



January 2019

New Year, New You!



With the renewal of our grant from the [Horizon Foundation for New Jersey](#), [The New Jersey Self-Advocacy Project](#)'s fifth year of the [Healthy Lifestyles Project](#) has begun! And with that, you'll be receiving a new issue of Positive Pulse in your inbox each month with tips on living a healthier life. To begin, we'll cover some of the best New Year's Resolutions you can make to start your year off right.

- Resolutions based on the body, including diet and sleep, will help you stay strong physically.

- Resolutions based on the mind, including socializing and stress relief, will help you stay strong mentally.
 - According to a Marist Poll National Survey, 44% of Americans [say they will take on a resolution](#) this year, many with health conscious goals in mind, but According to U.S. News & World Report, [the failure rate for New Year's resolutions is said to be about 80 percent](#), so it's important to figure out how to keep your resolutions going strong for the whole year!
-



Resolutions for a Healthy Body

Eat During the Day (Not at Night)

- With the way your body's circadian rhythm (day/night cycle) works, your metabolism is highest around 10am and lowest in the middle of the night.
- Eating late at night causes more fat to be stored in the body.
- Avoiding late night meals is an easy way to aid weight loss without changing your diet.

Stay Mobile

- Try to spend more time on your feet, rather than sitting down all day.
- Find a form of exercise you enjoy: yoga, dance, walking, running, lifting weights, etc. Find something you will do willingly so you will do it consistently.
- Any kind of physical activity will help you burn calories and keep you from mindlessly munching on unhealthy snacks.
- Instead of focusing on totally cutting out sedentary habits like watching TV, try to start out by at least matching your time sitting with your time exercising. A 50/50 split is better than exercising rarely or not at all.

Get Regular Check-Ups

- The new year can be used as an annual reminder to check in with your primary care doctor.
- See your primary care doctor at least once a year for preventative checks – like blood pressure and cholesterol – as well as vaccinations – like your flu shot.
- Being familiar with your doctor will help you feel comfortable bringing up any health issues in the future and will help catch any warning signs of something serious.

Hydrate

- Hydrating regularly ups your energy levels and keeps you healthy.
- Try replacing sugary drinks like soda with water instead. This can help with

weight loss and benefits overall health.

- Drinking water is one of the easier, healthier adjustments you can make to your daily routine. You can start right now!

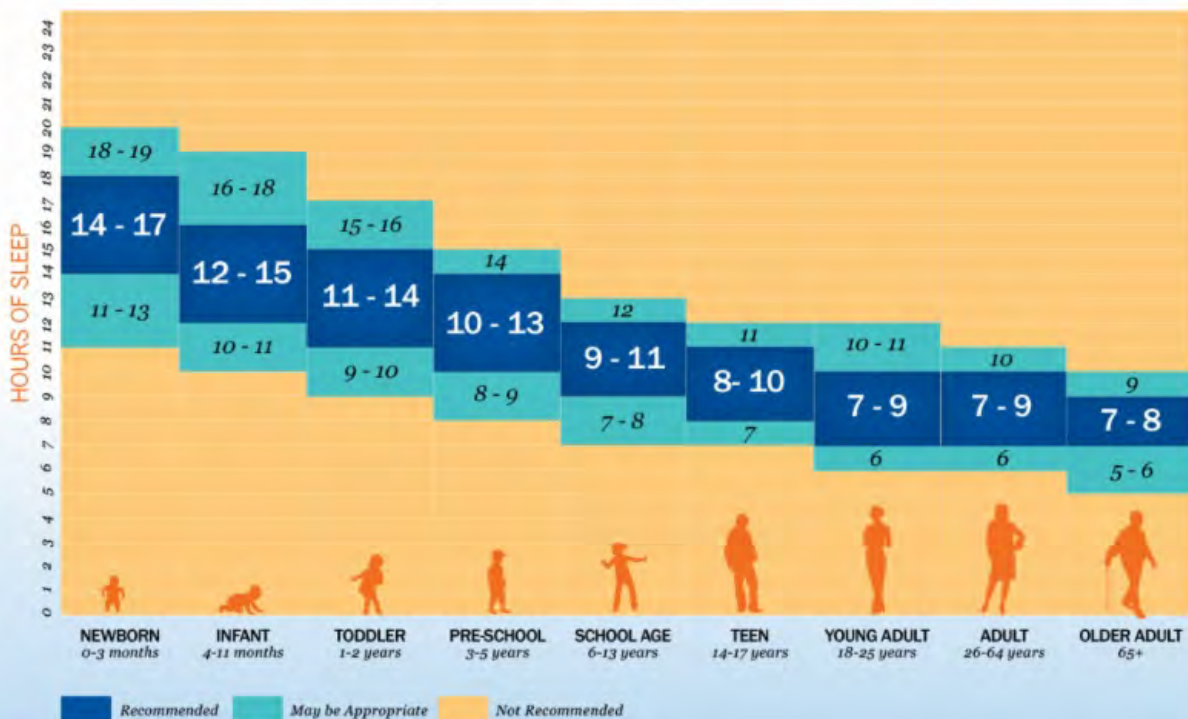
Get more and BETTER sleep

- Your immune system is weak when you lack sleep and it gets harder to fight off colds and illnesses.
- Disrupted sleep increases the risk of heart disease. Poor quality sleep can also impair your ability to metabolize sugar and increase your appetite, which can make you gain weight.
- Blue light from phones and computers trick the body into thinking it is daytime, making it harder to fall and stay asleep. Turn off your phone/tv/computer an hour before bed.
- Insufficient sleep during weight loss can cause loss of muscle mass as opposed to fat, so make sure you sleep well while dieting.
- See the chart below to get an idea of how many hours of sleep you should be getting each night.

SOURCE: <https://www.pbs.org/newshour/health/forget-the-crash-diet-these-6-new-years-resolutions-are-better-for-your-health>



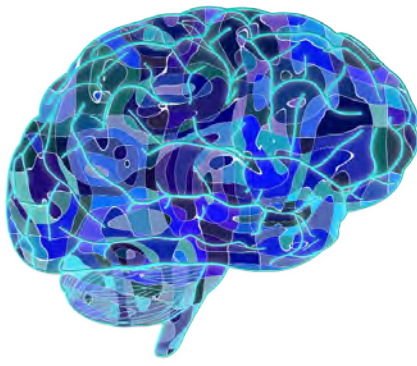
SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary. Sleep Health (2015). <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

SOURCE: <https://www.sleepfoundation.org/>



Resolutions for a Healthy Mind

Friendships (in real life)

- Make sure to build and retain your face-to-face friendships, not just the ones online and on social media.
- A 30-year [study of British Civil Service workers](#) found individuals who don't see friends in person regularly are 1.5 times more likely to have poor health than those who visit with six or more friends per month.
- Set a goal of visiting with at least two close friends or relatives each week, especially those you feel comfortable around.
- Isolation leads to depression, anxiety and loneliness, but you can avoid those feelings by socializing regularly.

Reduce Stress

- Stress can instigate a lot of unhealthy behaviors and overall unhappiness.
- Try to stay prepared and on top of your schedule to avoid stress: keep a planner with important dates, prepare meals ahead of time, or plan out your transportation for wherever you need to go in advance.
- Keep your personal space happy and homey. In your room or in your personal space at work, keep pictures of loved ones or things you enjoy to keep a smile on your face.

Meditate

- Spending time at the beginning and end of each day clearing your mind helps reduce stress, control anxiety, enhance self awareness, improve sleep and decrease blood pressure.
- Spend 10-20 minutes every morning and evening focusing on one thing, such as your breath, to begin and end your day.
- Proper breathing techniques rely on the diaphragm rather than chest; allow your belly button to move out as you breathe in and towards the spine as you breathe out.
- For added physical benefits, inhale through your nose to capture more oxygen to distribute through your body.

SOURCE: <https://www.forbes.com/sites/francesbridges/2018/12/30/best-resolutions-for-your-health-in-2019/#4f9ef9ad1224>

How to Keep Your

Resolutions



It's Okay To Make Mistakes

- Maybe you had an unexpectedly busy schedule, maybe you forgot, or maybe the allure of that sweet snack was just too much for you. It's okay.
- If you mess up once, it doesn't mean you failed forever. Try to be better in the future.
- Don't use one misstep as an excuse to give up completely, you can do it!

Don't Be Unreasonable

- Don't pick a resolution that will be impossible for you to succeed in.
- Reach high, but be realistic. If you want to be more in shape, start by exercising regularly instead of jumping into a marathon.
- Don't be guilted into a resolution by someone else. If you don't have passion for your resolution, it will be much harder to succeed.

Don't Call it a "Resolution"

- "Resolute" means "Firm, unyielding, determined."
- This can be a scary word that makes success sound very hard to reach if you are not extremely strong-willed.
- Try thinking of your resolutions as "improvements" or "new approaches" to keep yourself feeling positive.

Try a Gentler Approach

- Let go of the resolution mentality.
- Focus on a word or goal, like "health", instead of a very specific choice (such as a set-in-stone weight loss goal).
- Try to make many little changes in your life that lead to that goal: drink more water, get fresh air, avoid junk food.
- Inspire yourself toward good health, don't be overly harsh or demanding on yourself.

SOURCE: <https://www.inc.com/marla-tabaka/why-set-yourself-up-for-failure-ditch-new-years-resolution-do-this-instead.html>

Let's Have a Healthy New Year!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



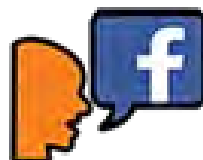
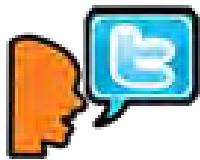
Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



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.

For more information on HLP and NJSAP
follow us on social media!



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



February 2019

Healthy Snacking



February is National Snack Food Month, so this month, focus on snacking in a healthy way!

- Snacking is part of our lives, but it's not always a bad thing. Snacking properly is what's important.
- If you find yourself snacking poorly, there are ways to get your mind off of food or improve the quality of your snack.
- Try our easy snack recipes to get snacking in a safe and delicious way!

Snacking

Explained



What is Considered a Snack?

- A snack is a small portion of food or drink or a light meal, especially one taken between regular meals.
- A share or portion of food.

How and Why We Snack

- People may snack to satisfy cravings for sweet or salty foods, prevent or relieve hunger, boost nutrient intakes, control weight, increase their metabolic rates, pass the time, deal with unsettling emotions or to replace meals.
- According to a 2014 Nielsen report, 41 percent of North American respondents ate snacks instead of dinner at least once in the previous 30 days. The favorite snacks in North America are chips, chocolate and cheese.
- All-day eating and frequent snacking instead of structured meals and snacks may be side effects of today's on-the-go lifestyle.

Benefits of Snacking

- Snacking keeps your hunger level to a minimum. If you snack throughout the day, you will be less likely to overeat during breakfast, lunch, and dinner.
- It keeps your metabolism working hard all day.
- It gives you a chance to improve the quality of your diet. Throw in some snacks that are rich in areas where your meals have lacked, i.e. fiber, protein, vitamins.
- Snacking takes your focus off of hunger and gives you energy, leading to increased focus and productivity throughout the day.

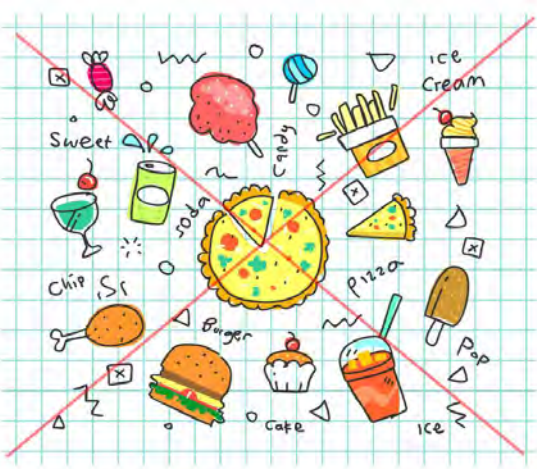
Quality is Most Important

- A study of 233 adults in a worksite wellness program found that total snacking calories and frequency of snacking were unrelated to diet quality or BMI. However, the choice of snack foods affected both.
- The percentage of snacking calories from nuts, fruit and 100-percent fruit juice was related to better diet quality, while percentage of snacking calories from sweets and sugar-sweetened beverages was related to poor diet quality.
- Eating vegetables as snacks was associated with lower BMI, and eating sweets was associated with higher BMI.

SOURCE: <https://foodandnutrition.org/july-august-2015/science-says-snacking/>

How to Avoid Unhealthy

Snacking



Take a Walk

- Researchers at England's University of Exeter, found that a walk can help curb snacking. In their study, subjects who took a brisk 15-minute walk before indulging in a chocolaty treat consumed less of it than did those who stayed put.
- "Stress, boredom, and fatigue are all factors that can cause us to snack when we're not hungry," says Hwajung Oh, Ph.D., one of the study authors.

Get More Sleep

- A lack of sleep has long been shown to be associated with overeating in general, but new research suggests that it can lead specifically to over snacking.
- In a recent study conducted at the Centre for Sleep Research, in Adelaide, Australia, people who slept for about four hours a night were more likely to eat excess snacks than were people who got more sleep.
- "Inadequate sleep can change the body's levels of the hormones ghrelin and leptin, which regulate feelings of hunger and fullness, respectively," says Crandall. Getting a full night's rest can keep your hormones balanced.

Adjust your Environment

- If you find yourself snacking at the same place or time every day (when you hit the couch after dinner, for example), something might be causing this reaction.
- Lighting and temperature may affect how much you eat. Subjects in one study were found to eat more in cold temperatures. Research also indicates that dim or soft lighting may prompt people to consume more food.

Make Unhealthy Snacks into Healthy Ones!

- **POTATO CHIPS:** Try baked chips or chips cooked with avocado oil. They contain less fat and unsaturated fats, respectively.
- **PRETZELS:** Lose the salt! Unsalted pretzels contain significantly less sodium.
- **CHOCOLATE:** The darker, the better. Per 100g, a 70-85% cacao contains 3x more dietary fiber and 3x-4x more antioxidant minerals than milk chocolate.
- **ICE CREAM:** Frozen yogurt contains much less fat, 40 less calories, and twice as much protein and calcium per serving than ice cream.

SOURCE: <https://www.realsimple.com/health/nutrition-diet/healthy-eating/healthy-snacking>

Healthy Snack

Recipes

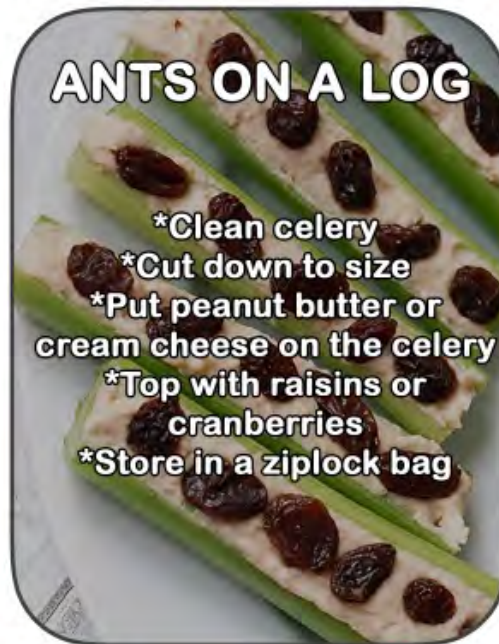


Easy Snack Recipes!



TRAIL MIX

- * Start with nuts and seeds that you like
- * Add raisins or dried cranberries
- * Add pieces of dark chocolate
- * Store in an airtight container



ANTS ON A LOG

- * Clean celery
- * Cut down to size
- * Put peanut butter or cream cheese on the celery
- * Top with raisins or cranberries
- * Store in a ziplock bag



PARFAIT

- * Start with yogurt
- * Add nuts, seeds, or granola
- * Add berries
- * Store in an airtight container and keep cool



Veggies and Dip

- * Slice some clean veggies
- * Dip in hummus, guacamole or low fat dressings
- * Store in an airtight container and keep cool

HARD BOILED EGGS

- *Boil a pot of water
- *Gently place eggs in the water and boil for 10 minutes
- *Rinse under cold water
- *Store in a ziplock bag and keep cool

AVACADO TOAST

- *Toast whole wheat bread
- *Peel an avacado and spread it on your toast
- *Sprinkle with a little salt and pepper
- *Store in an airtight container

FRUIT AND PEANUT BUTTER

- *Slice some fruit
- *Put peanut butter on top
- *Top with some cranberries or raisins
- *Store in an airtight container

FRUIT SALAD

- *Start with washed berries or fruits
- *Top with a little whipped cream
- *Store in an airtight container

SOURCE: <https://www.ar.cnj.or.gov/information/healthylifestyles.html>

Let's Eat Healthily!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a

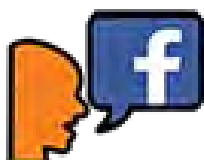
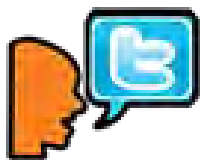
training at your location!



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.

For more information on HLP and NJSAP
follow us on social media!



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



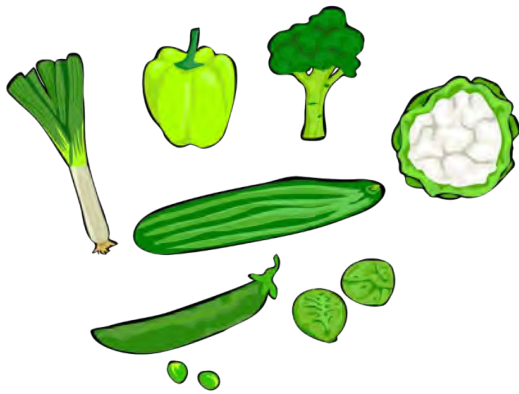
March 2019

It's Easy Being Green!



One of the most noticeable holidays in March is St. Patrick's Day, when the color green seems to be everywhere! Green has many positive connotations that coincide with healthy living, so this issue will focus on the goodness of green!

- There are many green foods that are very healthy additions to one's diet.
- Those with a "green thumb" are rewarded with many benefits of being around and caring for plants.
- "Going green", or acting in ways that positively impact the environment, helps both the planet and all of us living on it.



Benefits of Green Foods

Asparagus

- Asparagus is full of nutrients that have a wide variety of health benefits.
- It contains the amino acid asparagine, which enhances learning and memory retention.
- It is rich in glutathione, which can help protect against bone, breast, lung, and colon cancers.
- It is high in vitamin K, which helps the blood clot.
- It's also high in folate, which is an anti-inflammatory that helps keep the heart and blood vessels healthy.

Avocado

- Avocado is a naturally nutrient-rich food.
- It is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids, which improve heart health,
- This type of fat is also helpful to weight-loss efforts because they are burned at a higher rate than other types of fats, may increase the rate at which fat is burned, cause your body to burn more calories after eating, and even reduce appetite.
- Avocados also help to lower cholesterol.

Broccoli

- Cruciferous vegetables like broccoli contain cancer-fighting antioxidants, fiber, and numerous vitamins and minerals.
- The high levels of vitamin K in broccoli are especially good for your bones.
- Research has found that eating foods rich in vitamin K is linked to greater bone density and reduced bone loss in early post-menopausal women. In fact, some studies have found that vitamin K builds bones better than calcium because it works with vitamin D to improve bone metabolism.
- It also promotes blood health and boosts your energy levels.

Celery

- Celery has a good reputation as a diet food due to its high water content and low calorie count.
- It is high in magnesium, calcium, and vitamins A, B, C, and K.
- It also helps to lower blood pressure. Celery contains potassium which helps flush sodium from the body via the kidneys. *Due to this diuretic effect, watch your consumption of celery if you are on blood-pressure medication.
- It also has compounds called phthalides, which help the heart pump blood throughout your body.
- Phthalides also decrease the production of stress hormones, reducing symptoms of hypertension.

Spinach

- Spinach is well-known for its benefits for bones and muscles

- It is also high in magnesium, insoluble fiber, and water, all of which are necessary for proper bowel movement and to prevent constipation.
- Spinach also contains special sugars which fuel good bacteria in the colon and help prevent bad bacteria from taking over, helping to prevent colon cancer.

SOURCE: <https://www.radiology.ca/article/health-benefits-green-foods>



Benefits of Greenery & Gardening

Stress Relief

- A Dutch study asked two groups to complete a stressful task. Afterwards, one group gardened for 30 minutes, while the other group read indoors. Not only did the gardening group report better moods than the reading group, they also had measurably lower stress hormone levels.
- Elevated levels of stress hormones have been linked to immune function, obesity, memory and learning problems, and heart disease. Lowering the level of these hormones improves health greatly.

Outdoor Exercise

- Gardening is one way to achieve your target amount of moderate-intensity exercise each week.
- Gardening also provides rewarding motivation. In watching your plants grow and flourish, you are encouraged to continue tending for them and in turn, better your own health.
- A large Stockholm study showed that regular gardening cuts stroke and heart attack risk by up to 30% for those over 60.
- Just 10 minutes of sun during midday gardening will give you enough vitamin D to reduce risks of heart disease, osteoporosis, and various cancers.

Strength and Dexterity

- Gardening keeps hand muscles vigorous and agile in a satisfying and productive way.
- Don't push yourself too far: gardening can also set the stage for repetitive stress injuries, tendonitis, and carpal tunnel. Practice hand-healthy gardening by using a few simple warm-ups, positioning your body comfortably and changing tasks often to prevent strain or injury.
- Alternate use of your right and left hands to balance your body – using your non-dominant hand is one of many exercises to keep your brain functioning well, especially for seniors.

Healthy Brain and Mind

- Researchers found daily gardening to reduce the incidence of dementia by 36-47%.
- Gardening involves many of our critical functions, including strength, endurance, dexterity, learning, problem solving, and sensory awareness, that its benefits lend itself well to overall neurological health.
- The growing field of “horticultural therapy” is meant for patients with depression

and other mental illnesses. The benefits appear to spring from a combination of physical activity, awareness of natural surroundings, cognitive stimulation and the satisfaction of the work.

- To build the therapeutic properties of your own garden, aim for a combination of food-producing, scented, and flowering plants to nourish all the senses.

SOURCE: <https://learn.eartheasy.com/articles/6-unexpected-health-benefits-of-gardening/>



Benefits of "Going Green"

What is "Going Green?"

- In today's world, the color green is often associated with the Earth and its environment. Plants, trees, the grass in your front lawn – are all green. That's why the movement to protect our environment is often referred to as "going green."
- The overall goal of "going green" is to protect and conserve the Earth's environment. Everything we do has an impact on the environment – either good or bad.
- The idea is to pursue actions that will help rather than harm the environment.

Why Should I Help?

- The size of the world's tropical rainforests decline by 1.5 acres every second because of land development.
- This reduction in the size of rainforests leads to the destruction of over 130 plant, animal and insect species every day – that's about 50,000 species per year that become extinct.
- Water shortages are also caused by the harm we have done to the environment.

How Can I Help?

- Change your light bulbs. Changing just one of the light bulbs in your home to an LED light could make a serious impact on your energy consumption.
- Turn off lights in the home when they are not being used.
- Take your own bags with you to the grocery store to reduce the use of plastic.
- Hang dry your clothes rather than use the clothes dryer.
- Reduce, Reuse and Recycle. Reduce the usage of packaged food items. Reuse scrap paper. Recycle old jars.
- Instead of drinking bottled water, buy a reusable water bottle and water filter.
- Cut the shower time in half to conserve water or take a shower instead of taking a bath.
- Plant a tree. Even one tree can make a serious impact and do great things for the environment.
- Use public transportation or carpooling to go to work. Better yet, walk when the weather permits.
- Unplug all of your electronics when they are not being used.

For more tips: <https://www.conserve-energy-future.com/various-ways-to-go-green.php>

SOURCE: <https://wonderopolis.org/wonder/whats-so-great-about-going-green>

Let's Stay Healthy and Go Green!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



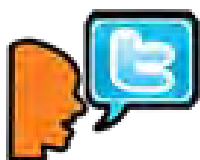
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



April 2019

Misconceptions about Staying Healthy



Don't be a fool this April! There are many common misconceptions on the topic of health. We're here to help you spot the myths!

- There are many myths about food that can impede our attempts at dieting.
- It's also important to know the realities surrounding fitness and exercise to improve health.

- There are many misconceptions about the way our bodies work in general that can easily be dispelled.



Myths About Dieting

MYTH: All Carbs Are Bad For You

- Carbohydrates come in different forms: simple and complex.
- Simple carbs found in foods like cookies and candy lack vitamins, minerals, and fiber. Cutting back on these sweets, is a great way to eat healthier.
- Foods with complex carbs like whole-wheat bread, beans, and fruit, have lots of nutrients that are good for you.
- Cut back on simple carbs but keep complex carbs on the menu.

MYTH: "No-fat" or "Low-fat" Means No Weight Gain

- Many low-fat or no-fat foods have added sugar, starch, or salt to make up for the reduction in fat. These "wonder" foods often have just as many calories, or more, than the regular version.
- Check the nutrition label to see how many calories are in a serving. Be sure to check the serving size too.

MYTH: Never Skip Breakfast

- No scientific studies have shown that skipping the morning meal leads directly to weight gain.
- If you are not hungry first thing, listen to your body. When you are ready to eat, help yourself to a healthy option like oatmeal with fresh berries.

MYTH: Eating at Night Will Cause Weight Gain

- This is only true if you choose high-calorie treats or overeat.
- If you are hungry after dinner, limit yourself to healthy snacks such as low-fat yogurt or baby carrots.

MYTH: You Cannot Be Overweight and Healthy

- There are some people who are overweight with healthy blood pressure, cholesterol, and blood sugar levels.
- While you can be overweight and healthy, carrying extra weight will increase your risk for health problems down the line, but healthy eating and regular activity are good for you no matter what you weigh.

MYTH: Fasting Can Help You Lose Weight Quickly

- Fasting is not healthy if you go hungry all day and cap it off with a huge meal that replaces all the calories you skipped earlier.
- Compared to people who lose fat by eating fewer calories, people who fast lose more muscle than fat.
- Look at your daily diet for empty calories you can cut out, such as refined grains and sugary drinks. DO NOT cut out meals entirely, especially without a doctor's supervision.

MYTH: Slow Weight Loss is the Only Way

- While it is true that many people who lose a lot of weight in a short time gain it all back, this is not true for everyone. Some overweight people are more successful when they lose weight quickly, for instance, going from 300 to 250 pounds (135 to 112 kilograms) in less than a year.
- Slow weight loss might not be the only option for you. Just be careful to avoid fad diets that promise unrealistic results, they may not be safe. If you are interested in a diet that encourages faster weight loss, be sure to work with your health care provider to make sure you are getting all the nutrients you need.

SOURCE: <https://medlineplus.gov/ency/patientinstructions/000895.htm>



Myths About Fitness

MYTH: You Only Need to Work Out Once or Twice a Week.

- Once or twice a week won't cut it for sustained health benefits.
- For your workouts to produce real results, you should be exercising 3-5 times a week.
- A study in the American Heart Association's journal *Circulation* that found that the best results for heart health were gleaned when participants worked out 4-5 times a week.

MYTH: It's Best to Exercise in the Morning

- The best time for a workout is whatever time allows you to exercise most consistently.
- Ideally, you want to make physical fitness a daily habit, so if late-night trips to the gym are your thing, stick with it. If you prefer a morning run, do that instead.

MYTH: Weight Lifting Turns Fat into Muscle.

- You can't turn fat into muscle; they're two different tissues.
- Adipose (fatty) tissue is found under the skin, sandwiched between muscles, and around internal organs like the heart. Muscle tissue – which can be further broken down into three main types – is found throughout the body.
- Weight training helps build up the muscle tissue in and around any fat tissue. The best way to reduce fat tissue is to eat a healthy diet that incorporates vegetables, whole grains, lean proteins and healthy fats like those found in olive oil and fish.

MYTH: Exercise is the Best Way to Lose Weight.

- If you're looking to lose weight, don't assume that you can simply "work off" whatever you eat. Experts say slimming down almost always starts with significant changes to your eating habits.
- "In terms of weight loss, diet plays a much bigger role than exercise," says University of Texas exercise scientist Philip Stanforth.
- Still, being active regularly is an important part of any healthy lifestyle.

MYTH: Sports Drinks are the Best way to Re-Hydrate

- Most sports drinks are just sugar and water.
- Experts recommend refueling with plain old water and a high-protein snack, since studies suggest protein helps recondition muscles after a workout.

MYTH: Running a Marathon is the Ideal Way to Get Fit.

- You can get many of the benefits of long-distance running without ever passing the five-mile mark.
- Running fast and hard for just 5-10 minutes a day can provide some of the same health outcomes as running for hours. People who run for less than an hour per week – as long as they get in those few minutes each day – see similar benefits in terms of heart health compared to those who run more than 3 hours per week.
- Years of recent research suggest that short bursts of intense exercise can provide some of the same health benefits as long, endurance-style workouts – and they also tend to be more fun.

SOURCE: <https://www.iflscience.com/health-and-medicine/fitness-myths-that-are-doing-more-harm-than-good/>



Myths About Your Body

MYTH: Your Blood Turns Blue When it's Out of Oxygen

- Your blood is never blue: It turns dark red when it's not carrying oxygen.
- Blood only looks blue because you are seeing it through several layers of tissue, which filters the color.

MYTH: Humans Have Five Senses.

- Sight, smell, taste, hearing, and touch are just the beginning.
- Don't forget about balance, temperature, and time, as well as proprioception – the body awareness that helps us not walk into things all the time – and nociception, our sense of pain.
- The body has many ways to sense the world around us, don't fret if you are lacking in a certain area!

MYTH: You Must Wait an Hour after Eating to Swim

- The theory behind this seems to be that digesting food will draw blood to your stomach, meaning that less blood is available for your muscles, making them more likely to cramp.
- But there's no evidence to support this claim.
- In fact, many sources say there are no documented cases of anyone ever drowning because they've had a cramp related to swimming with a full stomach.
- Cramps do happen frequently when swimming, but they aren't caused by what's in your stomach. If you do get one, the best policy is to float for a minute and let

it pass.

MYTH: You Lose 90% of your Body Heat Through Your Head

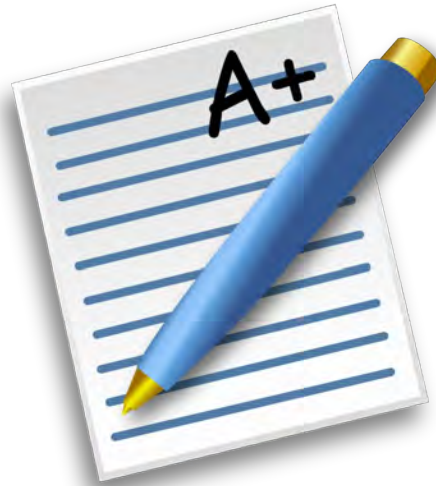
- You lose body heat through anything that's uncovered, and your head is more likely to be exposed than other areas of your body.
- If you don't have a hat on, you lose heat through your head, just as you would lose heat through your legs if you were wearing shorts.

MYTH: Cracking Your Knuckles Will Give you Arthritis

- There's no known ill effect from cracking your knuckles.
- Cracking your knuckles may annoy the people around you, but even people who have done it frequently for many years are not more likely to develop arthritis than those who don't.

SOURCE: <https://www.businessinsider.com/worst-science-health-body-myths-2016-8#myth-taking-your-vitamins-will-keep-you-healthy-24>

Let's Stay Smart and Healthy!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your location!

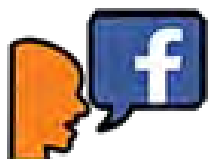


Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



Positive Pulse

Your monthly dose of advice on healthy living

May 2019

MAY >>> IS
<<< BIKE <<<
MONTH >>>



#BIKEMONTH
www.bikeleague.org/bikemonth/



May is National Bicycle Month!

- There are many physical benefits to riding a bicycle that make it well worth adding to your daily routine.
- It can also save you money on transportation and other budget concerns.

- Though biking is a generally safe activity, you must be sure to follow basic safety guidelines to keep yourself out of harm's way.

[If you think physical issues may stop you from riding a bicycle, you may find a solution with adaptive cycling! Click here to learn more about available options.](#)



Biking is Healthy

It's Easy on the Joints

- When you sit on a bike, you put your weight on a pair of bones in the pelvis called the ischial tuberosities.
- This is unlike walking, when you put your weight on your legs.
- This makes it good for anyone with joint pain or age-related stiffness.

Pushing pedals provides an aerobic workout

- That's great for your heart, brain, and blood vessels.
- Aerobic exercise also triggers the release of endorphins, the body's feel-good chemicals—which makes exercise enjoyable.

Cycling Builds Muscle

- In the power phase of pedaling (the downstroke), you use the gluteus muscles in the buttocks, the quadriceps in the thighs, and the gastrocnemius and soleus muscles in the calves.
- In the recovery phase (backstroke, up-stroke, and overstroke), you use the hamstrings in the back of the thighs and the flexor muscles in the front of the hips.
- You use abdominal muscles to balance and stay upright, and you use your arm and shoulder muscles to hold the handlebars and steer.

It Helps In Other Areas Too

- Resistance activities, such as pushing pedals, pull on the muscles, and then the muscles pull on the bone, increases bone density.
- The benefits of riding carry over to balance, walking, standing, endurance, and stair climbing.
- It will make you a healthier, stronger person overall if you ride regularly.

Why Should You Bike?



SOURCE:

<https://www.health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling>
<http://cyclingthe50.com/>



Biking Saves You Money

Biking Costs Less

- According to AAA, the average cost for an American driver to own and operate a car was about \$8,558 in 2016.
- In comparison, some estimates put the average cost of owning and operating a bicycle at just \$350 a year.
- Commuting costs using public transportation and ride-share apps also far exceed this estimated cost of using a bicycle.

The Four-Mile Rule

- Here's an attainable goal for even the most novice of cyclists.
- According to a National Household Travel Survey, approximately half of all trips we routinely make by car are to destinations within four miles or less.
- Vow to make many (or even all) of those shorter trips by bike – and avoid your

normal cost of commuting.

Exercise Without the Gym

- The average gym membership runs \$40 to \$50 a month.
- It may be worth the cost – if you actually use it. But 67 percent of gym memberships go unused, according to StatisticBrain.com.
- For less than the annual cost of a membership, you can buy a decent new bicycle that will last for many years and save you money every time you use it.

Tax Breaks for Biking Employees

- If you cycle to work regularly, you may qualify for up to \$20 a month to reimburse you for the purchase of the bike, along with repairs and storage.
- You don't pay any taxes on this reimbursement, which is paid by your employer.
- To get this, your employer must participate in a commuter benefit program. If you're a commuting cyclist, [see this website for details](#).

Calculate Your Own Savings

- Wonder how much you could save if you commuted by bike or incorporated some cycling into your daily lifestyle?
- [Check out this calculator tool on the Kiplinger website that allows you to estimate your approximate savings. Although the tool is designed for working commuters, try plugging in your average commute costs to see how much you could save by biking.](#)

SOURCE: <https://www.aarp.org/money/budgeting-saving/info-2017/save-money-bike-commuting.html>



How to Bike Safely

Get the Okay From Your Doctor

- Before you climb aboard a bike, especially if you have heart disease, arthritis, or thinning bones. "If you have osteoporosis, consider riding a tricycle, which is more stable than a two-wheeler, posing less of a fall risk," says Dr. Safran-Norton. "Don't ride a bike at all if you've had a recent fracture. Another fall could make it worse."

Adjust the Seat Properly

- When riding, remember that the seat height should allow a slight bend at your knee. "You don't want a straight knee at the bottom of the pedal stroke, because the bike could be too tall and you could fall off," says Dr. Safran-Norton.

Watch Where You Ride

- Avoid riding on streets that are too dangerous and lack bike paths.
- Never ride in pedestrian only areas or areas where bikes are prohibited.
- Stay aware of your surroundings to avoid any collisions.

Choose the Right Equipment

- Helmets

- A helmet is a must for safety.
- In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle must wear a safety helmet.
- It is wise to still wear a helmet at any age!

- **Cycling Clothes**

- These have high-tech fibers that wick away moisture.
- They are usually neon-colored, with reflective material so you'll be visible to drivers.
- Bike shorts have a thick pad or chamois to prevent chafing and provide cushioning.

- **Bikes**

- Look for one that puts less stress on your body, such as a beach cruiser or comfort bike.
- They have high-rise handlebars that enable you to sit upright, wide tires for a smooth ride, shock-absorbing seat posts, and low top tubes so you don't have to swing your leg too high to mount the bike.
- If mounting a bike is difficult, there are even "step through" bicycles that feature top tubes just six inches off the ground.
- Other bike types include tricycles, which are helpful if you are less stable on your feet, and recumbent bikes that allow you to lean back and ride.

- **Saddle**

- Get one with extra padding that's wide enough to support you.
- Pressure-relieving saddles may have a "noseless" or horseshoe design.

Other Tips

- Wear a helmet to protect your head.
- Don't use clips to keep your feet on the pedals, which can make injuries worse if you fall.
- Stay hydrated before, during, and after your ride
- Use sunscreen and sunglasses when appropriate.
- When riding in low light conditions avoid dark clothes and use reflectors or lights to keep yourself visible.

SOURCE: <https://www.nhtsa.gov/road-safety/bicycle-safety>
<https://www.health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling>

Let's Stay Healthy and Bike More!

MAY IS BIKE MONTH

With so many reasons to ride, what's yours?



I RIDE FOR CLEANER AIR.



I RIDE TO ENJOY A LIFELONG SPORT.

I RIDE TO SAVE MONEY ON GAS.

I BIKE TO THE BUS TO GET PLACES FASTER.

I RIDE FOR LESS TRAFFIC.

I RIDE TO FEEL THE WIND ON MY FACE.

I RIDE BECAUSE IT MAKES MY BUSINESS RUN BETTER.

I RIDE TO TURN MY COMMUTE INTO A WORKOUT.

I RIDE TO CREATE A HEALTHIER COMMUNITY FOR MY KIDS.

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your location!

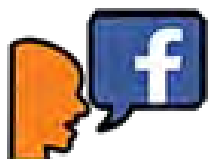


Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

Positive Pulse
Your monthly dose of advice on healthy living

June 2019

Positive Paws



We're back with more tips on healthy living for the month of June! [Sixty-eight percent of U.S. households, or about 85 million families, own a pet, according to the 2017-2018 National Pet Owners Survey conducted by the American Pet Products Association \(APPA\).](#) This month we will be focusing on how pets affect our health.

- There are many health benefits associated with owning and caring for a pet.
- It is important to follow certain rules to keep you, your pet, and your home safe and healthy.

- Service dogs are specially trained to assist people with disabilities to improve their daily living.
-



Health Benefits

Pets Strengthen Your Immune System

- Having a pet in the home can actually lower a child's likelihood of developing related allergies by as much as 33 percent.
- Research published in the *Journal of Allergy and Clinical Immunology* shows that children exposed early on to animals tend to develop stronger immune systems overall.
- This can't help someone who already has allergies, [but there are plenty of pet options for those with pet allergies.](#)

Pets Keep Our Hearts Healthy

- Pet owners exhibit decreased blood pressure, cholesterol and triglyceride levels, all of which can ultimately minimize their risk for having a heart attack.
- For those who have already experienced a heart attack, research also indicates that patients with a dog or a cat tend to have better recovery rates.
- These benefits are thought to be connected with pets' tendency to help reduce or control their owners' overall stress levels.

Dogs Help Us Control Our Weight

- Dogs can act as the perfect personal trainer, if only because most of them need to be walked several times a day.
- According to studies like those conducted by the Wellness Institute at Northwest Memorial Hospital, as long as you're the one holding the leash, you'll lose weight or at least maintain a healthy weight.
- Research conducted by the National Institute of Health also supports this claim, which found that dog owners responsible for walking their pups are less likely to be obese than dog owners who pass the duty off to someone else or those who don't own dogs at all.

We Can Exercise Together

- Pets need exercise to stay healthy, just like people! There are many activities one can do alongside their pet to stay active.
- Walking, Jogging or running, Biking, and Hiking are common activities for dog owners.
- Agility Training, an obstacle course-based dog sport, is great for very active dogs.
- You can even try Doga (Dog yoga!)
- [You can even train a cat to go on walks to give them the mental stimulation and physical exercise without letting them loose as an outdoor cat.](#)

Pets Keep Us Happy

- Pets are a great way to stay healthy mentally.
- Not only are they known to they offer unconditional love, but they may also give their owners a sense of purpose, which can be crucial for those feeling down.
- Pets also combat feelings of loneliness by providing companionship, which can boost your overall mood and even bring you feelings of joy and happiness.

Pets Help Us Connect

- Animals can be an instant icebreaker, people love to talk and show off their pets!
- Pets can be the common denominator to connect people who don't seem to be very much alike.

Pets Help Us Find Places to Socialize

- Training classes: Many instructors offer group classes such as puppy kindergarten, where you'll find others trying to master the same pet parenting skills.
- Dog parks: A great opportunity for both you and your dog to play and interact with other dogs and owners alike. Just be sure your dog is properly socialized and up to date on all shots before introducing it into the mix.
- Outdoor cafes: Many restaurants with outdoor seating options are also pet-friendly, and some even offer dog-specific items on the menu as well.
- Online: Dogster.com, Catster.com and Petpop.com are just a few examples of popular pet-focused social networking sites that provide an instant, fun way to trade tips, trends and more.

SOURCE: <http://www.animalplanet.com/pets/no-5-breathe-easier/>



Keeping a Healthy Household

Pick The Right Pet

- Before adopting a new pet, make sure that it is the right one for you and your household. Do some research beforehand about the specific needs of the animal. Ask yourself these questions before getting a pet:
 - How long will this animal live?
 - What does the pet eat?
 - How much exercise does the pet need?
 - How large will it become?
 - How much will it cost for veterinary care?
 - Do I have enough time to properly care for and clean up after the pet?
 - What type of habitat does this pet need to be healthy?
 - What type of exercise does this pet need?
 - Are pets allowed in my house, apartment, or condominium?
 - Are there young children, older people, or people with weak immune systems who will care for or be around the pet?

Pets Aren't For Everyone

- Households with children 5 years of age and younger should not have pet reptiles (turtles, lizards, snakes), amphibians (frogs, toads), or backyard poultry because of the risk of serious illness from harmful germs spread between these animals and young children.
- People with weakened immune systems should take extra precautions when choosing and handling pets. Talk to your veterinarian for help picking the best pet.
- Pregnant women should avoid adopting a new cat or handling stray cats,

especially kittens. Cats can carry a parasite that causes toxoplasmosis—a disease that can cause birth defects. If you are pregnant, you do not need to give up your current cat, but you should avoid changing cat litter.

- Pregnant women should avoid contact with pet rodents to prevent exposure to lymphocytic choriomeningitis virus, which can cause birth defects. If you're pregnant and have a pet rodent, avoid direct contact and have someone else clean its habitat.

How to Interact with Animals

- Never touch a pet that you don't know. Always ask for permission first, the animal may not be friendly or used to strangers.
- Be gentle and careful when petting and playing with pets, especially very small animals or those that may get aggressive.
- Be careful not to spread any germs. Try not to rub your eyes or put your hands near your mouth after directly handling animals.
- Make sure to wash your hands right after playing with animals or anything in the animals' environment (cages, beds, food or water dishes).

Practice Good Pet Hygiene

- In addition to hand washing, practicing good pet hygiene can help prevent the spread of germs between pets and people. Keep pets and their supplies out of the kitchen, and disinfect pet habitats and supplies outside the house when possible.
- Never clean supplies in the kitchen sink, food preparation areas, or the bathroom sink. Pets can contaminate surfaces in your home with germs—you don't have touch pets to get sick from their germs.
- Always remove your dog's feces (poop) from your yard and public places by using a bag, and dispose of it in proper areas. Dog and cat poop can contain parasites and germs that can be harmful to people.
- Keep children away from areas that might contain dog or cat poop to prevent them from getting roundworms and hookworms.
- Cover sand boxes so cats don't use them as a litter box.
- Clean the cat's litter box daily to lower the chances of exposure to harmful parasites.

Keep Wildlife Wild

- Although they may look cute, avoid touching wild animals to reduce the risk of illness and injury. Don't encourage wild animals such as raccoons, prairie dogs, or wild rodents to come into your home by feeding them.
- You might find a young animal that appears to be abandoned and want to rescue it, but often its parent is close by. If you are concerned about the safety of a wild animal, [contact a local wildlife rehabilitation facility](#).

SOURCE: <https://www.cdc.gov/healthypets/health-benefits/index.html>



Service Dogs

What is a Service Dog?

- People with disabilities can augment all aspects of their lives with service dogs,

who execute crucial aid depending on the disability of their owner.

- [The Americans with Disabilities Act \(ADA\)](#) stipulates that service dogs are specially trained to assist a person with disabilities in their tasks and daily life.
- The tasks that service dogs perform are essential actions, like guiding people with visual impairments, signaling certain sounds for those who are deaf, retrieving items for people with mobility issues or alerting about impending cardiac episodes or seizures.

Benefits of Service Dogs for Physical Issues

- Benefits of Service Dogs for People in Wheelchairs
 - For people who have limited mobility, service dogs provide physical support. Mobility assistance dogs can open doors for those in wheelchairs, manipulate light switches and pick up objects off the ground or retrieve them from other spots.
 - Some other capabilities of service dogs are paying cashiers, pressing handicapped accessible buttons and pressing elevator buttons.
- Benefits of Service Dogs for Epilepsy
 - Seizure alert dogs have an innate ability to detect the onset of a seizure.
 - When they sense an imminent seizure, the dogs give their owners a signal like pawing, pacing, intense staring or placing their head or nose on their owner. During a seizure, service dogs will lie down close to the person having the seizure.
 - If the alert is seen in time, individuals with epilepsy can prepare themselves and get to somewhere safe, such as on a soft surface or on the floor, before the seizure happens. After the seizure is over, the dog may go and seek additional help if it's needed.
- Benefits of Service Dogs for People with Physical Challenges or Fatigue Issues
 - For individuals with disabilities that cause fatigue, pain, trouble walking, or limited mobility, service dogs can help. Like the mobility tasks for wheelchair users, service dogs can also help people regain balance and prevent falling.
 - The dog can carry items if the individual is too weak to move or hold them. Because service dogs are allowed by law in public places for the benefit of their owners, this means they can perform these assistive tasks in the grocery store, on the sidewalk and other public areas.

Emotional Benefits of a Service Dog

- Companionship
 - A service dog can help and accompany you in many situations, and many service dogs can keep you accountable if you neglect proper management of their chronic illness or disability. This sense of security and consistent care will take some of the burden of your illness or disability off of you.
 - It's very easy to feel isolated when a condition limits your ability to complete everyday tasks, but a dog provides companionship that can ease feelings of loneliness.
- A Greater Feeling of Independence
 - You can rely less on other humans for help with tasks such as carrying something or opening a door. Instead, you can transfer your needs to your service dog, who is constantly available to assist and ready to be helpful.
 - The toll of relying on other people for daily tasks can wear on you after a while, and despite eager family members and others who will step in, you may feel you are restricted and dependent on others. A service dog reduces or eliminates that feeling and brings back a sense of freedom.
- Increased Confidence in Social Settings
 - Because you have your companion, you feel more comfortable in situations that you might previously have expected to be tiring or be unable to participate in.
 - You may also notice you'll get attention from passersby. Though your dog is always on duty, and strangers cannot interact with your dog, this scenario is another way conversations and positive social interactions can be initiated.
 - Even relationships with relatives are improved by the presence of service

dogs. They are less worried about the person with a disability when they are absent. Home life with family members is less stressful with the aid of a service dog, too.

- More Motivation
 - Experiencing pain and challenges every day weighs many people with disabilities down, and fluctuations in health are taxing. Service dogs can help you regain motivation to handle the potential challenge of daily chores and bring some joy in day-to-day activities.
 - A service dog still requires care from their owners, too, so that dependence and connection between dog and human creates a reason to keep going.
- Self-Improvement
 - A service dog allows many people with disabilities to do things they did not think were possible and to frequent public places with less worry. The hope for new possibilities and further improvements that a service dog brings is comforting.
 - The benefits of service dogs for individuals with disabilities include many positives, but an optimistic view of the future is a significant one.

Should You Get a Service Dog?

- If you are a person with a disability that service dogs are trained to assist with, then a service dog may be right for you. Some disabilities that they commonly are trained to help with are:
 - Mobility impairments and balance disorders
 - Trouble using arms or hands
 - Chronic fatigue conditions
 - Epilepsy
 - Cardiac syncope conditions
 - Diabetes
- If you're not sure your disability is extreme enough to have a service dog, decide whether your day-to-day life would become significantly easier and safer with the help of a dog.
- Getting a service dog does not happen immediately, as there must be a good fit between you and the dog as well as one that is trained specifically to cater to your disability. Service dogs also go through training for obedience, advanced disability service and personalized needs. This takes time, but if you are willing to invest in the system and training, you will have a trustworthy companion and service provider in your dog.
- [Each US State has laws regarding service animals, be sure to be familiar with New Jersey's service dogs laws.](#)

REMEMBER:
Service dogs are working animals. Don't pet them without permission or they may get distracted from their job!



Let's Stay Healthy Together!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!

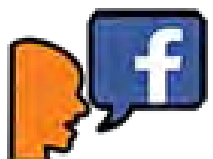
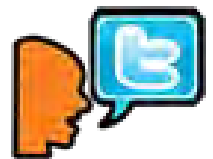


Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



Positive Pulse
Your monthly dose of advice on healthy living

July 2019

**National Parks and
Recreation Month**



We're back with more tips on healthy living for the month of July. It's National Parks and Recreation Month! No, it's not time to binge watch your favorite tv show, it's time to get outside and have fun at your local parks and other recreational areas.

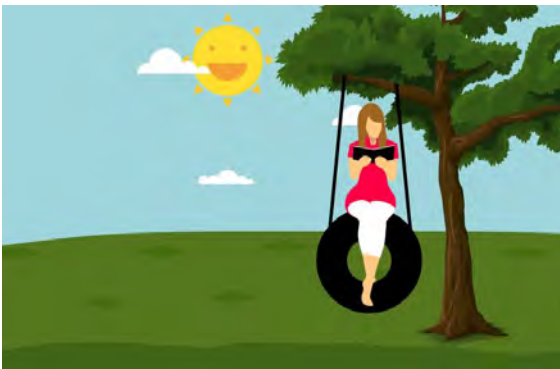
- According to a 2018 study conducted by Wakefield Research and commissioned by the National Recreation and Park Association, an overwhelming majority of Americans assert that they personally benefit from local parks and that their communities benefit from local parks.

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth, leading to better health.
- According to a 2017 NRPA Park Pulse poll, 83% of Americans believe it is important that their local government makes environmental initiatives a priority; creating and maintaining parks can help this.

Source: [National Recreation and Park Association](#)

Click here to search by area or activity to discover New Jersey's wealth of state parks, forests, and recreation areas!

If you are looking to hike, bike or walk, this list shows which are parks and trails accessible!



Importance of Local Parks

We Use Them Often

- Americans, on average, visit their local park and recreation facilities more than twice a month.
- Support for local parks is widespread, spanning different age groups, income strata, household types and political affiliations.

They Are Generally Available

- Three in four Americans live within a 10-minute walk of a local park or other recreational facility.

We Want Them Near Our Homes

- 85% of Americans consider high-quality park and recreation amenities important factors when choosing a new place to live.

They Are A Boon From Our Local Governments

- More than nine in 10 Americans agree that parks and recreation is an important local government service.
- According to a 2010 study, for every dollar spent in afterschool programming, it saved on average \$6 in crime, court and detention costs.
- This is why great summer camps, open gyms and after school programs in

neighborhood centers are an effective and essential human service.

They Help The Economy

- According to a study conducted by the Center for Regional Analysis at George Mason University and the National Recreation and Park Association, America's local park agencies generated more than \$154 billion in economic activity and supported more than 1 million jobs from their operations and capital spending alone in 2015.
- Public parks increase property value of residential properties immediately adjacent to parks by as much as 20% of the properties' marginal value - especially if the park is a natural area.
- The economic impact that large tournaments, competitions and special events hosted in public parks bring to the local economy can offset park maintenance operating budgets which are normally thought of as totally subsidized high-cost centers.
- Having destination attractions in parks such as exhibits, museums, river sports put-ins, and state-of-the-art play spaces also attract tourist dollars to an area.
- The Trust for Public Land has created a guide for [Measuring the Economic Value of a City Park System](#) that enumerates those benefits in terms of seven major factors—property value, tourism, direct use, health, community cohesion, clean water, and clean air.

SOURCE: [National Recreation and Park Association](#)
<http://www.lynchburgparksandrec.com/top-5-benefits-of-parks-and-recreation/>



Health Benefits of Parks

We Exercise More When We Use Them

- The Centers for Disease Control found that increased access to places for physical activity led to a 25.6 percent increase in people exercising 3 or more times per week.
- Whether it is active recreation pursuits like athletic leagues, fitness and dance programs, trails and active amenities like playgrounds and pools, our parks provide natural locations for organized physical activities, as well as unstructured spaces that overtly or subtly encourage physical activity.

They Help Keep Children Healthy

- On average, children who live in greener environments weigh less than children who live in less green areas.
- Children that have easy access to a playground are approximately five times more likely to have a healthy weight than children that do not have easy access to playgrounds.

They Lower Obesity in Adults, Too

- The nation's park and recreation facilities are on the frontline in the battle against the obesity epidemic and other chronic health issues.

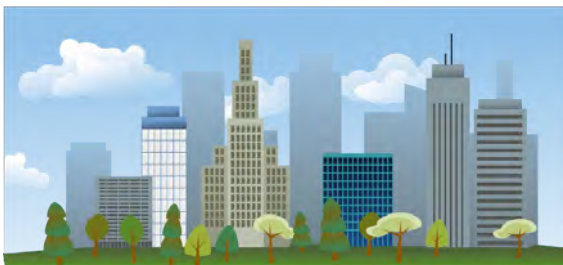
Other Health Improvements

- One study showed that individuals who move to greener areas have significant and long-lasting improvements in mental health.
- Another study showed that greener environments enhance recovery from surgery, enable and support higher levels of physical activity, improve immune system functioning, and help diabetics achieve healthier blood glucose levels.
- Passive leisure activities in parks like reading and contemplation improve mood, reduce stress and enhance a sense of wellness.

SOURCE: [National Recreation and Park Association](http://www.nationalrecreationandparkassociation.org)

<http://www.lynchburgparksandrec.com/top-5-benefits-of-parks-and-recreation/>

Watch the video below from The Trust for Public Land for more ways that parks can improve your health.



Environmental Benefits of Parks

Trees Help Lower Our Carbon Footprint

- A park with one acre of trees absorbs the carbon dioxide produced by driving a car 11,000 miles.

Parks Give Our Cities More Plants and Wildlife

- Parks do a great deal to contribute to species richness in urban settings.
- A review of more than 60 studies by IFPRA shows that there is strong evidence to

support the concept that parks support both plant and animal biodiversity.

- This offers not only an important educational opportunity, but additionally supports overall ecosystem functionality.

Parks Help With Waterfall and Water Usage

- Parks reduce the impact of large storms and flooding by serving as sponges that soak up run off from nearby paved surfaces during rain events.
- This in turn prevents flooding and decreases property damage.
- Parks that are well-designed also reduce water usage by recycling and storing this water for use during times of low precipitation.

Parks Cool Us Down in Hot Weather

- Evidence not only shows that parks are cooler than their surrounding cities, but actually shows that parks contribute to overall urban cooling – parks make our cities more comfortable in the summer!

SOURCE: [National Recreation and Park Association](#)

Let's Stay Healthy at the Park!



**Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!**



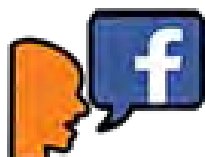
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



August 2019

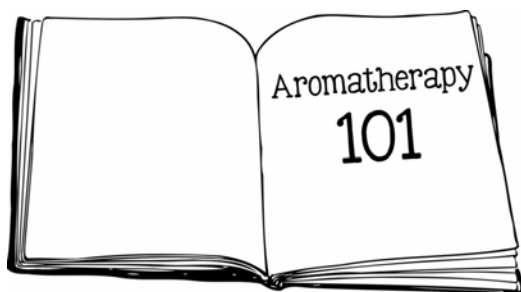
Aromatherapy & Essential Oils



We're back this August with some more tips on healthy living, this time our focus is on making sense of scents through aromatherapy and use of essential oils.

- Aromatherapy has a long history and continues to be beneficial to those who practice today.
- There are many types of essential oil with different properties; it's important to know what to use and when.

- There are various ways of utilizing essential oils including through inhalation and topical use with each having their own benefits.



The Basics

What Is It?

- Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being.
- Sometimes it's called essential oil therapy.
- Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit.
- It enhances both physical and emotional health.

Is It A Recent Invention?

- Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.
- The term "aromatherapy" was coined by a French perfumer and chemist René-Maurice Gattefossé in a book he wrote on the topic that was published in 1937. He had previously discovered the healing potential of lavender in treating burns. The book discusses the use of essential oils in treating medical conditions.

Aromatherapy Benefits Include...

- Managing pain.
- Improving sleep quality.
- Reducing stress, agitation, and anxiety.
- Soothing sore joints.
- Treating headaches and migraines.
- Easing discomforts of labor.
- Fighting bacteria, viruses, or fungi.
- Improving digestion.
- Improving hospice and palliative care.
- Boosting immunity.

How Does It Work?

- Aromatherapy works through the sense of smell and skin absorption using products such as these:
 - Diffusers
 - Aromatic Spritzers
 - Inhalers
 - Bathing salts
 - Body oils, Creams, or Lotions For Topical Application
 - Facial Steamers
 - Hot and Cold Compresses
 - Clay Masks

SOURCE: <https://www.healthline.com/health/what-is-aromatherapy#how-does-it-work?>



Types of Essential Oils

Most Popular Essential Oils

- Each essential oil comes with its own therapeutic benefits. With so many essential oils available, it is sometimes difficult to learn which oil is best for your specific needs.

Chamomile

- Chamomile, widely known for its soothing characteristics (particularly in tea), is extracted as an essential oil from the leaves of the flowering plant of the same name. There are two types of Chamomile plants, the Roman Chamomile and German Chamomile. The aromatherapy oil can be extracted from both varieties, but healing properties are slightly different.
- Extraction and Application: Chamomile oil is extracted from the flowering leaves via steam distillation. Both varieties of Chamomile can be blended with massage oils, used in steam or vapor therapy or mixed with lotions and creams. The Roman variety of Chamomile can also be used in mouthwash as an analgesic.
- Aromatherapy Uses: Many of the following properties are consistent in both Roman and German Chamomile, unless noted otherwise. Chamomile is a powerful calming agent, as well as antibiotic, antiseptic, antidepressant and overall mood lifter. The German variety is often better suited to battle inflammation, specifically urinary tract and digestive inflammation. Both also have analgesic properties and can help to eliminate acne.
- **Caution: Avoid during pregnancy and if allergies to Ragweed are present.**

Lavender

- Lavender is one of the most popular essential oils on the market and for good reason. It smells great and is an effective stress-relieving oil. In addition to stress-relieving properties, Lavender is a healing aid against colds, flu and migraine.
- Aromatherapy Uses: In addition to stress-relief, Lavender has the following therapeutic properties: antiseptic, antidepressant, anti-inflammatory decongestant, deodorant, diuretic and sedative.
- **Caution: Discontinue use if you suffer an allergic reaction when using Lavender.**

Lemon

- It comes as no surprise that lemon is a favorite essential oil. Lemon is widely appreciated for its clean smell, but has numerous therapeutic qualities as well. It improves concentration, aids in digestion and eases symptoms of acne and arthritis.
- Aromatherapy Uses: Lemon oil is a multifaceted essential oil. It helps with everything from skin irritation to digestion to circulation problems. It is a natural immunity booster and can even help reduce cellulite! Lemon oil helps to alleviate headaches and fever, and is a quick mood enhancer.
- **Caution: While lemon oil isn't toxic, it can cause allergic reactions such as rash. It's not wise to use lemon oil in the sun.**

Marjoram

- One of this essential oil's therapeutic properties is to calm hyperactivity and

relieve anxiety. Marjoram was a popular plant used by the Greeks in medicines and also helps with digestion issues such as constipation and cramps.

- Aromatherapy Uses: Marjoram aids in anxiety and stress relief, combats fatigue and depression and alleviates respiratory and circulatory issues.
- **Caution: Although it is non-toxic, Marjoram is not recommended while pregnant.**

Patchouli

- A widely known essential oil, Patchouli is often associated with earthy types who are thought to use it for its mood-lifting properties. Patchouli comes from the plant Pogostemon cablin and actually has powerful skincare properties.
- Aromatherapy Uses: Patchouli serves as a powerful skin care agent; it even promotes skin cell growth when applied directly to the skin. Patchouli helps to relieve anxiety, depression, fatigue, curb addiction, reduce cellulite and bloating.
- **Caution: Although non-toxic, it's best to use Patchouli in small doses given its strength.**

Peppermint

- All you need is a whiff of peppermint to put the pep back in your step. Peppermint has a cooling, refreshing effect and is widely used to enhance mental alertness. Peppermint is a perennial herb that boasts natural energy-boosting properties.
- Aromatherapy Uses: Peppermint oil has a number of therapeutic properties. It is a cooling agent that enhances mood, sharpens focus, combats irritation and redness, alleviates symptoms of congestion, and aids in digestion.
- **Caution: Although non-toxic, the menthol component in Peppermint can bother some individuals. It is also a skin irritant and should be kept away from the eyes. Keep away from small children and do not use while pregnant.**

Rose

- Women should keep Rose oil handy as it's a powerful aromatherapy treatment for issues targeted mainly at females. Roses are some of the first plants to be distilled for their essential oil. Rose oil is pricier than other aromatherapy oils given the number of roses necessary to distill it.
- Aromatherapy Uses: Rose oil is an ideal essential oil to have on hand. It helps with a number of illnesses and conditions, such as depression, anxiety and digestion issues. It is also helps with circulation, heart problems and respiratory conditions like asthma. It is a protector of the heart and is also good for your skin.
- **Caution: Avoid during pregnancy.**

Tea Tree

- If you have but just one essential oil in your possession, it should be Tea Tree oil. Tea Tree oil is one of the most popular and effective essential oils for aromatherapy use. It is widely known to boost the immune system and fight infections.
- Aromatherapy Uses: Tea Tree's healing properties are abundant. Not only is it a natural immune booster, but it also fights all three kinds of infection. It works to heal skin conditions, burns and cuts, and also works as an insecticide. In addition, it helps to soothe and treat cold sores, respiratory conditions, muscle aches, the flu, Athlete's foot and dandruff. Its uses are vast and its healing power is quick.
- **Caution: Tea Tree oil is not toxic, but avoid using it internally or around the eyes and nose. It is also not recommended for serious cuts.**

SOURCE: https://www.aromatherapy.com/most_popular.html

Ways to Use Essential Oils



Inhalation

- **Use a diffuser.** This device is a helpful way to easily infuse any setting with the scent of your choice. Diffusers operate differently—some involve water, some involve heat—so be sure to follow the directions, including how much essential oil to use.
- If you're feeling anxious, the citrusy scent of bergamot can help lower your stress levels. Or try rosemary in the diffuser to help sharpen your focus.
- **Consider a dry evaporation.** Place 2-4 drops of essential oil on a cotton ball or tissue and let it sit in a bowl near you.
 - Energizing peppermint might be the perfect choice in your home office.
- **Create a steam treatment.** This method is specifically helpful for soothing congestion, respiratory and sinus infections or allergy troubles. Place 3-7 drops of essential oil into a bowl of hot water, put your face over the water and a towel over your head to trap in the steam. Keep your eyes closed as you inhale the vaporized oil through your nose.
 - Eucalyptus or lemon essential oils can work well in steam form with their cleansing and anti-inflammatory benefits.
- **Make a bottled spray.** Creating a spritz or spray with essential oils can deodorize a room, set a mood or transform a space into an aromatherapy session. Put a total of 10-15 drops of your favorite essential oil (or a combination of 1-3 essential oils) and one ounce of water into a spray bottle and shake. Spray liberally in your bedroom, bathroom or wherever you desire. You can also mist it lightly on your sheets or pillowcases.
 - A combination of lavender, rose and clary sage essential oils creates a stress-relieving spray.

Topical Use

- **Drop it into a bath.** While a bathing ritual itself can be a self-soothing treatment, adding essential oils can further benefit you. Combine up to 12 drops of your essential oil of choice with one teaspoon of whole milk, vegetable oil or honey and then add to the water just before you step in.
 - Lavender is known for its soothing, relaxing benefits. Experience its scent in a soak before bedtime if you suffer from insomnia.
- **Apply it to your skin during a massage.** Your body becomes the diffuser here as it heats up the essential oil and releases its scent into the air. The first step is mixing it with a carrier oil, like grapeseed oil or sweet almond oil. When combining, use 20 drops of essential oil for every ounce of carrier. If you'd rather use water instead of a carrier oil, be sure to shake the mixture well right before applying it to your skin.
 - Lavender or patchouli essential oils are great options when creating a calming massage oil.
- **Add it to your body or face lotion.** This is another method where the heat of your skin helps diffuse the essential oil, allowing you to inhale its fragrance. Add about 6-15 drops (halve this measurement if you have sensitive skin) of oil to one ounce of unscented body or face lotion and stir thoroughly before applying.
 - Using sandalwood oil in your lotion can help release tension while tea tree may be your essential oil of choice if you need to calm your mind.

Storing Your Essential Oils

- Most essential oils will last up to a year when you store them in a cool, dark place.
- Toss them if they have lost their odor or turn thick and cloudy.

SOURCE: <https://www.canyonranch.com/blog/health/at-home-aromatherapy-how-to-use-essential-oils/>

Let's Stay Healthy!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!

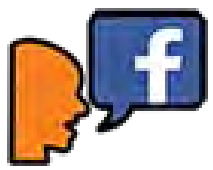
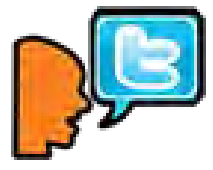


Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



September 2019

National Yoga Month



We're back this September with some more tips on healthy living; this time our focus is utilizing the health benefits of yoga and to inspire a healthy lifestyle.

- Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India but has become a very popular way to exercise and stay healthy in the modern era.
- There are many amazing health benefits to practicing yoga.
- There are an incredible amount of yoga poses available, including adaptive poses for people of all abilities.



Yoga 101

What is Yoga?

- The word yoga, from the Sanskrit word yuj, means to yoke or bind, and is often interpreted as "union" or a method of discipline.
- A male who practices yoga is called a yogi, a female practitioner, a yogini.
- The Indian sage Patanjali is believed to have collated the practice of yoga into the Yoga Sutra an estimated 2,000 years ago. The Sutra is a collection of 195 statements that serves as a philosophical guidebook for most of the yoga that is practiced today.
- Today, most people practicing yoga engage in a program of physical poses designed to purify the body and provide the physical strength and stamina required for long periods of meditation.

Hatha Yoga

- The word hatha means willful or forceful.
- This is one of the most popular styles of yoga.
- It is a more physical type of yoga rather than a still, meditative form.
- Hatha yoga focuses on *pranayamas* (breath-controlled exercises) followed by a series of *asanas* (yoga postures), which end with *savasana* (a resting period).
- The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this "edge," the focus is on your breath while your mind is accepting and calm.

Do I Have to Be Vegetarian to Practice Yoga?

- The first principle of yoga philosophy is *ahimsa*, which means non-harming to self and others. Some people interpret this to include not eating animal products.
- This is a personal decision that everyone has to make for themselves. If you are considering becoming a vegetarian, be sure to take into account your personal health issues as well how your choices will affect those with whom you live.
- Remember, being a vegetarian should not be something that you impose on others—that kind of aggressive action in itself is not an expression of *ahimsa*.

How Many Times Per Week Should I Practice?

- Yoga is amazing—even if you only practice for one hour a week, you will experience the benefits of the practice.
- If you can do more than that, you will certainly experience more benefits.
- Try starting with two or three times a week, for an hour or an hour and a half each time. If you can only do 20 minutes per session, that's fine too.
- Don't let time constraints or unrealistic goals be an obstacle—do what you can and don't worry about it.
- You will likely find that after a while your desire to practice expands naturally and you will find yourself doing more and more.

I'm Not Flexible—Can I Do Yoga?

- Yes, anyone can do yoga.
- Come as you are and you will find that yoga practice will help you become more flexible.
- This newfound agility will be balanced by strength, coordination, and enhanced cardiovascular health, as well as a sense of physical confidence and overall well-

being.

What Do I Need to Begin?

- All you really need to begin practicing yoga is your body, your mind, and a bit of curiosity.
- It is also helpful to have a pair of yoga leggings, or shorts, and a t-shirt that's not too baggy.
- No special footwear is required because you will be barefoot.
- It's nice to bring a towel to class with you.
- You might want to buy your own yoga mat, but most studios will have mats and other props available for you.

SOURCE: <https://www.yogajournal.com/meditation/yoga-questions-answered>



Benefits of Yoga

Improving Body Image

- Yoga develops inner awareness, focusing your attention on your body's abilities at the present moment.
- It helps develop breath and strength of mind and body.
- Yoga studios typically don't have mirrors. This is so people can focus their awareness inward rather than how a pose – or the people around them – looks.
- Surveys have found that those who practiced yoga were more aware of their bodies than people who didn't practice yoga. They were also more satisfied with and less critical of their bodies
- For these reasons, yoga has become an integral part in the treatment of eating disorders and programs that promote positive body image and self-esteem.

Becoming a Mindful Eater

- Mindfulness refers to focusing your attention on what you are experiencing in the present moment without judging yourself.
- Practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life.
- Researchers describe mindful eating as a nonjudgmental awareness of the physical and emotional sensations associated with eating.
- Practicing yoga helps you be more aware how your body feels. This heightened awareness can carry over to mealtime as you savor each bite or sip, and note how food smells, tastes and feels in your mouth.

A Boost to Weight Loss and Maintenance

- People who practice yoga and are mindful eaters are more in tune with their bodies. They may be more sensitive to hunger cues and feelings of fullness.
- Researchers found that people who practiced yoga for at least 30 minutes once a week for at least four years, gained less weight during middle adulthood. People who were overweight actually lost weight. Overall, those who practiced yoga had lower body mass indexes (BMIs) compared with those who did not practice yoga.
- Researchers attributed this to mindfulness. Mindful eating can lead to a more positive relationship with food and eating.

Enhancing Fitness

- Yoga is known for its ability to soothe tension and anxiety in the mind and body. But it can also have an impact on a person's exercise capacity.
- Researchers studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fitness.

Cardiovascular Benefits

- Several small studies have found yoga to have a positive effect on cardiovascular risk factors: It helped lower blood pressure in people who have hypertension.
- It's likely that the yoga restores "baroreceptor sensitivity." This helps the body sense imbalances in blood pressure and maintain balance.
- Another study found that practicing yoga improved lipid profiles in healthy patients as well as patients with known coronary artery disease.
- It also lowered excessive blood sugar levels in people with non-insulin dependent diabetes and reduced their need for medications.
- Yoga is now being included in many cardiac rehabilitation programs due to its cardiovascular and stress-relieving benefits.



SOURCE: <https://www.health.harvard.edu/staying-healthy/yoga-benefits-beyond-the-mat>



Yoga Poses to Try

10 Yoga poses for stress relief

1 MOUNTAIN



2 UPWARD SALUTE



3 STANDING FORWARD BEND



4 CAT POSE

5 COW POSE



6 FIRE LOG POSE



7 PUPPY DOG ON CHAIR



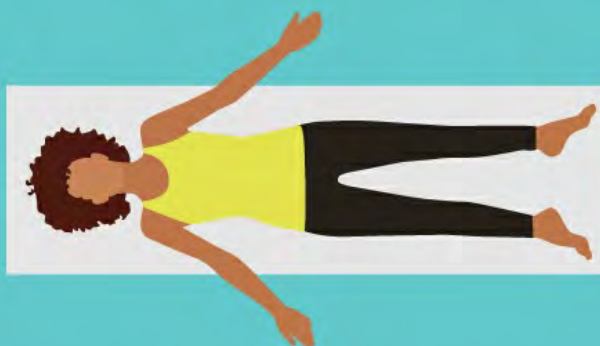
8 BRIDGE POSE



9 CHILDS POSE



10 CORPSE POSE



SOURCE: <https://www.sheknows.com/health-and-wellness/articles/1125603/yoga-poses-you-can-do-on-your-lunch-break/>

SUPERHERO YOGA



The New Jersey Self-Advocacy Project

[Click to view the NJSAP Guide to SuperHero Yoga!](#)

Adaptive Yoga

- Adaptive yoga is a creative and mindful approach to adapting poses for the body.
- This can include using a chair, wall, or yoga props.
- With adaptive yoga, anyone can participate.
- Click here to find adaptive yoga instructors in your area
<https://www.mindbodysolutions.org/yoga/adaptive-yoga/locate-teachers/>

SOURCE: <https://www.mindbodysolutions.org/about/>

Let's Stay Healthy and Do Yoga!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



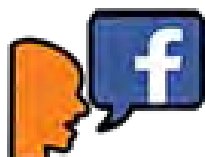
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

Positive Pulse

Your monthly dose of advice on healthy living

October 2019

Your Best Smile: Dental Hygiene



We're back this October with some more tips on healthy living; this time our focus is on keeping that smile nice and white with healthy and consistent dental hygiene practices.

- The basics of brushing, flossing, and visiting the dentist are important for everyone to maintain healthy teeth.
 - Sometimes unique tools and methods are helpful for an individual to best maintain their oral health.
 - There some important warning signs to be aware of to mark that it's time for a visit to the dentist.
-

Basics of Dental Hygiene



Brush Your Teeth

- Brush your teeth twice a day.
- Don't brush right after eating, especially if you had something acidic such as grapefruit or soda. Don't forget to clean your tongue, which harbors bacteria, with a toothbrush or tongue scraper.
- Use a fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably.
- Consider using an electric or battery-operated toothbrush, which can reduce plaque and a mild form of gum disease (gingivitis) more than does manual brushing. These devices are also helpful if you have arthritis or other problems that make it difficult to brush effectively.
- Practice good technique. Hold your toothbrush at a slight angle – aiming the bristles toward the area where your tooth meets your gum. Gently brush with circular short back-and-forth motions. Brushing too hard or with hard bristles can hurt your gums.
- Brush your teeth for two minutes. Remember to brush the outside, inside and chewing surfaces of your teeth, as well as your tongue.
- Always rinse your toothbrush with water after brushing. Store your toothbrush in an upright position and allow it to air-dry until using it again.
- Try to keep it separate from other toothbrushes in the same holder to prevent cross-contamination. Don't routinely cover toothbrushes or store them in closed containers, which can encourage the growth of bacteria, mold and yeast.
- Know when to replace your toothbrush. Invest in a new toothbrush or a replacement head for your electric or battery-operated toothbrush every three months – or sooner if the bristles flay or become irregular.

Floss Every Day

- You can't reach the bacteria in the tight spaces between your teeth and under the gum line with a toothbrush. That's why daily flossing is important.
- Break off about 18 inches of dental floss. Wind most of the floss around the middle finger on one hand, and the rest around the middle finger on the other hand. Grip the floss tightly between your thumbs and forefingers.
- Be gentle. Guide the floss between your teeth using a rubbing motion. Don't snap the floss into your gums. When the floss reaches your gum line, curve it against one tooth, making a c shape.
- Take it one tooth at a time. Slide the floss into the space between your gum and tooth. Use the floss to gently rub the side of the tooth in an up-and-down motion. Unwind fresh floss as you progress to the rest of your teeth.
- Keep it up. If you find it hard to handle floss, use an interdental cleaner – such as a dental pick, pre-threaded flosser, tiny brushes that reach between teeth, a water flosser, or wooden or silicone wedge plaque remover.
- As long as you do a thorough job, it doesn't matter if you brush or floss first.

Visit a Dentist Regularly

- Professional cleanings are an important part of maintaining good oral health. It may take time for you to become comfortable at the dental office. A "get-acquainted" visit with no treatment provided might be helpful to familiarize yourself with the office and the exam routine before a real visit.
- Keep regular dental appointments. Professional cleanings are just as important as brushing and flossing every day. Regular examinations can identify problems

before they cause unnecessary pain.

- Know your dental history. Keep a record of what happens at each visit. Talk to the dentist about what occurred at the last appointment. Remind the dental team of what worked and what didn't.
- Bring all insurance, billing, and legal information. Know who is responsible for payment. Be sure to be on time!

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>



Adaptive Dental Care

Location

- The bathroom isn't the only place to brush your teeth. For example, the kitchen or dining room may be more comfortable.
- If standing next to a bathroom sink isn't possible or if it is uncomfortable, try sitting at a table. Place the toothbrush, toothpaste, floss, and a bowl and glass of water on the table within easy reach.
- No matter what location you choose, make sure you have good light to make sure you brush and floss properly.

Alleviate Fears

- Have a routine for dental care. Use the same technique at the same time and place every day so it becomes natural.
- If visiting the dentist is scary, hold a special item for comfort or play your favorite music.

Adapting Your Toothbrush

- If you have trouble gripping onto a standard toothbrush, the following diagram provides some easy adjustments that may help.

Make the toothbrush easier to hold.



The same kind of Velcro® strap used to hold food utensils is helpful for some people.



Others attach the brush to the hand with a wide elastic or rubber band. Make sure the band isn't too tight.

Make the toothbrush handle bigger.



You can also cut a small slit in the side of a tennis ball and slide it onto the handle of the toothbrush.



You can buy a toothbrush with a large handle, or you can slide a bicycle grip onto the handle. Attaching foam tubing, available from home health care catalogs, is also helpful.

Try other toothbrush options.



A power toothbrush might make brushing easier. Take the time to help your client get used to one.

Guide the toothbrush.

Help brush by placing your hand very gently over your client's hand and guiding the toothbrush. If that doesn't work, you may need to brush the teeth yourself.

SOURCE: <https://www.nidcr.nih.gov/sites/default/files/2017-09/practical-oral-care-development-disabilities.pdf>

Potential Oral Health Problems



When To See The Dentist

- To prevent gum disease and other oral health problems, schedule regular dental cleanings and exams that include X-rays.
- In the meantime, contact your dentist if you notice any signs or symptoms that could suggest oral health problems, such as:
 - Red, tender or swollen gums
 - Gums that bleed when you brush or floss
 - Gums that begin pulling away from your teeth
 - Loose permanent teeth
 - Unusual sensitivity to hot and cold
 - Persistent bad breath or an unusual taste in your mouth
 - Painful chewing
- Remember, early detection and treatment of problems with your gums, teeth and mouth can help ensure a lifetime of good oral health.

Other Oral Health Care Tips

- In addition to daily brushing and flossing, consider using mouthwash containing fluoride to promote oral health.
- Resist the temptation to use toothpicks or other objects that could injure your gums and let in bacteria.
- If you smoke, try to quit. Using tobacco increases your risk of many diseases, including gum disease and tooth loss.
- Avoid sugary drinks, candy, and gum that cause cavities.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>

**Let's Stay Healthy
and Smile!**



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!

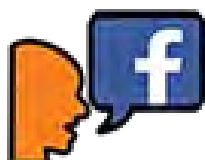
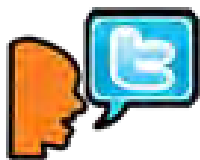


Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



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.

For more information on HLP and NJSAP
follow us on social media!



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



November 2019

Holiday Stuff



We're back this November with some more tips on healthy living! This time our focus is on... a lot of stuff!

- Stuffing (and stuffing your face with food in general!) is a Thanksgiving tradition. There are ways to be healthy and still enjoy a feast.
- With Black Friday this month and December holidays fast approaching, it's time to stuff those stockings and gift boxes full of gifts to keep your loved ones healthy.

- In this time of excess, a lot of waste is produced. The best way to help combat this is to reduce waste; put simply, use less stuff!
-



Healthy Holiday Nutrition

Don't Skip Meals

- Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger.
- Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.

Contribute a Healthy Dish

- Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
- This can be especially important if you have special dietary needs that may be difficult to meet.

Choose Your Splurges

- Scan the buffet or dinner table and choose a couple holiday favorites to splurge on.
- If you cut out foods that you can have any other day of the year, you can avoid overeating.

Think Color

- Make a plate look festive by including fruits and veggies.
- More color often means more variety of types of foods.
- Aim to cover half the plate, there's no need to fill it completely.

Choose Drinks Wisely

- Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks.
- Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food.
- If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.

Visit the People, Not the Food

- Make sure to put aside time for socializing, not just eating!
- Move socializing away from the buffet or appetizer table to prevent mindless eating.

Say No to Food Pushers

- You don't have to say "yes" to every food item offered.
- But remember to be polite!

Savor Seasonal Treats

- You don't have to say no to all dessert to stay healthy, having treats once a year will not make or break your weight.
- Make sure you take time to really taste and enjoy that special treat when you have it.

Eat Until You Are Satisfied, Not Stuffed

- No one likes that icky, stuffed feeling after a meal.
- Eat slowly, and check your fullness levels while you're eating.
- Remember – there are always leftovers!

Don't Feel Guilty

- If you did overindulge, don't beat yourself up.
- Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

[Click below to find some healthy thanksgiving recipes to try!](#)



Healthy Thanksgiving Recipes

Whether you're following a special diet or you want to eat healthy on turkey day, try these lighter takes on classic Thanksgiving recipes from Food Network.

[Read more](#)

www.foodnetwork.com

SOURCE: <https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

Healthy



Gift Ideas

50 Healthy Gifts Under \$50

- Looking for holiday gift ideas? Try these health, fitness, and nutrition related gifts to stay strong on a budget.
- If you use Amazon, be sure to use <https://smile.amazon.com/> and choose The Arc of New Jersey as your charity!



50 Healthy Gifts Under \$50

From gym bags to mini cupcake makers, we've got budget-friendly, healthy gift ideas for everyone on your list. After all, aren't health and happiness

[Read more](#)

www.health.com



Reducing Waste

Evaluate Your Kitchen Storage

- Try to stay away from using lots of plastic baggies or plastic storage containers.
- Instead, switch to reusable baggies and use mason jars or other glass containers to store your food.
- These last longer and can often be recycled.

Swap Paper For Cloth

- Make the switch from paper napkins to cloth napkins or paper towels to cloth towels.
- Consider cloth diapering your baby instead of using disposable diapers.
- If you're a woman, switch from disposable menstrual products to a menstrual cup or cloth pads.
- The amount of waste this one simple change can reduce is huge!

Compost Kitchen Scraps

- Food waste is an enormous problem.
- Uneaten food and food that goes bad contributes to this problem.
- Consider [composting to recycle organic waste as soil fertilizer](#).
- There are even plenty of ways to compost in apartments and urban areas.

Bring Your Own Reusable Containers

- Most restaurant "doggy bags" to take home food are made from Styrofoam, which is non-biodegradable.
 - Instead of breaking down completely overtime, Styrofoam cups break into tiny pieces and stay in the environment for hundreds of years.
- When going out to eat, consider bringing your own reusable container for leftovers to reduce food waste.
- Bring your own travel mug next time you stop at your local coffee shop instead of using paper cups.

Prioritize Minimal, Recyclable Packaging

- When you're shopping take packaging into consideration.
- Observe the packaging in different products and choose only those products that have either recyclable or minimal packaging.
- Another way to reduce packaging waste is to choose only whole foods, not packaged, processed foods.
- Buy in bulk to use less packaging whenever possible too.

Buy Used Over New

- Buying used over new is becoming easier and easier.
- Thrift stores are an in-person option.
- Sites like Freecycle and Craigslist make it easier to buy and sell or give away used items online.
- Consider choosing used clothes (especially for children who grow so fast!), kitchenware, vehicles, toys and anything else you seem to go through frequently.

Fix What You Already Own

- Fix everything you can instead of fully replacing an item.
- If you can't get a part, try and make one if possible.
- Next time something breaks, see if you (or a professional) can fix it before you run out and buy something new.

SOURCE: <https://earth911.com/living-well-being/reduce-waste-8-ways/>

Let's Be Thankful and

Stay Healthy!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



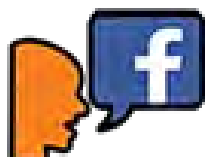
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



December 2019

Trying New Things



We're back this December with some more tips on healthy living! This time our focus is on trying new things. The new year is upon us, and so is a new decade, so let's get out of our old routines for 2020!

- There are many health benefits of trying new things instead of just sticking to our tried and true lifestyles.
- It's especially healthy to switch up your exercise routines as time passes.
- You might find something that piques your interest in the new



Why Try New Things?

Time Passes Quicker

- When you experience something novel, it seems to have lasted longer, according to [neuroscientist David Eagleman, Ph.D.](#)
- To extend your weekend hours, venture to a new hiking spot, take a different long-run route, or find a new healthy restaurant.
- The important thing is to do something-anything-you've never done before and life will seem less monotonous.

You'll Gain Confidence

- The more things you try and do, the more capable you feel.
- The more capable you feel, the less new ideas and activities will scare you.
- Instead of thinking "I could never run 5 miles", just try and do it. And then you will be thinking "Maybe I can run 10 miles!"

Your Brain Will Be Healthier

- It turns out that the human brain has a great potential for something called neuronal plasticity—that is, it's malleable.
- It appears that challenging our brains—for example, by learning a new skill—leads to actual changes in the adult brain.
- Doing new things with others may help fend off social isolation, depression and stress, which can all affect your brain health.

Challenge your brain in 60 seconds or less

- Use the little moments in your day to try something new and forge new brain cell connections.
- Take a mini challenge, such as brushing your teeth with the hand you don't usually use, taking a different route to work or the store, eating a bite or two of dinner with your eyes closed, listening to a new kind of music, observing your breath for 60 seconds, doing 60 seconds of jumping jacks (or some other physical activity), sitting in a different spot in your house or at a favorite restaurant, or trying to do any one new thing each day.
- "I think it is all about new experiences, which require the brain to do some work because it's encountering something it hasn't experienced before. Turning off automatic pilot for a moment and being mindful and aware of what we are experiencing can get us out of well-trodden grooves and create an opportunity for a new experience," says Dr. Kathryn Papp, neuropsychologist and instructor in neurology at Harvard Medical School.

SOURCE: <https://www.shape.com/lifestyle/mind-and-body/benefits-of-trying-new-things>
<https://www.health.harvard.edu/healthy-aging/rev-up-your-thinking-skills-by-trying-something-new>



Routines

The Two Main Goals Are:

- To prevent boredom associated with doing the same things workout after workout.
- To avoid or delay reaching a plateau in workout performance and training results.

You'll Keep Exercising Longer

- [Research](#) has shown that adding variety to an exercise program can improve adherence.
- Exercise scientists at the University of Florida observed that individuals who modified their workouts every two weeks over an eight-week period appeared to enjoy their workouts more and were more inclined to stick with their exercise programs when compared to individuals who followed the same workout regimens week after week.

You'll Keep Challenging Your Body

- Varying your exercise routine can also help you stay physically challenged.
- Many of the body's physiological systems (e.g., the muscular system) adapt to an exercise program within approximately six to eight weeks.
- If you do not modify your exercise routine, you reach a plateau because your body has adapted to the repetitive training stimulus.

How to Spice Up Your Routine

- There are several ways you can spice up your current workout routine, including [boosting the intensity](#) of your workouts.
- For instance, if you walk or run, try incorporating some intervals of jogging or sprinting or adding more hill work to your route.
- You can also [cross train](#) and perform different activities to provide your body with a new challenge. A nice alternative for resistance-training exercises involves changing the sequence in which you perform the training exercises.
- By fatiguing the muscles in a new order or pattern, you are requiring them to adapt to a [new training stimulus](#).

SOURCE: <https://www.acefitness.org/education-and-resources/lifestyle/blog/1210/why-is-it-important-to-vary-my-workout-routines>



New Trends for 2020

Looking for ideas to change things up in 2020? Click below for a list of 10 trends that will likely be popular in the upcoming year.

ACSM's **Top 10** Fitness Trends for 2020

Wearable Technology



1

High Intensity Interval Training (HIIT)



2

Group Training



3

Training with Free Weights



4

Personal Training



5

Exercise is Medicine

6

Body Weight Training



7

Fitness Programs for Older Adults



8

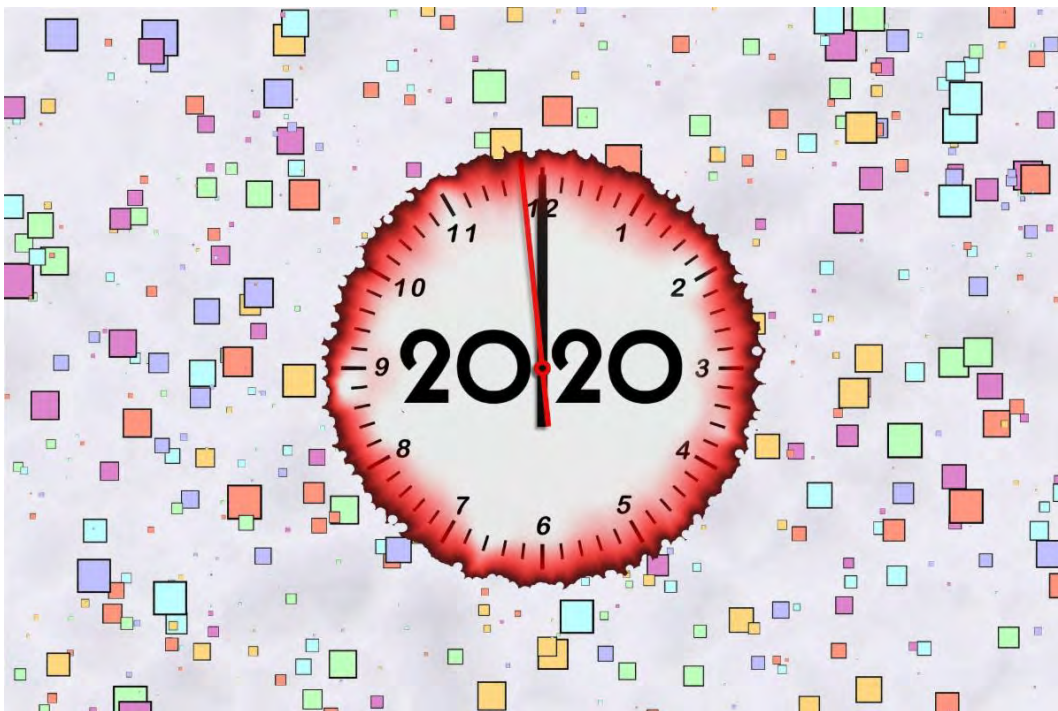
Health/Wellness Coaching

Employing Certified Fitness Professionals



SOURCE: <http://www.acsm.org/read-research/acsm-fitness-trends>

Let's Stay Healthy in 2020!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



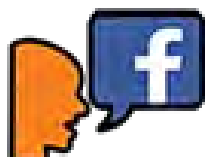
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



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.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities