

# Autism NOW: Health Promotion

## Health Promotion: Exercise and Drinking Water

We hope the following information will help you find ways to include healthy habits into your life. And two simple ways to do so is by exercising and drinking more water. By exercising regularly, which is a form of physical activity, making better food choices and drinking more water you can improve your overall health and feel better about yourself - *Stay Healthy, Be Wealthy!* When you make healthy lifestyle choices; (i.e. eating more fruits & vegetables and walking daily) you gain many positive benefits - you become wealthy. The rest of the content will give you ideas, suggestions and ways to keep you moving forward and the support you need to sustain a healthy, active lifestyle.



## WHAT CAN YOU DO?

1. **Stay Healthy, Be Wealthy**
2. **Get Ready, Be Active**
3. **Drink Water, Be Hydrated**
4. **Do FABS**
5. **Cool as a Cucumber**
6. **Take Charge of Your Health**



For more information, please visit the **Program Peer to Peer: HealthMessages Program** site (<http://www.healthmattersprogram.org/peer>).





# Exercise and Hydration

Two key ingredients to sustaining a healthy, active lifestyle!

## WHAT ARE SOME HEALTH ISSUES FOR PEOPLE WITH AUTISM?

- earlier age-related health conditions and poorer health status
- lack of health education aimed at improving their health
- more sedentary lifestyles, high fat diets, and low fruit and vegetable intake increases their susceptibility to health conditions, such as obesity, cardiovascular disease (CVD), osteoporosis, hypertension, Type II diabetes, and depression
- increased barriers to accessing health care services related to *attitudinal, programmatic, physical, and communication* issues



## WHAT CAN YOU DO?

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8. **Get Ready, Be Active**
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10. **Do FABS**
11. **Cool as a Cucumber**
12. **Take Charge of Your Health**



## CHECK OUT THESE RESOURCES?

- **Peer to Peer HealthMessages Program**
- Marks B, Sisirak J, Heller T. (2010) *Health Matters: The Exercise and Nutrition Health Education for People with Developmental Disabilities*. Chicago. Brookes Publishing.

## HOW WILL THESE ACTIVITIES HELP?

- ✓ **Healthier lifestyles**
- ✓ **Reduced risk for chronic diseases**
- ✓ **Feeling good about oneself**
- ✓ **Encourage to practice regular physical activity and making healthy food choices**



# Stay Healthy, Be Wealthy

Did you know that being healthy is more than just exercising?

## WHAT CAN YOU DO?

**Being healthy** can mean different things to different people.

You can be healthy when you: Picture icons



Feeling Good



Exercising



Sleeping



Good Foods



Drink Water



Being Active



Time With Friends

## CHECK OUT THESE RESOURCES?

**HealthMatters CAP** - Collaboration between community-based organizations and an academic institution supporting people with developmental disabilities (DD)

**National Center on Health, Physical Activity & Disability** - An information center concerned with physical activity and disability

**Let's Move** - America's Move to Raise A Healthier Generation of Kids Campaign

**KidsHealth** - Provides information about health, behavior, and development from before birth through the teen years

**LiveStrong.com** - A health resource website

# HOW WILL BEING *HEALTHY* HELP YOU?

- Stronger immune system
- Be more active
- Healthier & stronger body
- Make better choices
- Prevent certain diseases & illness
- Feel & look better
- Healthier weight

- 
- ✓ I'm healthy **when I feel good:**
    - I want to do more activities
    - I want to be with friends
    - I want to eat a healthy diet



- ✓ I'm healthy **when I exercise:**
  - I have more energy
  - I feel good about myself
  - I gain new skills



- ✓ I'm healthy **when I get plenty of sleep:**
  - I am less likely to get injured and get sick
  - I can think more clearly and be more focused
  - I am in better health



- ✓ I'm healthy **when I eat foods that are good for me:**
  - I digest food easily
  - I feel good & have more energy
  - I help protect my organs and muscles



- ✓ I'm healthy **when I drink water:**
  - I protect my organs
  - I help remove toxins & waste from my body
  - I help convert food to energy



✓ I'm healthy **when I am active:**

- I move better
- I increase muscle strength
- I have better posture



✓ I'm healthy **when I spend time with friends:**

- I feel happy
- I am active
- I am in good health





# Get Ready, Be Active

Did you know that physical activity is Not the same as exercise?  
Exercise is a type of physical activity. But, physical activity is not always exercise!

## WHAT CAN YOU DO?

Include physical activity and exercise in your daily habit.

**Physical Activity** is when you:

- ✓ play sports.
- ✓ paint the house.
- ✓ dance to music.
- ✓ walk with a friend.



**Exercise** changes how our body looks by 4 types of exercises - FABS:

- 1) Flexibility, 2) Aerobics, 3) Balance, 4) Strength

**To Learn More about Physical Activity And Exercise:**

- HealthMessages Program - an evidence-based program that promotes healthy lifestyles
- National Center on Health, Physical Activity and Disability - An information center concerned with physical activity and disability
- Blaze Sports America - an organization that provides sports program opportunities for children with physical disabilities

## HOW WILL BEING ACTIVE HELP YOU?

✓ You will feel better about yourself and feel good.



✓ You will be able to maintain a healthy weight.



✓ You will be able to do more activities.



✓ You will be able to have more skills and abilities.





# Drink Water, Be Hydrated

Did you know that by drinking water, you can prevent illness and improve your body's function?

It is recommended to drink 6-8, 8-ounce glasses of water each day.



## WHAT CAN YOU DO?

I should **drink water** when:

- ✓ I feel sick
- ✓ I am exercising
- ✓ I have a fever
- ✓ I am active
- ✓ I am outside in the sun



What if I **don't** drink enough water?

Refer to the next page

## HOW WILL DRINKING WATER HELP YOU?

- Removes toxins and waste
- Aids digestion & absorption of foods
- Lubricates joints
- Protects organs
- Helps convert food into energy

## Resources:

- [HealthMessages Program](#) - an evidence-based program that promotes healthy lifestyles
- [National Center on Health, Physical Activity & Disability](#) - An information center concerned with physical activity and disability
- [Mayo Clinic](#) - a nonprofit worldwide leader in medical care, research and education
- [Discovery Health](#) - Health resource website
- [KidsHealth](#) - Provides information about health, behavior, and development from before birth through the teen years
- [Center for Disease Control & Prevention \(CDC\)](#) - provides expertise, information, and tools that people and communities need to protect their health
- [LIVESTRONG](#) - Health resource website

## What if I **don't** drink enough water?

- I will have dry mouth
- I will have increased thirst
- I will have dry, itchy or sagging skin
- I will have dark urine
- I will experience constipation
- I will have trouble staying cool or keeping warm
- I will experience headache, weakness, or lightheadedness



## How can I **lose** water?

- When I exercise
- When I am active
- When I am in the sun
- When I have diarrhea
- When I am sick







# Do FABS

FABS - did you know exercises come in 4 types? Think FABS!

**F**lexible, **A**erobics, **B**alance, and **S**trength

## WHAT CAN YOU DO?

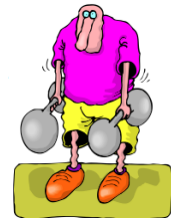
### FABS

**Flexible** – stretches your limbs

**Aerobics**- getting your heart to beat faster

**Balance**- better coordination

**Strength**- getting your muscles stronger

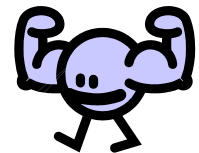


Try FABS through Circuit Training  
*See Below*

## HOW WILL DOING FABS HELP YOU?

There are **6 benefits** of exercise:

- ❖ **Weight control**
- ❖ **Improve posture**
- ❖ **Stronger bones & muscles**
- ❖ **Helps the heart work better**
- ❖ **More energy**



## Check Out These Resources:

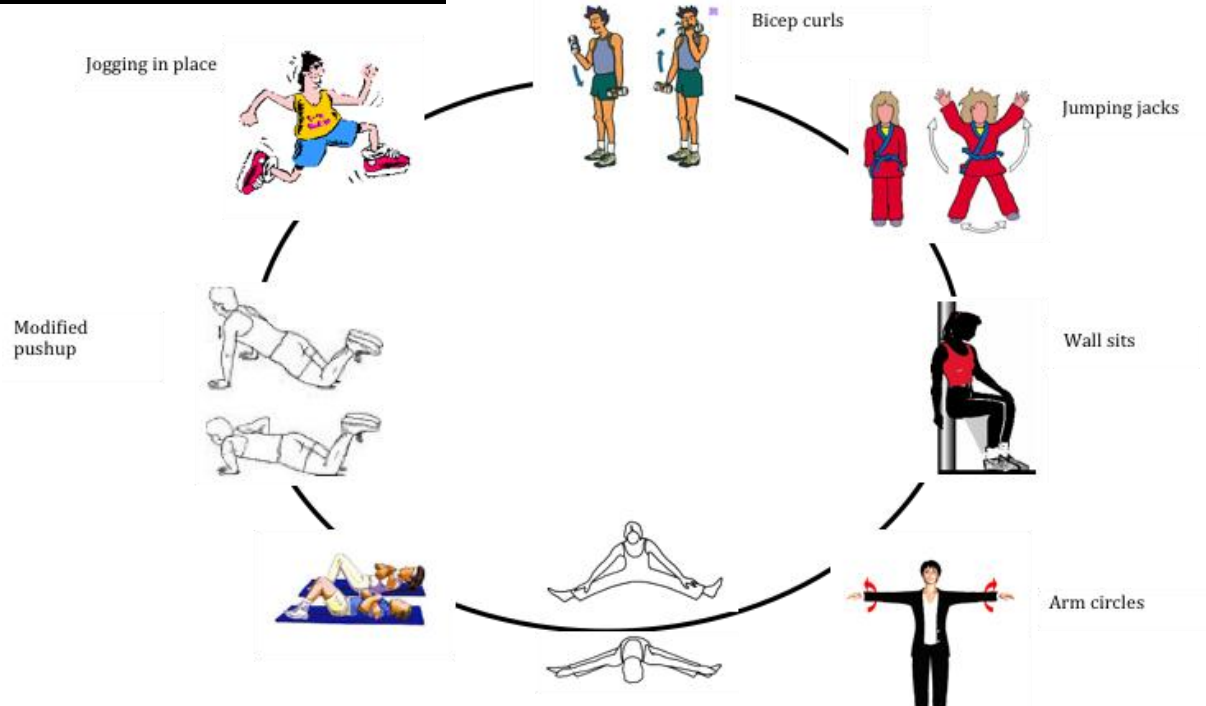
[National Center on Health, Physical Activity & Disability](#) - An information center concerned with physical activity and disability

[Health and Human Services Office on Disability](#) - a government branch that oversees the implementation and coordination of programs and policies that enhance the health and well-being of people with disabilities

[HealthMatters CAP](#) - Collaboration between community-based organizations and an academic institution supporting people with developmental disabilities (DD).

[LIVESTRONG](#) - a health resource website

## A Circuit Training Example





# Cool as a Cucumber

Did you know that you can get water by eating certain foods?

## WHAT CAN YOU DO?

I can get water by eating *fruits & vegetables*:



All Berries

Lettuce

Apples

Cucumber

Please refer to the [Water Amounts in Fruits & Vegetables Handout](#)

## HOW WILL EATING FOODS THAT CONTAIN WATER HELP YOU?

- A balanced diet
- Feel energized
- Help remove toxins & wastes
- Aids in digestion & absorption of food
- Protects organs

- Decreases appetite
- Nourishes our body
- Help convert food into energy
- Carries nutrients & oxygen to cells

## Check Out These Resources

- **Food for the Brain** - a non-profit educational charity, created by a group of nutritionists, doctors, psychiatrists, psychologists, teachers and scientists to promote the link between nutrition and mental health.
- **KidsHealth** - Provides information about health, behavior, and development from before birth through the teen years
- **Choosemyplate.gov** - a resource site that promotes dietary guidance for all Americans, and conducts applied research and analyses in nutrition and consumer economics.
- **Center for Nutrition Policy and Promotion** - develops and promotes dietary guidance that links scientific research to the nutrition needs of consumers.



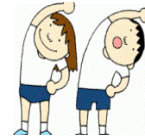
# Take Charge of Your Health



Did you know that when you meet your health goals you will feel good about yourself and stay motivated to be healthy?

## WHAT CAN YOU DO?

- Write in a food journal – to stay on track!
- Wear a pedometer to keep track of your physical activity
- Plan to eat 1 fruit & 1 vegetable each day
- Take the stairs instead of the elevator (if you can)
- Find an exercise buddy
- Help prepare healthy meals
- Learn a new sport
- Help out doing household chores
- Create an exercise plan and do it 3 to 4 times a week



## HOW WILL TAKING CHARGE OF YOUR HEALTH HELP YOU?



Feel good about yourself  
Healthier mind & Healthier body  
Live a healthier & active lifestyle  
Maintain a healthy weight  
Feel good, Look good



## Check Out These Resources to Help You Take Charge of Your Health

- **HealthMessages Program** - an evidence-based program that promotes healthy lifestyles.
- **National Center on Health, Physical Activity and Disability** - An information center concerned with physical activity and disability.
- **KidsHealth** - Provides information about health, behavior, and development from before birth through the teen years.
- **Let's Move** - America's Move to Raise A Healthier Generation of Kids Campaign.
- **Center for Disease Control & Prevention** (CDC) - provides expertise, information, and tools that people and communities need to protect their health.
- **U.S. National Library of Medicine** - National Network of Libraries of Medicine that promotes and provides access to health information in communities across the United States.
- **Kids.gov** - official kids' portal for the U.S. government. It links kids, parents and teachers to U.S. government information and services on the web from government agencies, schools, and educational organizations, all geared to the learning level and interest of kids.

