

# Welcome



Wellness



Nutrition



Movement



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

# What is the Guide to Healthy Living?



1

## Healthy Living Guide

### The Guide to Healthy Living:

- ✓ Is a workbook that helps people learn how to live healthy and take care of themselves.
- ✓ Shows people how to choose new and healthy food.
- ✓ Helps people learn about movement and exercise.
- ✓ Shows people how to have a healthy living goal.
- ✓ Talks about what's important to you.
- ✓ Tells people about your success and how they can do it too!

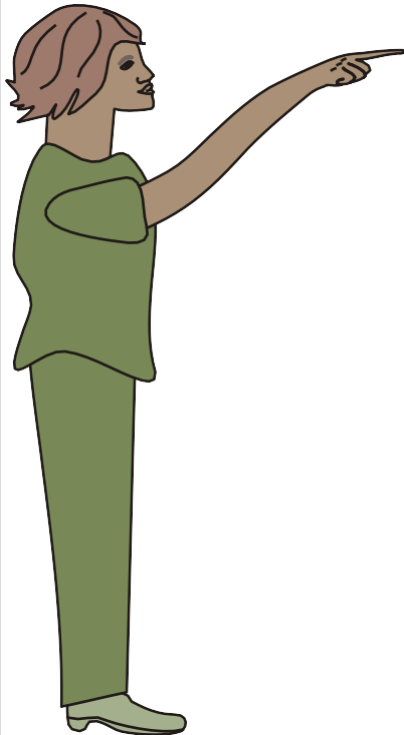


# What are we going to do?



1

## Healthy Living Guide



## PERSONAL WELLNESS GOAL



### Think about:

- Feeling good about yourself
- Moving and exercising
- Looking good
- Eating food that gives you energy
- Doing things that feel good
- Being healthy and having fun!

# What are we going to do?



1

## Healthy Living Guide

### BEING SELF-DIRECTED

- ✓ Learn how to take charge of your own health.
- ✓ Think about how you feel.
- ✓ Think about the support you need.
- ✓ Make a plan.



# What are we going to do?

## Healthy Living Guide

### A HEALTHY LIVING GOAL

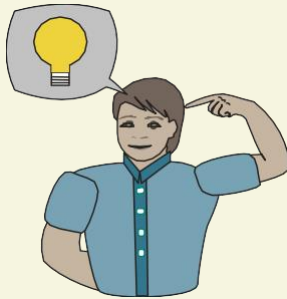
- ✓ Is your own idea about how you want to feel and the things you want to do.
- ✓ Is a way to take the time to create a healthy living goal that talks about what is important to you.

# How do we do this?

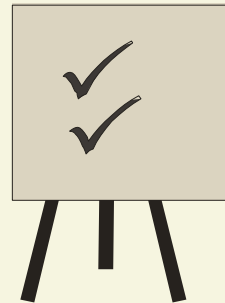
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## Healthy Living Strategies

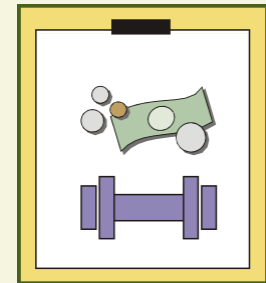
**THINK** ■ **PLAN** ■ **DO**



Create your own  
HEALTH GOAL



Make a plan  
Get support  
Get Started



Do your  
plan

**A way to make good choices**



# What are we going to do?

## Healthy Living Strategies

### Healthy Eating Strategies

- ✓ Food Diary
- ✓ Portion Control Plate and Measuring Foods
- ✓ Ways to be positive and feel great!



# What are we going to do?

## Healthy Living Strategies

### Good Moves Strategies

- ✓ Listen to your body and how you feel.
- ✓ Reviewing the activities that you are doing and/or want to do.





# What are we going to do?

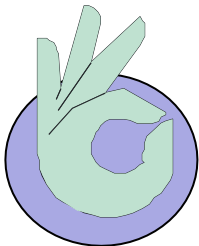
## Healthy Living Strategies

### Good Thoughts Strategies

- ✓ Positive thoughts lead to positive action.
- ✓ Finding a trusted person.

# What are we going to do?

## 3 Healthy Living Trainings



### HEALTHY LIVING TRAININGS


#### What will I learn at the training sessions?

- ✓ Learn about ways to move and feel better.
- ✓ Healthy food you like to eat.
- ✓ Ways to be positive and feel great!

# What are we going to do?









## 4 Healthy Living Plan

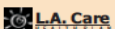


# HEALTHY LIVING PLAN

My **HEALTHY LIVING** Goal is: \_\_\_\_\_


 <b>THINK</b> (Example) I want to eat good food	 <b>PLAN</b> (Example) Have vegetables for	 <b>DO</b> (Example) Start on Monday,
 <p style="font-size: 2em; color: #f9e79f;">EATING</p>		
 <p style="font-size: 2em; color: #f9e79f;">EXERCISE</p>		
 <p style="font-size: 2em; color: #f9e79f;">THOUGHTS</p>		

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



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**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  
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# What are we going to do?








## Healthy Living Plan

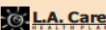


### HEALTHY LIVING PLAN


Audrey Ayer

**My HEALTHY LIVING Goal is:** To eat healthy to be strong, exercise and help others which makes me feel good.


 <b>THINK</b> <small>(Example) I want to eat good food</small>	 <b>PLAN</b> <small>(Example) Have vegetables for</small>	 <b>DO</b>  <small>(Example) Start on Monday,</small>
 <b>I want to eat healthy to be strong.</b> <div style="text-align: center; font-size: 2em; color: #ccc; opacity: 0.5;">EATING</div>	<ol style="list-style-type: none"> <li>1. Eat cauliflower rice.</li> <li>2. My mom will help me.</li> </ol>	<p><b>I will start on Monday, June 7 – once a week.</b></p>
 <b>I want to be a strong swimmer for Special Olympics.</b> <div style="text-align: center; font-size: 2em; color: #ccc; opacity: 0.5;">EXERCISE</div>	<ol style="list-style-type: none"> <li>1. Swim on Saturday.</li> <li>2. Walk 1 ½ miles.</li> <li>3. Mom helps with swimming and Dad with walking.</li> </ol>	<p><b>I will start on Monday, June 7 – Swimming is every Saturday. Walking is once a week.</b></p>
 <b>I want to be positive and help others and empower them.</b> <div style="text-align: center; font-size: 2em; color: #ccc; opacity: 0.5;">THOUGHTS</div>	<ol style="list-style-type: none"> <li>1. Have Sportsmanship and help others</li> <li>2. Do crochet, artwork &amp; word search</li> </ol>	<p><b>I will start on Monday, June 7 – Crochet and word search-everyday. Artwork once a week.</b></p>



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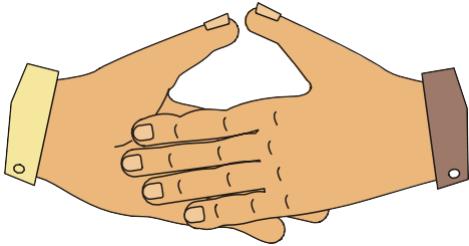
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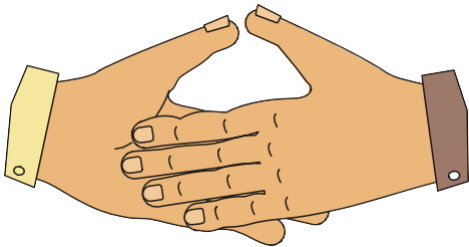
# We Make Agreements

## 4 Healthy Living Plan

### You Agree



### We Agree



- ✓ Be an active member.
- ✓ Talk to all the coaches. Make your own health goal.
- ✓ Share your success with the group.
- ✓ Try new ideas.
  
- ✓ Listen to your ideas.
- ✓ Respect your privacy.
- ✓ Respect your choices.
- ✓ Believe in you.



# What do we get?

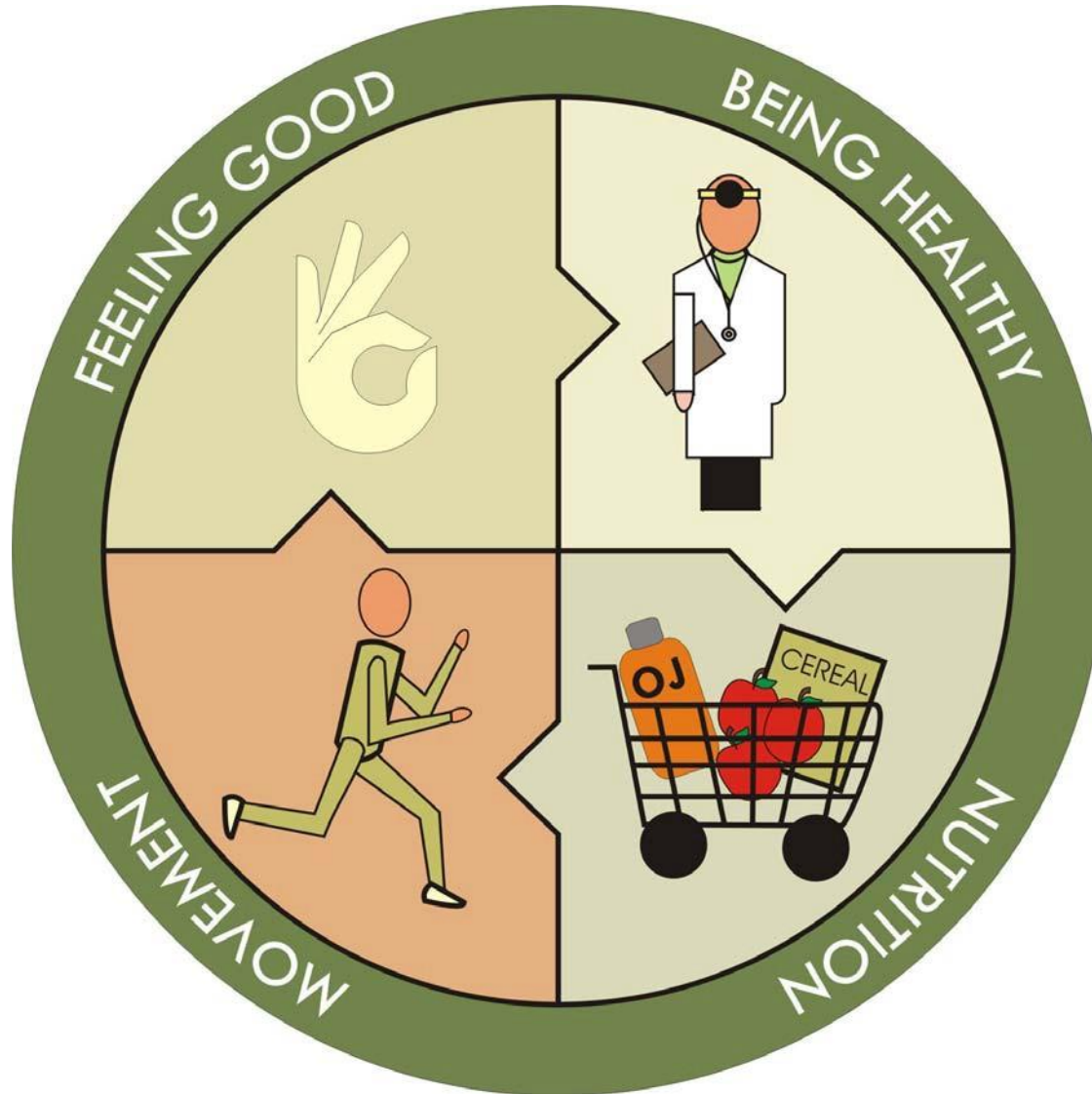
## 5 Healthy Living Experience



- ✓ New friends.
- ✓ New ways to feel good.
- ✓ My own Healthy Living Plan to share.



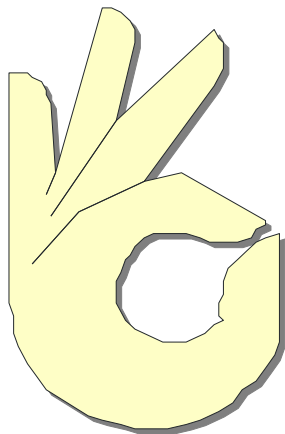
# Bringing it all together



SIGN UP

**DD COUNCIL**  
**808-586-8100**

**Wellness**



**Nutrition**



**Movement**





**DD COUNCIL**

**808-586-8100**

**TRAINING REGISTRATION CONTACT**

ZOSIMO ARISTA

DD COUNCIL PROGRAM SPECIALIST

**COHORT 1 TRAINING SESSION 1:**

Orientation: December 3, 2021, at 9:00 AM

Trainings: January 7, 14, 21, 28 and February 4 and 11

**COHORT 2 TRAINING SESSION 2:**

Orientation: May 27, 2021, at 9:00 AM

Trainings: June 10, 17, 24 and July 1, 8, 15

# PROJECT SUPPORTERS

- HAWAII SELF-ADVOCACY ADVISORY COUNCIL (SAAC)
- STATE COUNCIL ON DEVELOPMENTAL DISABILITIES (DD COUNCIL)
- TAMMY EVRARD CONSULTING (TEC)
- EASTERN LOS ANGELES REGIONAL CENTER (ELARC)