

BEING HEALTHY - MY WAY

GUIDE TO HEALTHY LIVING



This project is funded in part by L.A. Care Health Plan to improve the health and wellness of people with disabilities.

THE GUIDE TO HEALTHY LIVING

The **Guide to Healthy Living** can help you have a healthy life, be active, eat food that is good for you and feel OK about yourself. Using the guide will help you create your own **healthy living goal** and a plan for action.

HOW TO USE THIS GUIDE:



1. Read about ways to take care of yourself

2. Talk about what is important to you.



3. Cut out the last page and fill in with your plan.

4. Post it in a place you will see it everyday.

THIS GUIDE SHOWS YOU:



What a healthy living goal is.

Pages: 1 - 2



Ways to have good nutrition.

Pages: 3 - 9



New exercises and movement ideas.

Pages: 10 - 13



Ways to feel good about yourself.

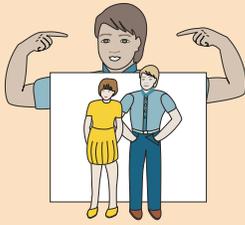
Pages: 14 - 16



IMPORTANT NOTE: Always ask your healthcare provider about what is safe for you before you begin any nutrition or exercise plan.

TAKE CHARGE OF YOUR HEALTH

BEING SELF-DIRECTED:



Being a self-directed person means taking charge of your own health. Think about how you want to feel, get support and make a plan so you can do the things that are important to you.

A HEALTHY LIVING GOAL:



What is a healthy living goal?

A **healthy living goal** is your own idea about how you want to feel and the things you want to do so you feel good.

FUN?
HEALTH? WANTS?
FEEL?

How do you make a healthy living goal?

Take time and think about what is important to you about your health.

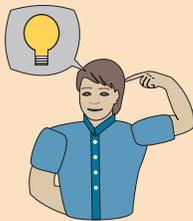


Pay attention to how you want to feel and what kinds of things you want to do.

YOUR HEALTHY LIVING GOAL

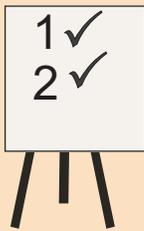
Many people use Think, Plan, Do to help them set goals and take steps to be successful and healthy.

THINK (Set the Goal)



What is important to me?
How do I want to feel?
Is there anything special I want to do?

PLAN (Take the Steps)



The steps you need to take to make your **healthy living goal** happen.

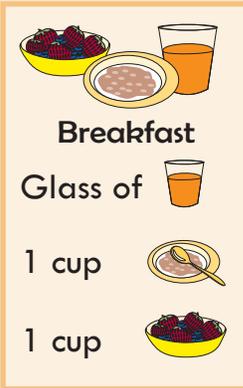
DO (Make it Happen)



What you will do to feel better and be healthy. This is an important part of your plan because it means you will take action.

FOOD DIARY

KNOW WHAT YOU ARE EATING



A food diary is a chart where you write down what you eat and drink. Keep a food diary for 2 days. Talk with a friend about what you ate, and if the food choices will help you become healthier. Did you need all the food? The food diary will help you when you make your healthy living plan.

HEALTHY FOOD IDEAS

BREAKFAST



Juice



Fruit



Cereal

SNACK



Granola Bar

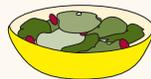


Yogurt



Fruit

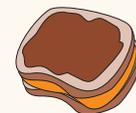
LUNCH



Salad



Fruit



Sandwich

DINNER



Salad



Fish

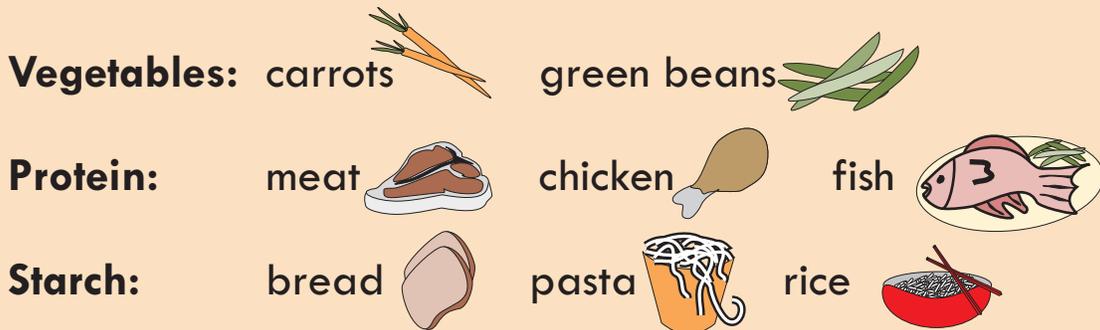


Fruit

EATING HEALTHY

When you eat healthy foods you feel better, have more energy, can lose weight and move easier. Eating healthy foods is a way of taking care of yourself.

HEALTHY FOOD IDEAS:



GOOD QUESTIONS TO ASK YOURSELF



Am I really hungry?



Am I really thirsty instead of hungry?



Would drinking water make me feel better?

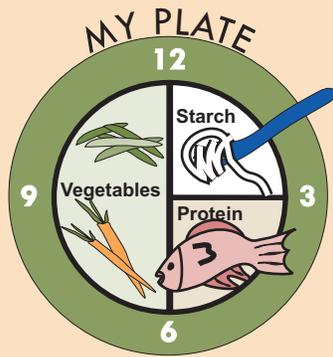


Do I really want to eat or want something else?

THE RIGHT PORTION

Think about how much you eat at each meal. Putting a small amount of food on your plate can help you eat less.

A GOOD IDEA - A PORTION CONTROL PLATE:



Think of your plate as a clock. Between 12 and 3 is for starch [examples: *potato, rice, pasta*], between 3 and 6 is for protein [examples: *beef, chicken, fish*] and the part between the 6 and 12 is for vegetables.

MEASURING YOUR FOOD:

Knowing how much you eat is a good way to lose weight or stay fit.

EASY WAYS TO MEASURE SOME FOOD:



One teaspoon = top of your thumb to the first knuckle



One tablespoon = your whole thumb



3 oz. of meat = a deck of cards

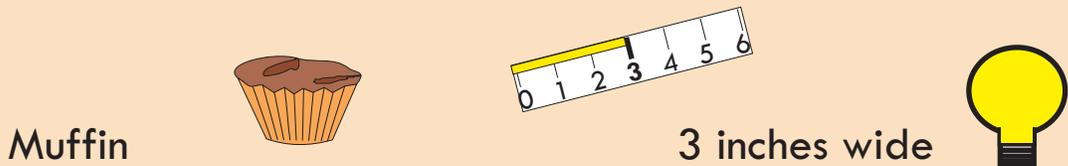
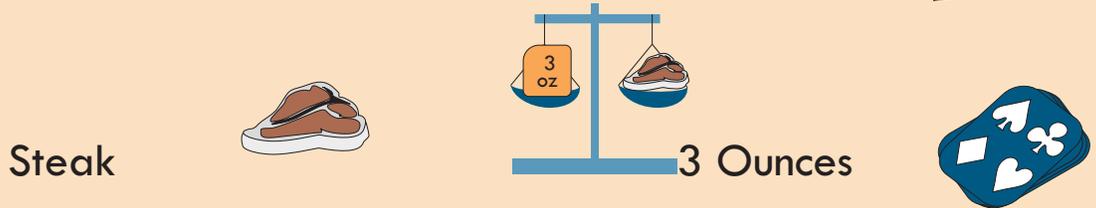
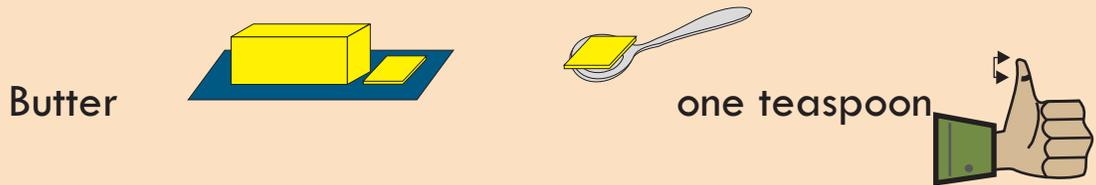
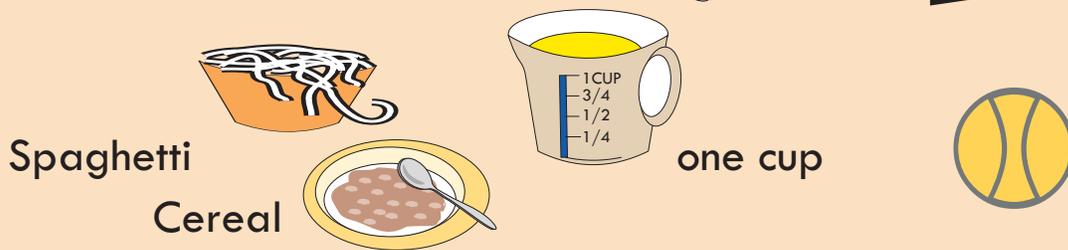
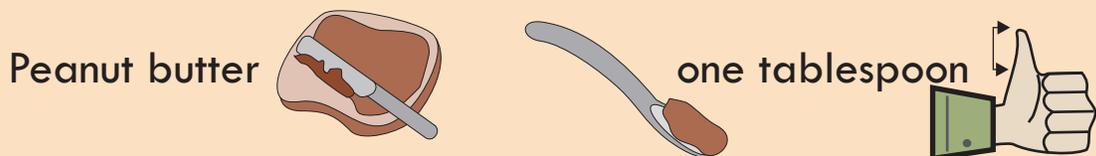


1 cup = a tennis ball

EATING ONE PORTION

Examples of the right portion, which means servings of food, at one time that most of us like to eat.

ONE PORTION



GOOD EATING IDEAS



Use smaller bowls or plates for your meals.



Turn off the TV when eating.



Stop eating when you feel full.



Share with a friend

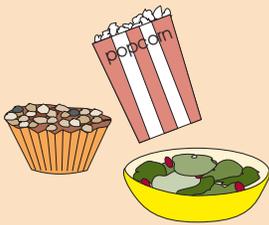


NEW HABITS

Take a beverage break: Try water or tea instead of coffee or soda.

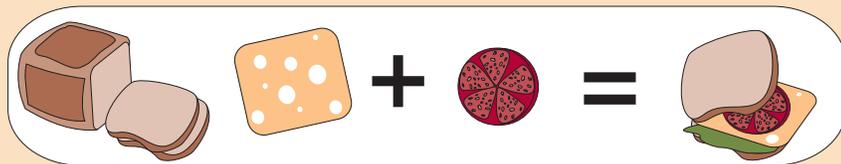


Snack ideas: Cut up fresh vegetables, fruit, single portion low calorie snack or cookie packs.



Try a new food: A bran muffin instead of a donut; popcorn instead of peanuts; soup and salad instead of a burger and fries.

I like Plus One: Think of something you like that is good for you, add a new food that you also like. Now you have something new to eat.



TIPS AND TRAPS



TIPS



Take your time, eat slower.

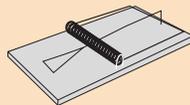


Try fruit instead of  drinking fruit juice.

Drink more water  less  soda.



Listen to your body and stop when you are full.



TRAPS



Eating too quickly.

Eating when you  are full.

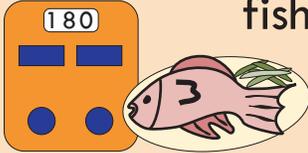


Watching TV while eating.

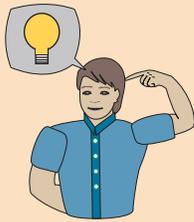
Eating super size   fast food.

WILLY'S STORY

Willy's Goal: "I want to lose weight and eat more fish to be healthy."



THINK:



Willy asked himself:

What kind of fish do I want to try?

Where do I buy it?

How do I cook it?

PLAN:



Willy decided he wanted to try tuna.

Go to the store, pick out a piece of tuna.

Ask a friend for a good recipe.

Ask for help to cook the tuna.

DO:



Willy took action.

I went to the store with my money.

I bought the fish I wanted.

I got help and tried a new recipe.

I liked it!

GOOD MOVES

BEFORE YOU START AN EXERCISE PROGRAM, KNOW HOW YOU FEEL NOW, THEN HOW YOU WANT TO FEEL.

Listen to your body and how you feel when you:



Stand



Move



Bend



Sit

Do you want to do more activities?



MOVEMENT AND EXERCISE HELPS:



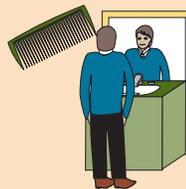
Have more energy.



Reduce stress.



Maintain a healthy weight.



Look and feel good.

EXERCISES

EXERCISE IDEAS FOR HOME:



Do chores listening to music



Dust



Vacuum



Mop



Use filled water bottles for weight lifting

START NEW HABITS:

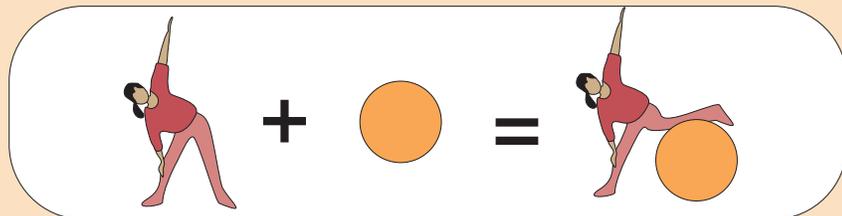


Walk when you can: Try walking more and using stairs instead of elevators.



New movement: Try new ways to move and stretch when you sit, lie down or stand.

I like Plus One: Think of an exercise you like, then add a new idea. Ask for support.



THINGS TO TRY AT HOME



TIPS

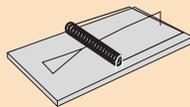
Exercise with a friend.



Do exercises you like.



Make your own exercise goal.



TRAPS



Thinking it is too hard to do exercises.



Never trying.



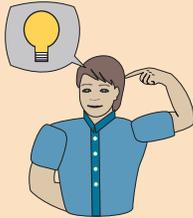
Trying without guidance and support.

MIGUEL USES THINK, PLAN, DO

Miguel's Goal: "My goal is to have a schedule for my exercise program. I want to have a regular time to exercise so I can maintain my strength."



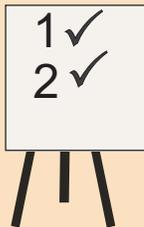
THINK:



Miguel thought about what's important to him.

What days and times am I free to exercise?
What should I do and where will I exercise?
Who can I ask to join me?

PLAN:



Miguel reaches out for support.

Ask for an exercise plan from a professional.
Use my calendar to set times to exercise.
Find an exercise buddy to join me.
Find a gym and arrange transportation.

DO:



Miguel takes action.

Schedule to exercise three times a week.
Arrange for transportation the day before.
Follow my exercise plan.
Have fun with an exercise buddy.

GOOD THOUGHTS

Having positive thoughts and actions help you stay focused on taking care of yourself.

SOME IDEAS TO TRY:



Keep a diary of your progress and how you feel.



Put inspirational thoughts in a place where you will see them.



Get support when you need to talk to someone.



Meditate or take few minutes to think about good things you have done.



Listen to calming music you like.

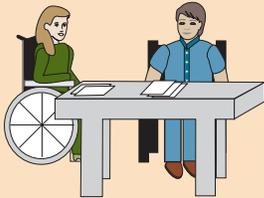


Surround yourself with positive people.

TIPS AND TRAPS



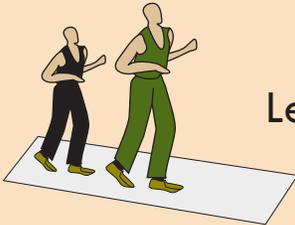
TIPS



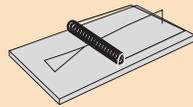
You don't have to do it alone.



A positive attitude attracts positive friends.



Leaders pave the road for others to take.



TRAPS



Not thinking you can do it.



I can't find out how to do something.



I won't have my own choices.

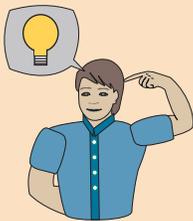
EUGENIA USES THINK, PLAN, DO

Eugenia's Goal: "I want to feel good about myself.



Part of taking care of myself is believing that I can do it. I feel good when I take small steps and I see a difference in how I feel."

Think:



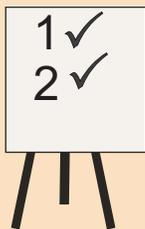
Eugenia asked herself:

How can I feel good about myself?

How can I feel peaceful and less nervous?

What can I do to feel better?

Plan:



Eugenia uses humor to feel better.

I want to stop the bad feelings.

I think of something funny.

I take time to laugh and relax.

Do:



Eugenia takes action.

I become aware that I do not feel good.

I stop what I am doing.

I think of something that was funny.

I laugh and talk about it.

I am less nervous about things.

HEALTHY LIVING PLAN



My HEALTHY LIVING Goal is:



THINK

(Example) I want to eat good food



PLAN

(Example) Have vegetables for



DO

(Example) Start on Monday,



EATING



EXERCISE



THOUGHTS

CUT OUT, FILL IN AND POST WHERE YOU CAN SEE IT



This project is funded in part by L.A. Care Health Plan to improve the health and wellness of people with disabilities.



IMPORTANT NOTE:

Always ask your healthcare provider about what is safe for you before you begin any nutrition or exercise plan.



Board Resource Center, Inc.
Post Office Box 60-1477 Sacramento, CA 95860
866.757.2457 www.brcenter.org

IDEAS FROM PARTICIPANTS



Eating and nutrition:

Try one serving instead of many.
Have one scoop of ice cream and skip toppings.
Free yourself from greasy foods.
Try a salad instead of a hamburger.



Exercising

When you take a bus, get off early and walk.
Try walking with your family or friends.



Feeling Good:

You can accomplish anything if you stick to it.
Positive thoughts determine your direction.
Making a commitment makes your goals happen.
Try something new before you say, "you do not like it".



Alison's Message, April 2007

"I have good news! I did not drink sodas. My Papa was right. You cannot drink a lot of soda or lots of chocolate and be healthy. When I am thirsty now, I drink more water."

For eating, I eat fruits, salad, chicken, tofu, fish, spinach, beef and rice. I did not eat cake or ice cream for a long time. Do you like the kinds of food I eat? What are your favorite healthy foods?

For exercise, I walked in the neighborhood three times last week. I also did a workout while I watched a movie.



Good ideas and places to try:

Walk in your neighborhood and meet your neighbors.
Go bowling with your friends.
Try the YMCA or a gym to do exercises and meet new people.
Meet new friends at your Church or Temple.

HOW THE BOOK WAS MADE

GUIDE TO HEALTHY LIVING:

By people with developmental disabilities, for people with developmental disabilities.



The Guide to Healthy Living was developed in 2007 by The Board Resource Center in partnership with Eastern Los Angeles Regional Center through a grant from LA Care. A group of 20 people with developmental disabilities

volunteered to contribute to the guide by participating in a five-month training and study group to become healthier. The participants worked with a Dietician, Physical Therapist and Life Coach. Individuals shared their stories about staying fit, losing weight, preventing and managing diabetes, lowering their cholesterol and other health concerns preventing them from having the life they wanted.

Through training and group sharing activities the participants learned new ways to be healthy, celebrate successes and overcome challenges. The ideas, tip, traps and stories that make up this guide come directly from the participants who made changes in what they eat, how they exercise and thoughts that improved self-esteem.

A heartfelt thank you to all who contributed their stories and time.

ACKNOWLEDGMENTS

Brian Marsh, MBA, CPCC, PCC
Beth Rubenstein, PT, Feldenkrais Therapist
Mary Anne Patino, MSRD
Miguel Lugo, Consumer Leader/Consultant
Jesse Padilla, ELARC Consumer Advocate



The **Board** Resource Center, Inc.
Post Office Box 60-1477
Sacramento, CA 95860
866.757.2457 www.brcenter.org



**Eastern Los Angeles
Regional Center**

1000 South Fremont
Alhambra, CA 91802
626-299-4700 www.Elarc.org

Gloria Wong

Frances Jacobs

Liz Harrell

Magda Carrero

Jacqueline Valenzuela



L.A. Care
HEALTH PLAN
555 West 5th St., 29th Floor
Los Angeles, CA 9001
213-694-1250 www.lacare.org