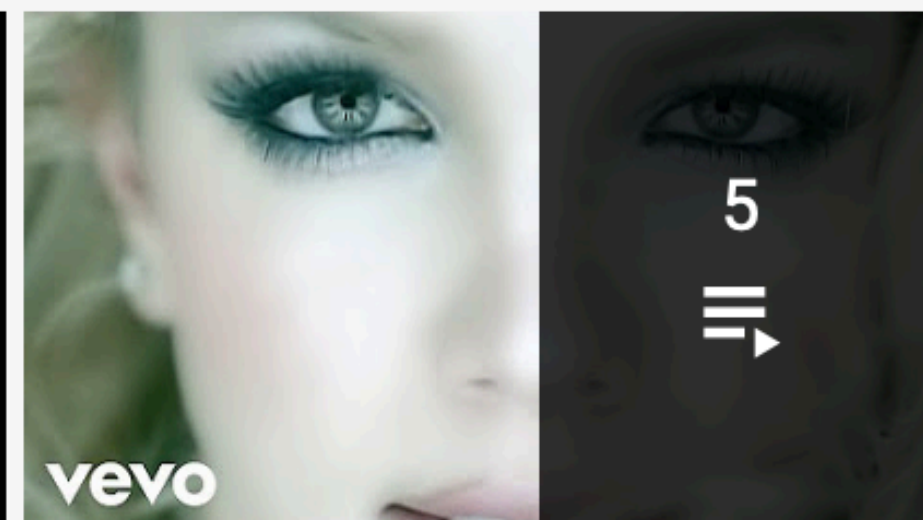
[VIEW FULL PLAYLIST](#)



Healthy Recipes

New Jersey Self-Advocacy Project

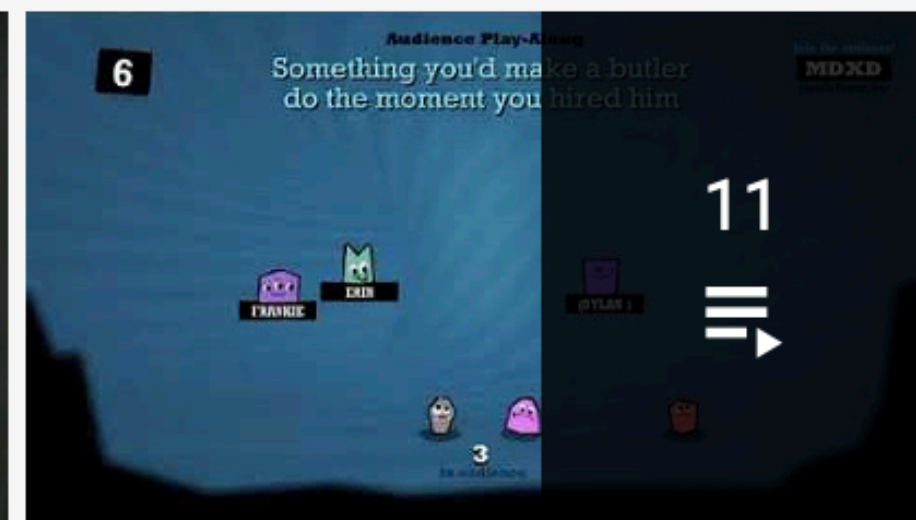
[VIEW FULL PLAYLIST](#)



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](#)

EVERYTHING IS AVAILABLE ON:



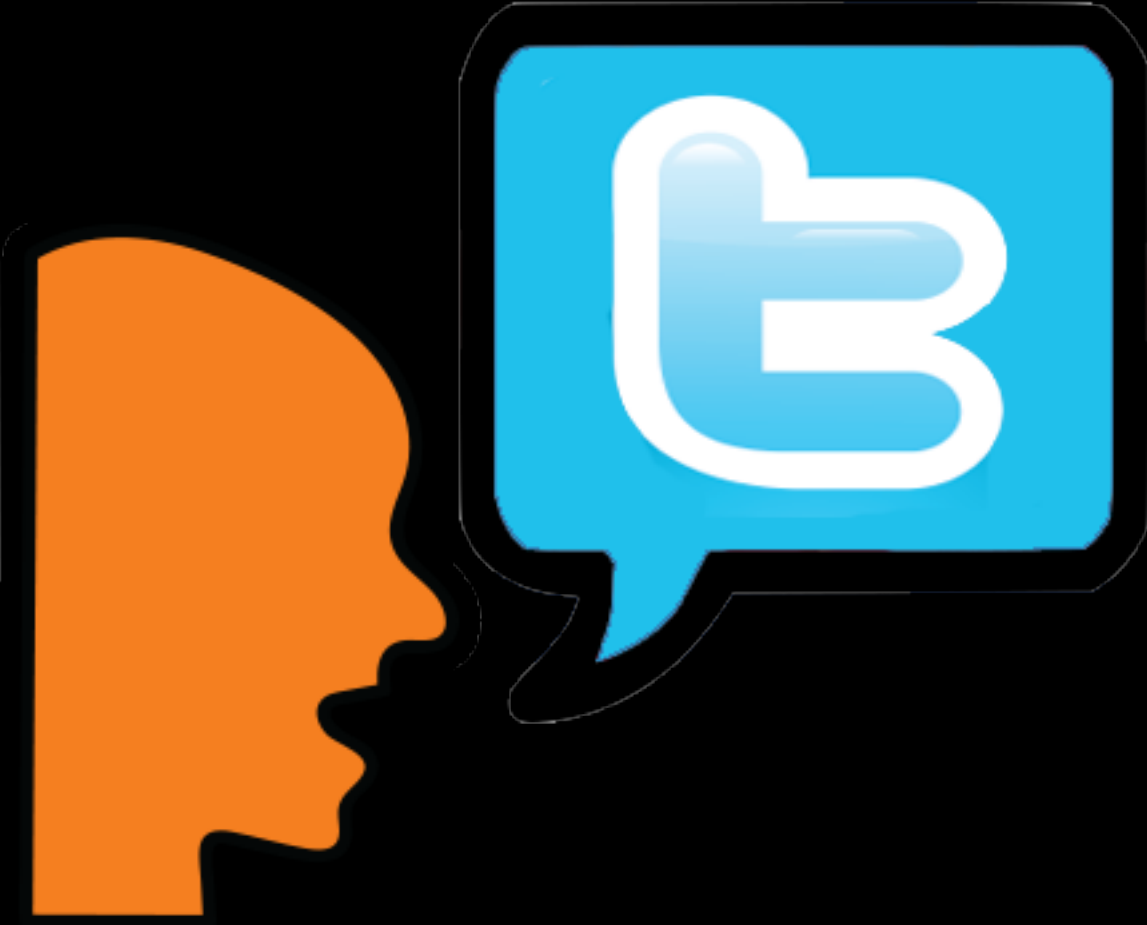
www.arcnj.org/programs/njsap/videos.html



<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



EVENTS
EVERY
WEDNESDAY
AT 11AM



[Email Sign Up Here!](#)

August 5th: Road to Relaxation

A Guided Meditation

Join Kelly Mulvaney in a guided meditation as part of our Healthy Lifestyles Project LIVE series! Kelly will demonstrate relaxation techniques such as breathing exercises as well as mindfulness tips to guide participants on a journey of the mind and body. She will also discuss the benefits of vision boards and how to build your own.



[Register Here!](#)

August 12th: Number One With a Bullet

A Journey in Journaling

Join Erin Smithers and learn writing techniques for boosting and maintaining mental health. Different options will be discussed, including bullet journals and gratitude journals. Digital templates will be provided, but remember to bring a pen and paper to participate in real time.



[Register Here!](#)

August 19th: Fitness That Fits You Adaptive Exercises to Stay in Shape II

Building off today's webinar, we're providing another look at adaptive exercises for every body! Presented by Matt Locascio from In-Home Personal Training, this event will explore ways to stay in shape at home. Matt will provide a personal training session using your own body weight, no additional items needed.



[Register Here!](#)

August 26th: Let Me Paint You A Picture

Paint & Sip Live

Join Frankie Bayak and Erin Smithers in a live paint and sip event! Frankie will guide participants in painting a sea turtle, step-by-step, and Erin will provide a recipe for a healthy drink for you to sip on while painting! The NJSAP team will help participants hone their painting skills and answer any questions during the event.



Registration is Closed

Healthy Lifestyles Project LIVE!

Supplies will be provided free of charge for those who register by the assigned date.

Space might be limited for some classes so register

early!






[Email Sign Up Here!](#)

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
- ▶ NJSAP HLP: 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
- ▶ Positive Pulse Sign Up Link: 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=

QUESTIONS?

- ▶ Stay in touch: ESmithers@ArcNJ.org
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  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)