

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

**STEP BY STEP: SMALL
CHANGES THAT WILL
LEAD YOU TO A
HEALTHIER LIFE**

STAY HEALTHY AT HOME WEBINAR SERIES
WEEK 7: MAY 19TH, 2020 FROM 2 - 3 PM

INTRODUCTION



- ▶ My name is Kelly Mulvaney and I am a Training and Technical Assistance 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

Healthy Lifestyles Project

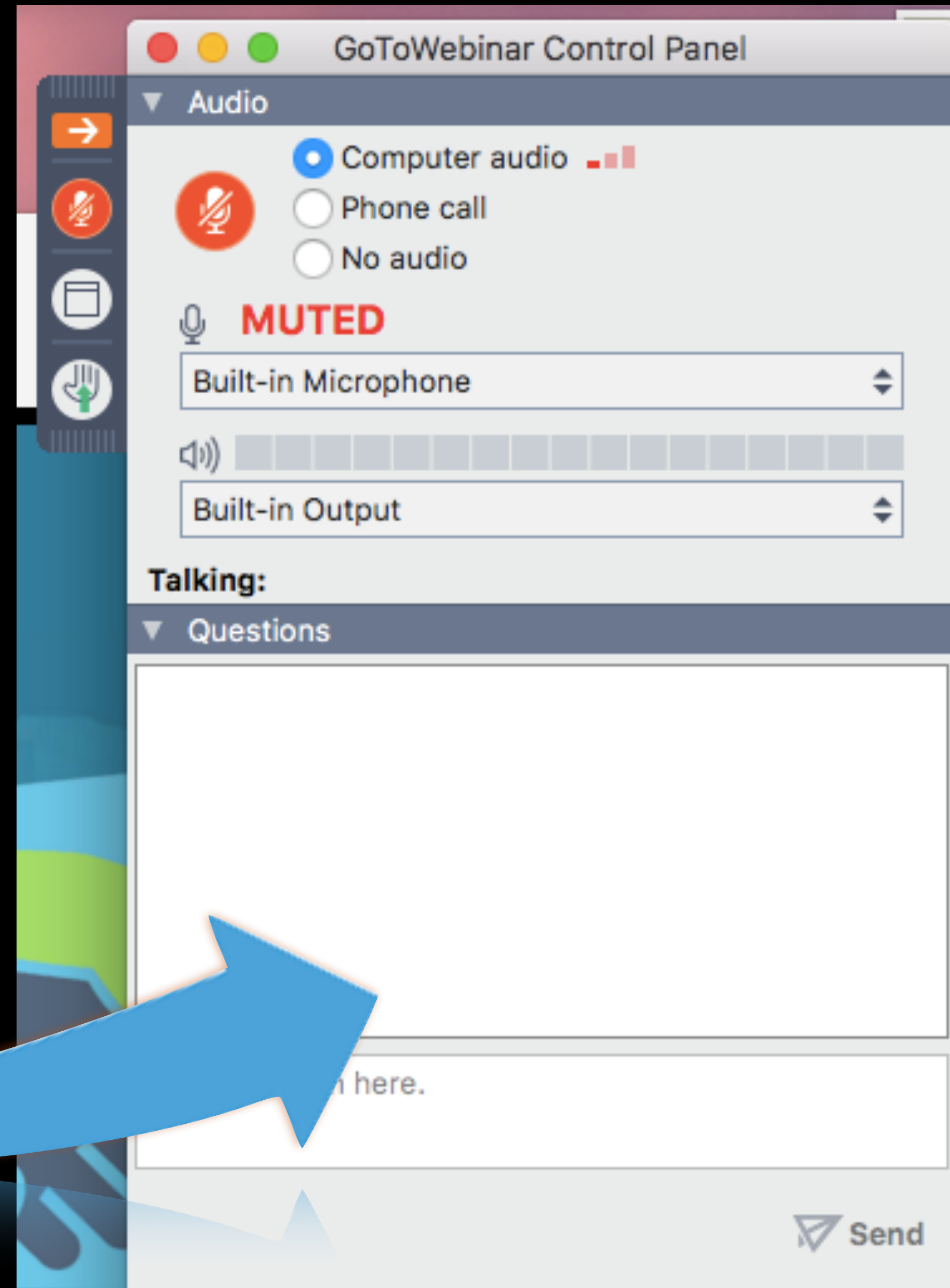
improving health, improving lives

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. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



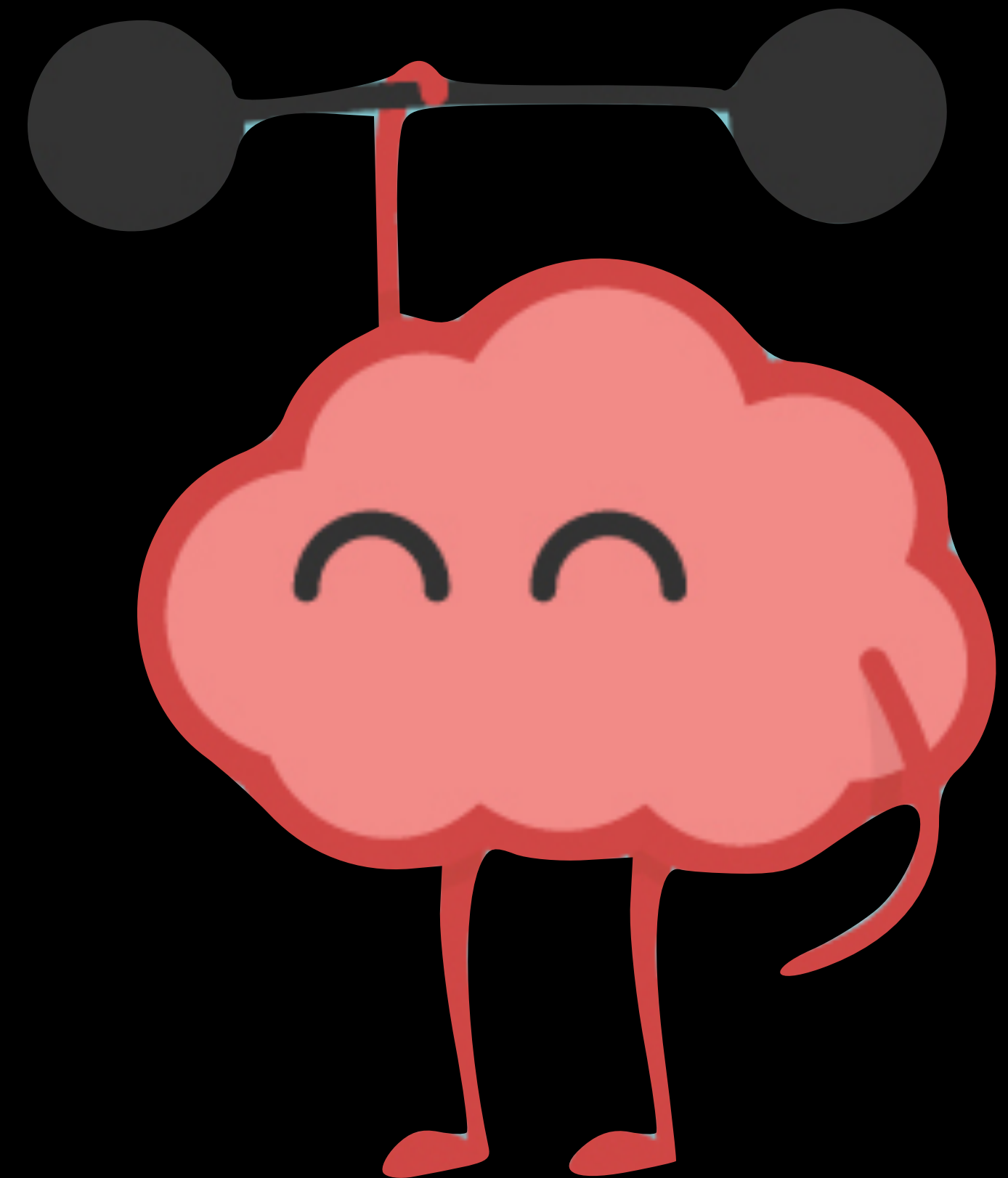
www.HealthyLifestylesProject.org for more information and resources

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY WE WILL DISCUSS

- Practical changes
- Tips to start good habits
- Healthy hacks
- Wellness routines
- Exercise inspiration



CHANGES TAKE TIME

- Start small
- Take it easy
- Set yourself up for success
- Know yourself
- Be consistent
- Celebrate!

Patience

START BY EASING THE MIND



WAKE UP

A stylized illustration of a person with short dark hair, wearing a light blue long-sleeved shirt and light grey pants, sitting on the edge of a bed. Their arms are raised in a 'V' shape, and they have a happy expression. The background is a soft, muted green and blue color palette. To the left, there is a bedside table with a small clock and a potted plant. The bed has a brown blanket and a grey pillow.

- Waking up early to exercise starts your day off right
- More productive
- Make healthier choices
- Establish a routine
- Better sleep

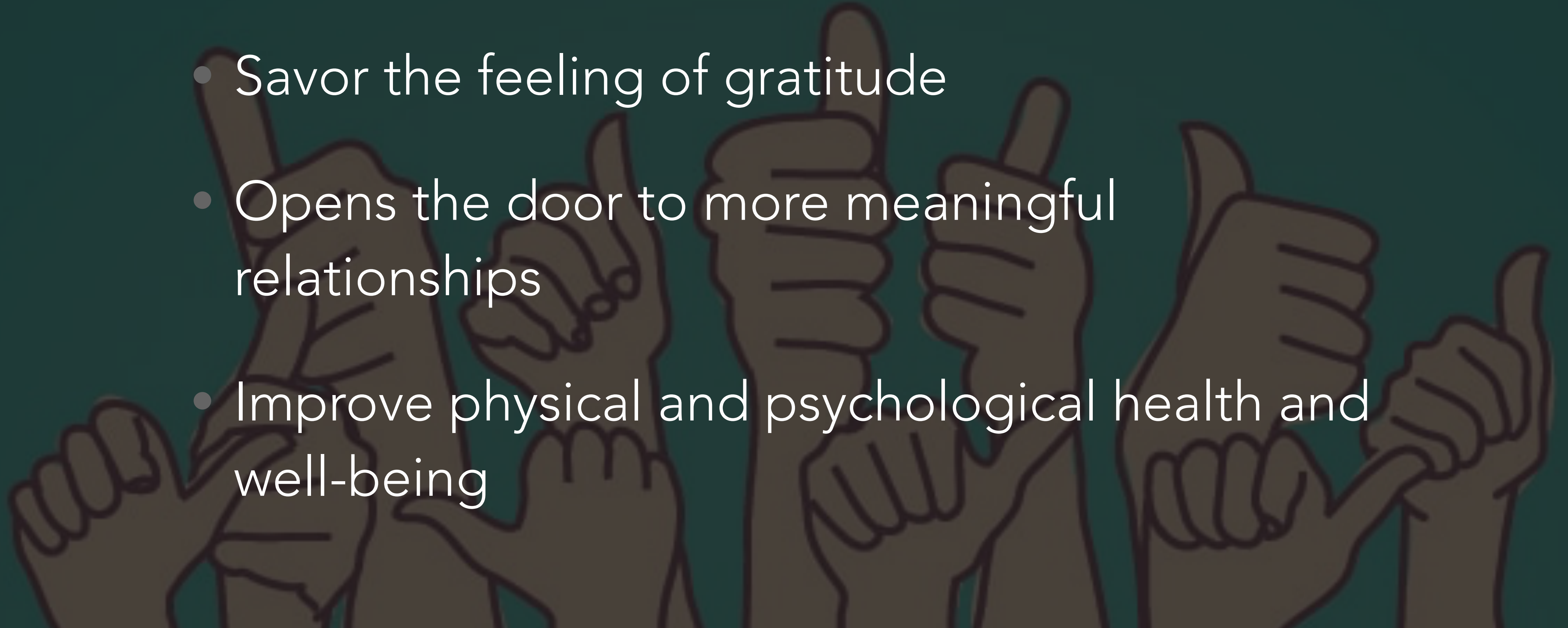
READ

- Stress reduction
- Mental stimulation
- Knowledge
- Memory improvement
- Improve focus and concentration
- Peace



GRATITUDE

- Notice good things in your life and appreciate them
- Savor the feeling of gratitude
- Opens the door to more meaningful relationships
- Improve physical and psychological health and well-being



MEDITATION

- To focus on one thing and redirect other thoughts.
- It is a practice and each day may feel different.
- The benefits of meditation are
 1. Reduce stress
 2. Control anxiety
 3. Promote emotional health
 4. Enhance self-awareness
 5. Lengthen attention span
 6. May reduce age related memory loss
 7. Generate kindness
 8. Improve sleep



SLEEP

- Not getting enough quality sleep can be harmful
- More mood changes
- Less patience
- Fatigue
- Irritability

- Getting 7-8 hours a night is important
- Sick less often
- Reduce stress
- Improve mood
- Clarity for decision making





NEXT STOP:

NUTRITION

DRINK LESS COFFEE

- Try not to rely on caffeine to get you through the day
- Consider drinking your coffee black or with a small amount of nonfat or low-fat milk or non-dairy alternatives
- Consider only having one cup in the morning
- Coffee in moderation may reduce the risk of heart disease and prostate cancer.



TAKE A NAP

- Keep naps on the short side
 - 10 to 20 minutes
- Take naps before 3:00pm
- Relaxation and reduced fatigue
- Improved mood
- Improved performance and memory



AN APPLE A DAY KEEPS THE DOCTOR AWAY

- 13 grams of natural sugar which provokes a similar response as caffeine does
- Slower release
- No jitters, anxiety, mood changes, or crashes
- Contains vitamins, phytonutrients, antioxidants, and fiber



EATING TOO QUICK?



slow
down

- It takes 20 minutes from when you start eating for your brain to send signals of fullness
- Wait 30 minutes after eating a meal before you get more food
- The slower you eat, the fuller you feel

DRINK MORE WATER!

- Drink half of your body weight in ounces everyday
Example: If you weight 140 pounds, you should be drinking 70 ounces of water per day.
- Wakes our bodies up
- Keeps us fuller longer
- Curbs cravings
- Hydration
- Drink even more water if you exercised

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



When Drinking Plain Water Feels Boring...



Cucumber
Lemon



Raspberry
Lime



Blueberry
Orange



Cucumber
Mint



Strawberry
Mint

FLAVORED BEVERAGES

- Drinking calories
- The extra sugar may make you feel more sluggish and less fulfilled
- Instead, you may want to try:
 - Fruit & herb infused water
 - Fruit & herb infused seltzer
 - Coconut water
 - Flavored teas

**STOP. RETHINK YOUR DRINK.
GO ON GREEN.**



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Fruit drinks

Yellow - Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

Green - Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk

BOSTON PUBLIC HEALTH COMMISSION



ADDED & ARTIFICIAL SWEETENERS

-
-
-
-
-
-
-
-



SNACKING

- It can:
- Boost your metabolism
- Stop you from overeating
- Help you concentrate at work or school
- Snack mindfully
- Plan ahead
- Consider snacks that will boost your nutrient intake for the day
- Read the Nutrition Facts Label
- Pay attention to portion sizes
- Try: carrots and hummus, peppers and dip, cucumber and dressing, a baked chip, veggie puff

NUTRITIONAL FACTS LABEL

- What to look for:

- Servings Per Container
- Serving Size
- Calories
- Daily Value (%)

- Say **yes** to:

- Dietary Fiber
- Calcium
- Vitamin D
- Potassium

- Say **no** to:

- Saturated fat
- Sodium
- Added sugars
- Trans fats

Nutrition Facts	
Servings Per Container →	4 servings per container
	Serving size 1 1/2 cup (208g) ← Serving Size
Calories →	Amount per serving Calories 240
	% Daily Value* ← % Daily Value (%DV)
	Total Fat 4g 5%
	Saturated Fat 1.5g 8%
	Trans Fat 0g
	Cholesterol 5mg 2%
	Sodium 430mg 19%
	Total Carbohydrate 46g 17%
	Dietary Fiber 7g 25%
	Total Sugars 4g
	Includes 2g Added Sugars 4%
	Protein 11g
	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 6mg 35%
	Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GROCERY SHOPPING

- Make a list and stick to it!
- Shop the perimeter
- Spend most of the time in the produce section
- Purchase fresh or frozen fruits and vegetables
- Buy leaner meats
- Limit convenience foods
- Do not buy junk food!



Steps To Making Healthier Choices

What's the healthier option?



Grilled Chicken (3oz)

130 Calories

25g Protein

1g Saturated Fat

Breaded Chicken Patty (1)

230 Calories

12g Protein

3g Saturated Fat

**White Bread
(2 Slices)**

148 Calories

28g Carbohydrates

1.6g Fiber

5g Protein

**Whole Grain Bread
(2 Slices)**

138 Calories

22g Carbohydrates

4g Fiber

7g Protein

HOW MUCH IS A SERVING?

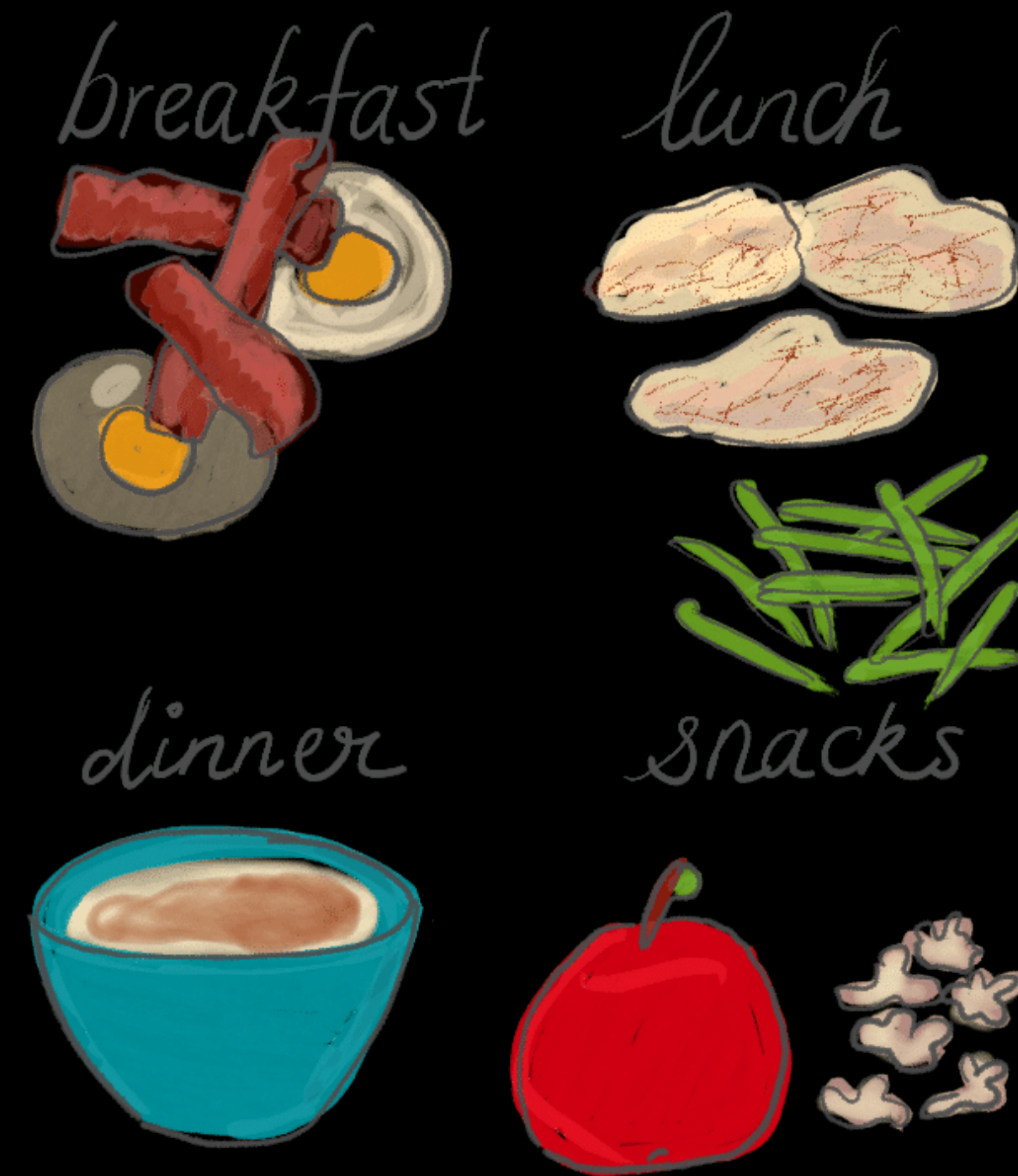
- 1 Slice of Bread
- ½ Cup Cooked Rice or Pasta
- 1 Cup Raw Leafy Vegetables
- ½ Cup Cooked Vegetables
- ½ Cup Fresh or Frozen Fruit
- ¼ Cup Dried Fruit
- 1 Cup Fat Free Milk or Yogurt
- 3oz Beef, Chicken, or Salmon
- 2 Tbsp Peanut Butter
- ½ Cup Black Beans

FRESH OPTIONS

- Apple and peanut butter
- Celery and peanut butter or cream cheese
- Frozen grapes
- Raw veggies and humus
- Trail mix
- Rice cake
- Dried fruit
- Popcorn
- Grilled pineapple
- Guacamole and veggies
- Dates and almond butter
- Steamed edamame
- Oatmeal
- Apple chips
- Lettuce wrap
- Chocolate covered strawberries

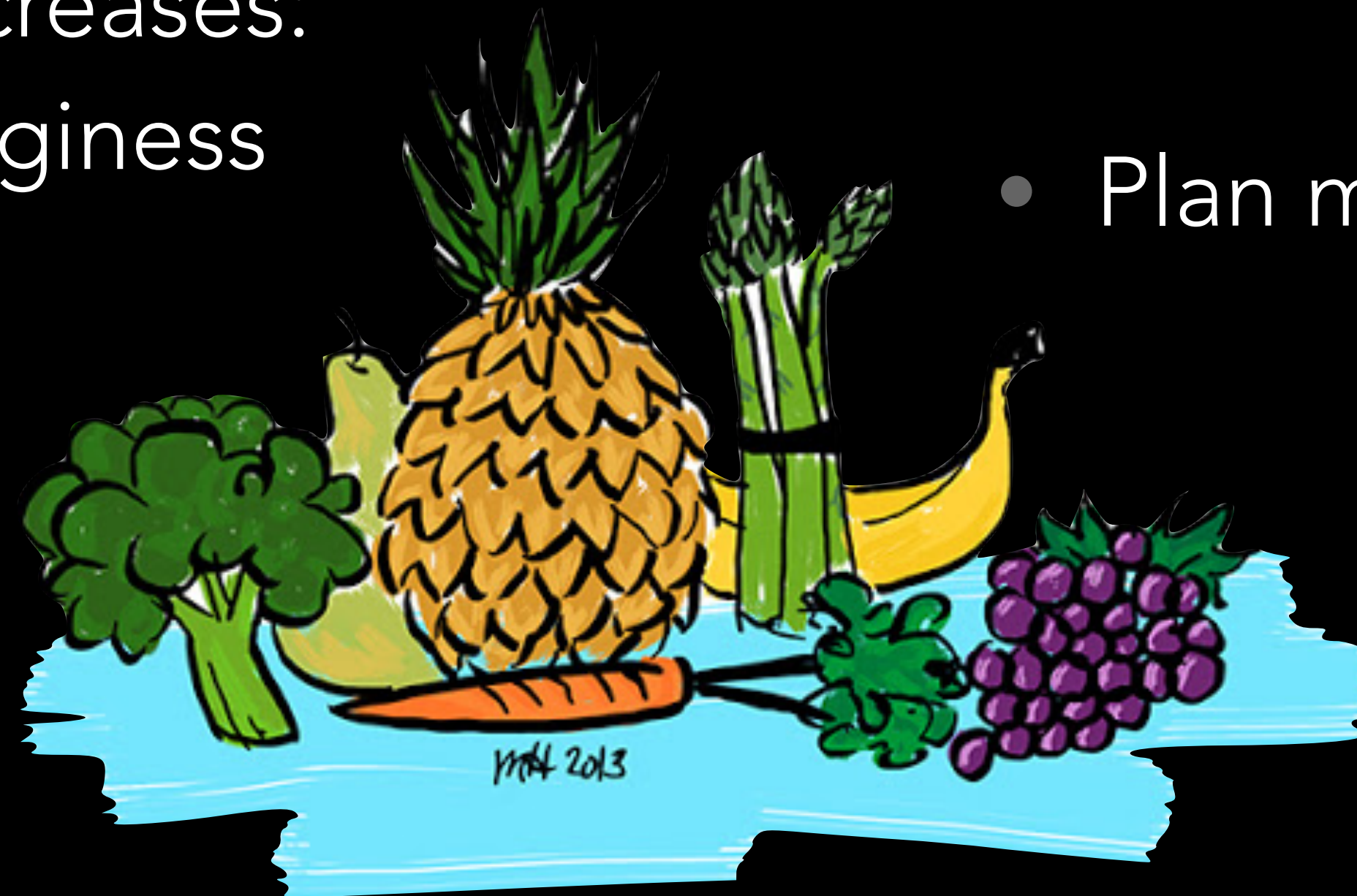
PLAN MEALS IN ADVANCED

- Learn portion control
- Eat healthier
- Save time
- Save money
- Avoid wasting food
- Stress less



DO NOT SKIP A MEAL

- Causes metabolism to slow down
- Blood sugar decreases:
Fatigue and fogginess
- Eat smaller, more frequent meals throughout the day
- Eat snacks high in protein and fiber
- Plan meals in advance



HEALTHY EATING PLATE



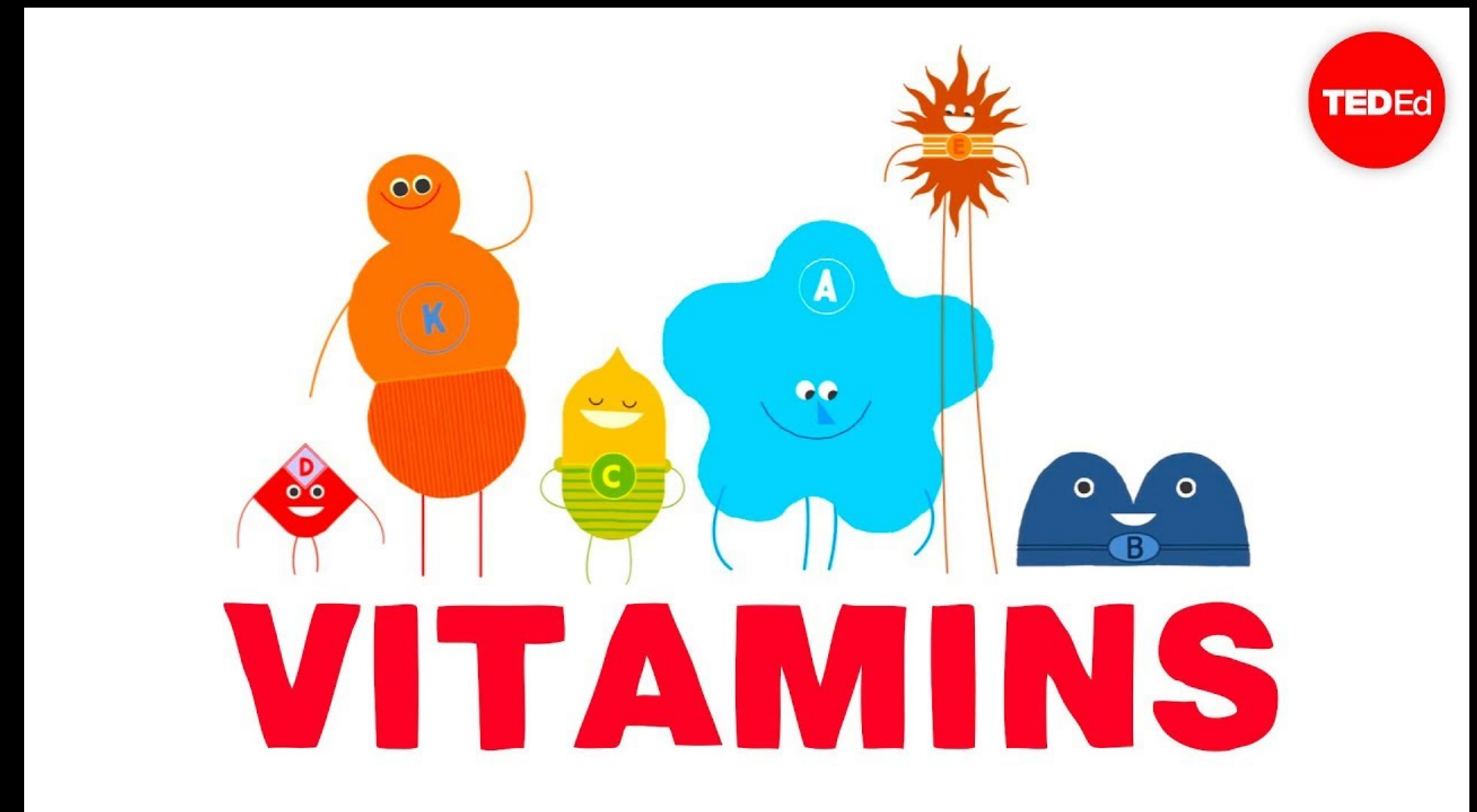
- Healthy oils: coconut, avocado, olive and canola
- Eat more veggies, especially the green ones!
- Eat fruits of all colors
- Drink water or tea with little or no sugar
- Whole grain bread, pasta, rice
- Choose protein: fish, poultry, lean beef, tofu, beans, nuts

NUTRITION AND IMMUNITY

- A poor diet can lead to a greater risk of bacterial, viral and other infections.
- However, chronic or severe infections can lead to nutritional disorders
- How can we reduce our risk of infection and maintain good nutrition?

VITAMINS

- Essential nutrients for the body
 - Protect the body
 - Produce energy
 - Makes collagen
 - Carries oxygen through body



SUBSTITUTIONS

- Egg whites instead of whole eggs
- Turkey bacon instead of pork bacon
- Whole grain breads and pastas instead of white breads and pastas
- Unsweetened applesauce instead of butter when baking

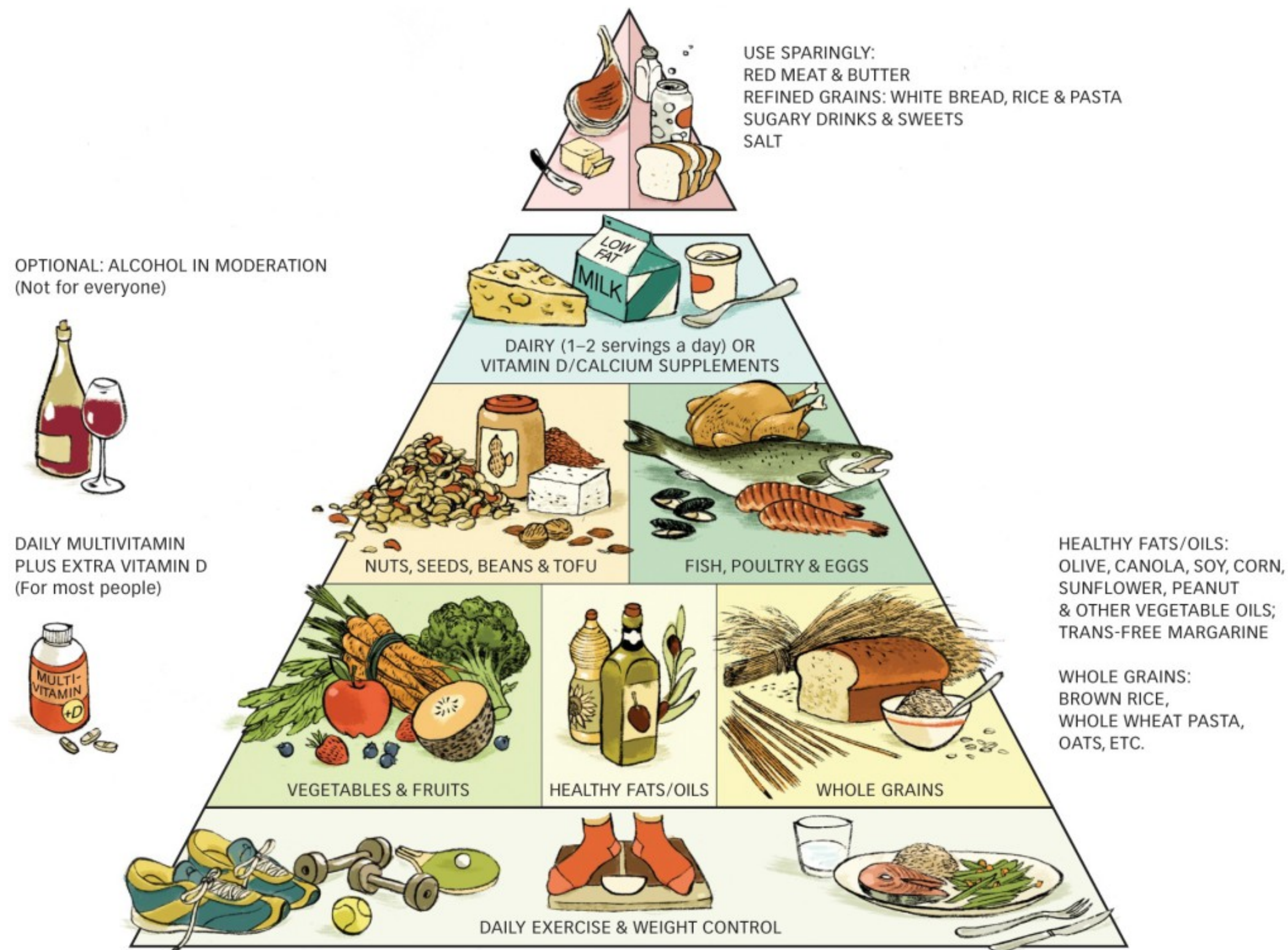
AVOID FRIED FOODS

- High in calories, trans fat, and sodium
- Linked to health problems:
 - Obesity
 - High blood pressure
 - High cholesterol

THE FOOD PYRAMID

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



- Eat from bottom to top
- Exercise daily
- You can use this as a tool to help you grocery shop
- Multivitamins can aid in giving you the nutrients you may be lacking



**“Exercise is king, and nutrition is queen.
Together you have a kingdom.”
-Jack Lalanne**

WORKOUT PLAN

- Create a plan for yourself that involves doing things that bring you joy.
- Structure for exercising
- Daily routine



EXERCISE LOG

- Track your progress!
- What exercise? How long?
How do you feel?
- Allow room for rest and recovery

Name _____

Exercise Log

Date	Exercise	Duration (minutes)	How do you feel?

"The secret of getting ahead is getting started." -Mark Twain 

TAKE THE STAIRS

- Taking the stairs burns 7x more calories than taking the elevator.
- Taking the stairs can help lower cholesterol.
- It can relieve tension and stress.
- Climbing stairs helps tone leg muscles.
- If you do not have use of your legs or use mobility devices, take the longer route if you have the energy



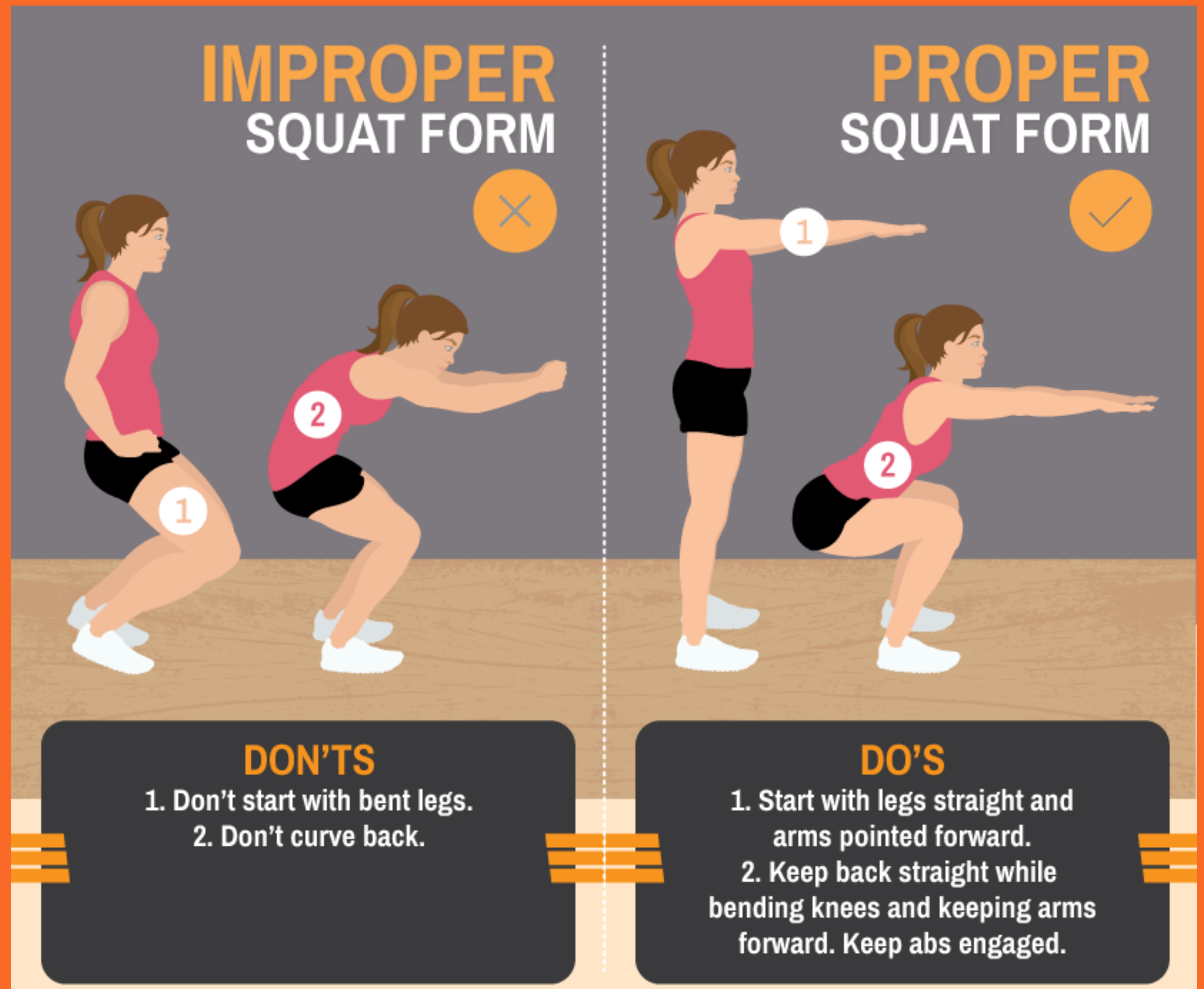
MINI WORKOUTS

- While you wait for your food to be done
- While you are cleaning
- Every 30 minute program has 8 minutes of commercials



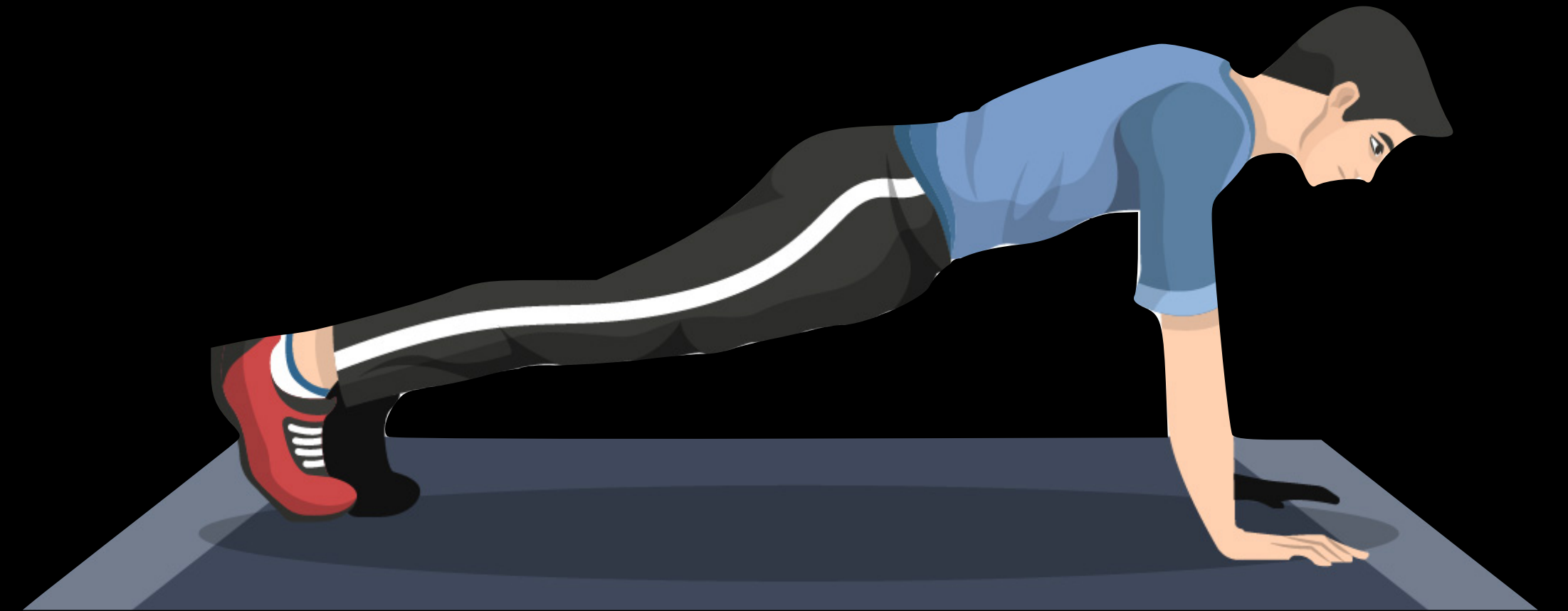
SOFA SQUAT

- Keep your core tight
- Keep your back straight
- Strengthens your quads, hamstrings, glutes, hip flexors



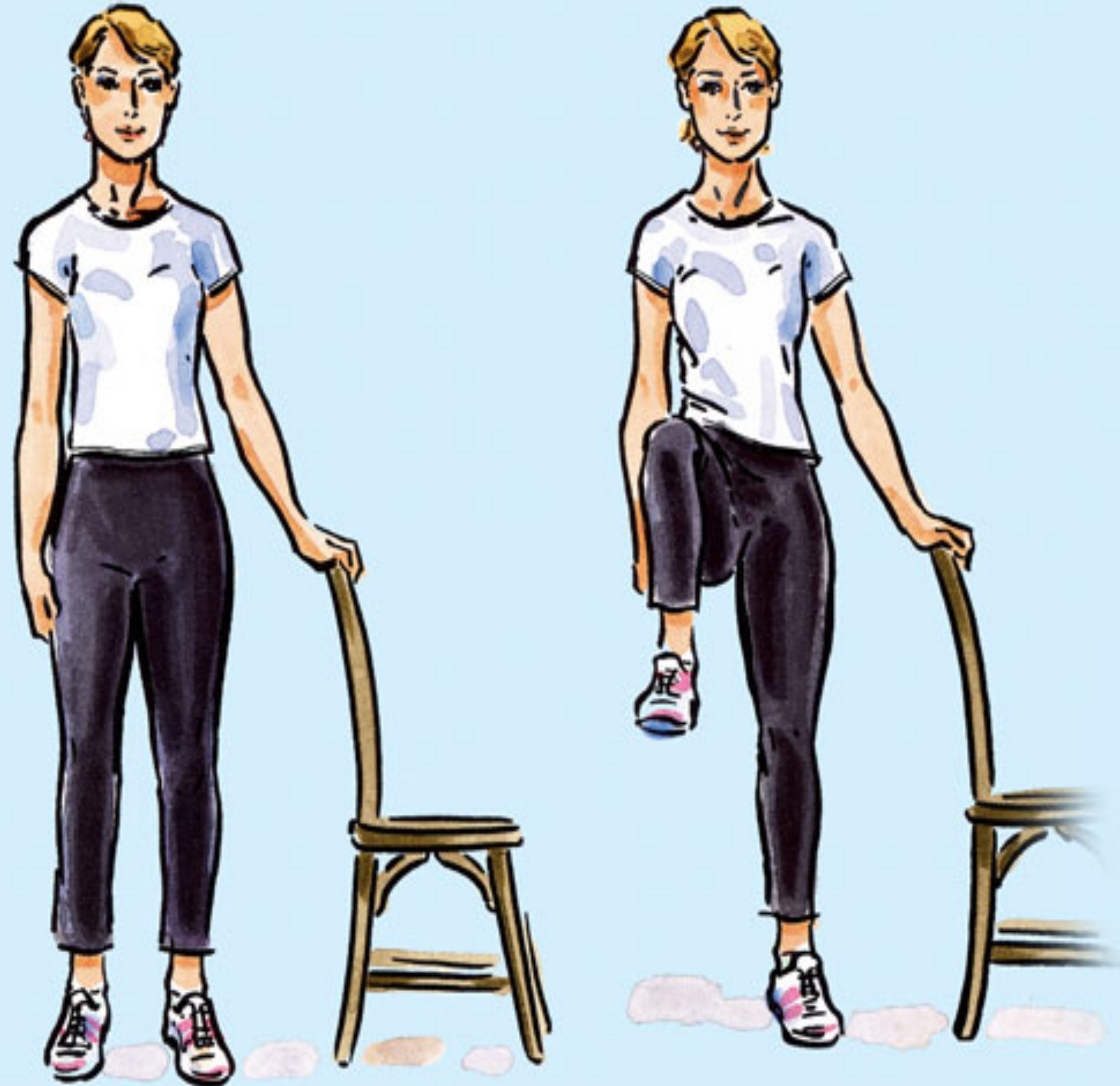
PUSH UPS

- Compound Exercise
- Sneaky Cardio
- Stretches back muscles
- Improves posture
- Feel immediate results



KNEE RAISES

- Alternating legs, perform 20 total repetitions
- Works abdominals and obliques
- Improves balance



PLANKS

- Strengthens Your Core
- Reduces Back Pain
- Enhances Posture



DANCE

- 300 Calories per hour
- Works stabilizer muscles
- Improves circulation
- Boosts self-esteem




YOGA

- The calming of the fluctuations of the mind
- Builds immunity
- Aids lymphatic system
- Relaxes the mind and releases tension in the body
- Strengthen and tones the body
- Increases flexibility and mobility
- Helps with cravings
- Aids in better sleep



GO FOR A WALK

- **A 30 minute walk can...**
 - **Decrease Stress**
 - **Boost your metabolism**
 - **Help lower risk of heart disease**
 - **Improve balance and coordination**
 - **Help you maintain a healthy weight**
- 
- A faded background image showing a man and a woman walking a dog on a leash in a park. The man is wearing a red cap and a light blue shirt, and the woman is wearing a pink shirt and blue jeans. They are walking on a paved path with trees and grass in the background.

TAKE A WALK AFTER MEAL

- Just 10-20 minutes of walking can:
 - Aid in digestion
 - Improve blood sugar levels
 - Build a healthy habit



STRETCH

- Keeps muscles flexible, strong, healthy
- It takes time.
Hold for 20-30 seconds each
- Increased range of motion
- Try this: Give yourself a break to stretch every 30-40minutes throughout your day



● HOW DO YOU LIKE TO EXERCISE?

- Walk
- Jog
- Yard work
- Swimming
- Bikes
- Dancing
- Lifting weights
- Yoga
- Playing a sport
- Rollerskate
- Skateboard






REMEMBER:

- Small changes
- Practical goals
- Set yourself up for success
- Celebrate!



QUESTIONS?

- ▶ Stay in touch: kmulvaney@arcnj.org
- ▶ **Phone & Fax:** 732-246-2525 ext 37
- ▶  Twitter: <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)

RESOURCES

- [Gratitude Journal](#)
- [Dance Party Playlist](#)
- Youtube Workouts:
 - [Train Us Foreward Fitness](#)
 - [Ivanaexercise](#)
 - [National Center on Health, Physical Activity and Disability \(NCHPAD\)](#)