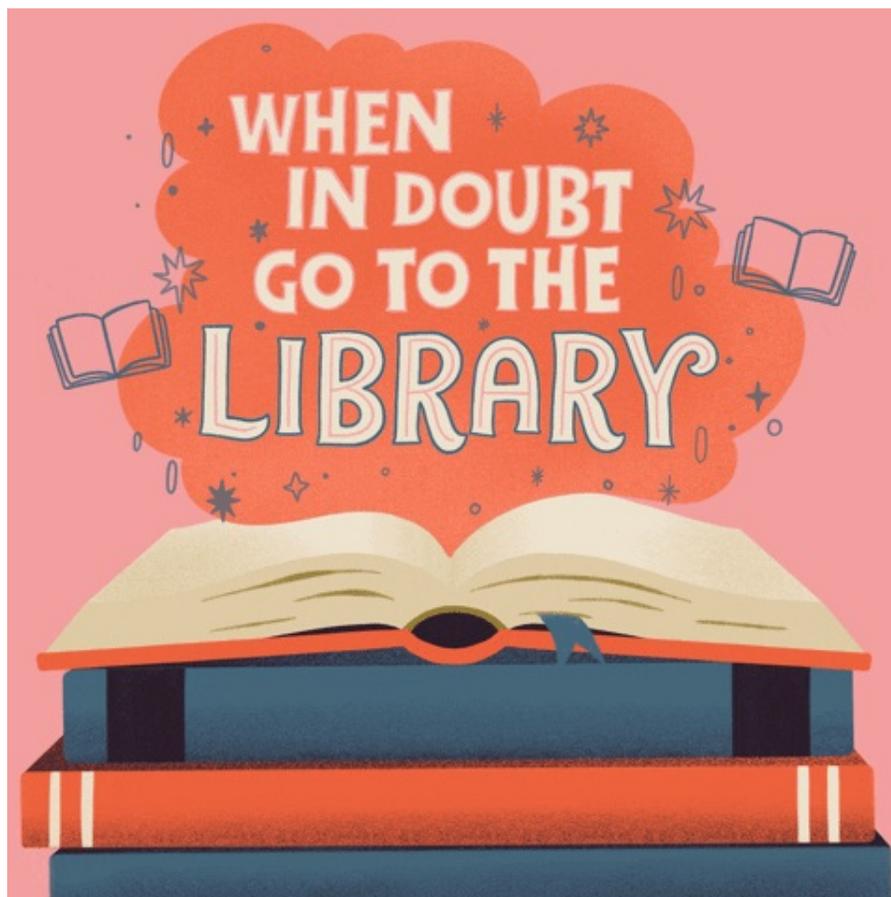


Positive Pulse

Your monthly dose of advice on healthy living

February 2023



Books and Libraries

- There are so many health benefits to reading books that you can read for free at your local library.
- There are many other perks to having a library card besides

reading.

- You can find a library in your municipality or access many online services.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)

Benefits of Books



Entertainment

- Many of the popular TV shows and movies are based on books.
- Indulge in the original form of entertainment by immersing yourself in reading.
- As a bonus, it's free with your public library card.

Concentration and Focus

- We can all agree that reading cannot happen without focus and in order to fully understand the story, we have to concentrate on each page that we read.
- In a world where gadgets are only getting faster and shortening our attention span, we need to constantly practice concentration and focus.
- Reading is one of the few activities that requires your undivided attention, therefore, improving your ability to concentrate.

Improve Literacy

- Have you ever read a book where you came across an unfamiliar word? Books have the power to improve your vocabulary by introducing you to new words.
- The more you read, the more your vocabulary grows, along with your ability to effectively communicate. Additionally, reading improves writing skills by helping the reader understand and learn different writing styles.

Improve Sleep

- By creating a bedtime routine that includes reading, you can signal to your body that it is time to sleep.
- Now, more than ever, we rely on increased screen time to get through the day. Therefore, by setting your phone aside and picking up a book, you are telling your brain that it is time to quiet down.
- Moreover, since reading helps you de-stress, doing so right before bed helps calm your mind and anxiety and improve the quality of sleep.

General Knowledge

- Books are always filled with fun and interesting facts. Whether you read fiction or

non-fiction, books have the ability to provide us with information we would've otherwise not known.

- Reading a variety of topics can make you a more knowledgeable person, in turn improving your conversation skills.

Reading is Motivational

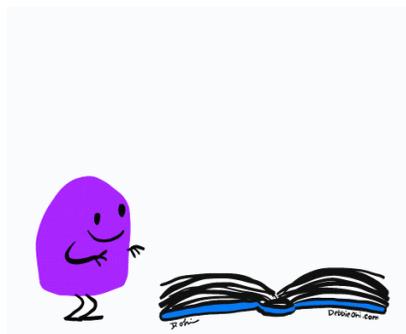
- By reading books about protagonists who have overcome challenges, we are oftentimes encouraged to do the same.
- The right book can motivate you to never give up and stay positive, regardless of whether it's a romance novel or a self-help book.

Empathy

- Books allow us to experience realities outside of our lives. They teach us to relate to others by often putting us in the shoes of the narrator.
- This simple technique is called empathy. Empathy is defined as the ability to understand and share the feelings of another. Reading builds on empathy by constantly presenting us with thoughts and scenarios outside of our perspective

****Remember, audiobooks count as reading books! It's simply a matter of preference and accessibility. You obtain all of the above benefits through listening to audiobooks as well.**

SOURCE: <https://markhampubliclibrary.ca/blogs/post/top-10-benefits-of-reading-for-all-ages/>



Other Perks of a Library Card

Stream Movies

- Who knew your library card could also grant you access to some pretty cool streaming platforms?
- Sites such as [Kanopy](#) (which features over 30,000 films) and [Hoopla](#) are accessible by card members from select libraries across the country, so you can stream all kinds of movies (blockbusters, indie films, documentaries, etc.) for free.

Museum Passes

- Dreaming of spending a day at the art museum, but don't have the spare cash for admission?
- Programs such as Culture Pass and Museum Pass allow you to use your library card to access dozens of cultural institutions throughout your city—just check with your local branch to find out more details.

Download E-Books and More

- Avid e-readers rejoice: You can use your library card to borrow and download e-books, audiobooks, and more directly to your personal devices, thanks to apps like Overdrive, Libby, and SimplyE.

Learn a Language

- Itching to learn a new language but don't have the money for classes?
- [Mango Languages](#) offers step-by-step lessons for learning more than 70 different languages, and is totally free for library cardholders.

Career skills

- If you've already got a library card, you can use it to gain some new career skills.
- Apps like [Lynda](#) offer thousands of online courses taught by experts in fields such as web development, education, media production, and business—all free of charge.

Read Newspapers and Magazines

- Fans of old-school magazines and newspapers can find them at the library too.
- Apps such as [PressReader](#), which provides online access to all kinds of current newspaper titles in full-color, full-page format and [Flipster](#), an online magazine database, are all yours.

Prep for a Test

- Platforms like [LearningExpress](#) can help you improve your score on everything from academic tests to professional certification exams, and are free to use with your library card.

Free Movie and Music Rentals

- Don't forget that the library is filled with old school CDs, DVDs, and Blu-Ray movies that you can peruse and borrow.

SOURCE: <https://www.apartmenttherapy.com/benefits-of-a-library-card-267345>



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NJ Libraries

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SOURCE: <https://www.makeuseof.com/digital-libraries-download-ebooks-free/>

Let's Stay Healthy!



Looking to learn more about healthy living?
Email NJSAP@ArcNJ.org or call 732-749-8514 to
schedule a virtual training.

You can also visit the NJ Self-Advocacy Project
[Training homepage](#) to submit a training request.



Don't see what you're looking for? We can create a custom training based on the needs and interest of your group!



The Horizon Foundation for New Jersey

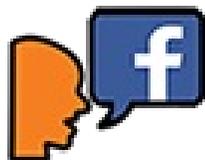
The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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