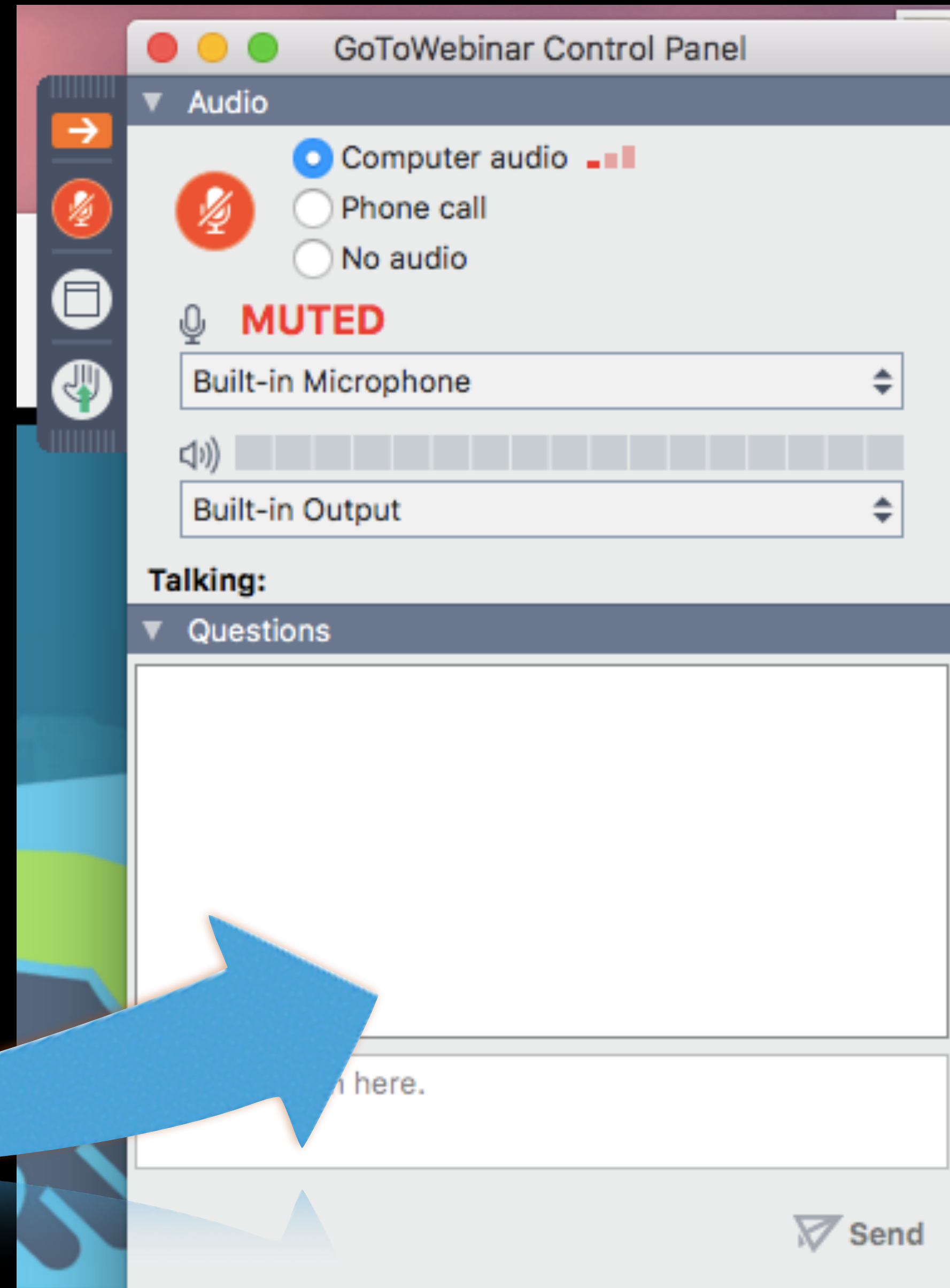


STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
QUESTIONS
BOX



INTRODUCTION



- ▶ Frankie Bayak, Media and Communications Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

NJSAP PRESENTS

TRYING NEW THINGS



As seen in December 2019 's Issue!



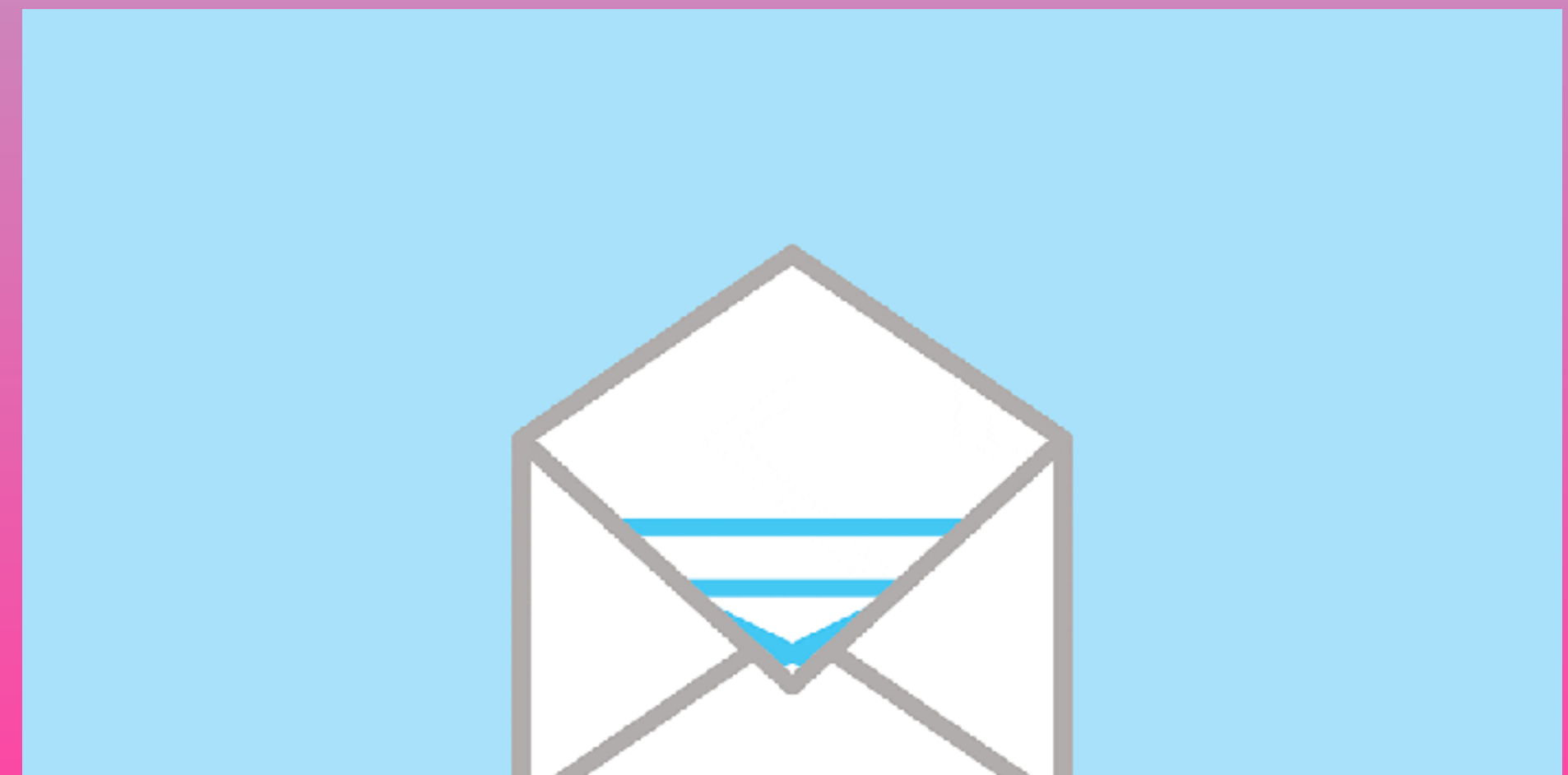
By Frankie Bayak, Media and Communications Coordinator, NJSAP

Positive Pulse

- Positive Pulse releases twice a month!
- Sign up to our email list to receive them!

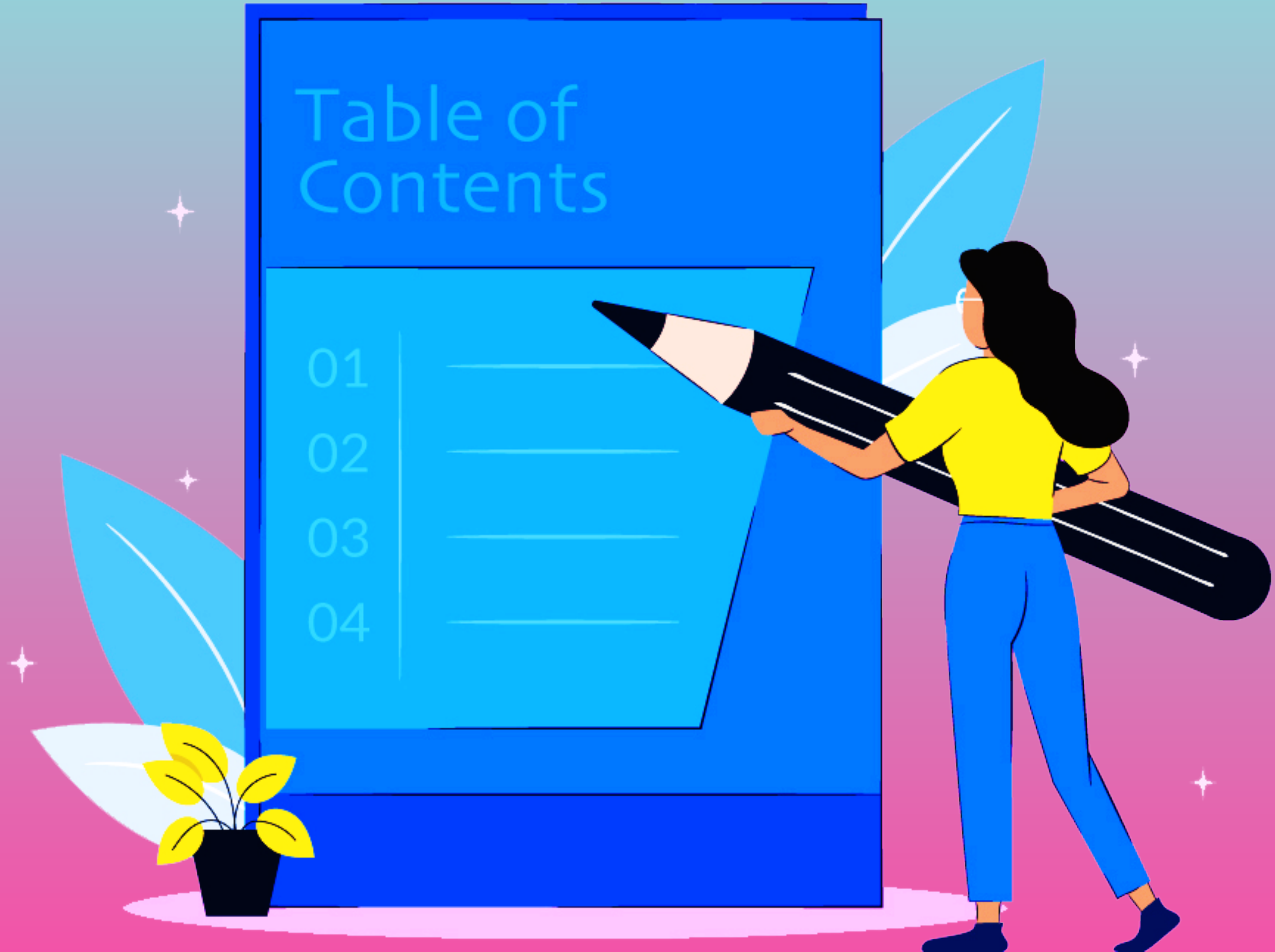


READ IT HERE



What We'll Cover

- **Why Try New Things?**
- **New Workouts**
- **New Foods**
- **New Hobbies**
- **New Friends**



Why Try New Things?

- Time Seems To Last Longer
- You'll Gain Confidence
- Your Brain Will Be Healthier



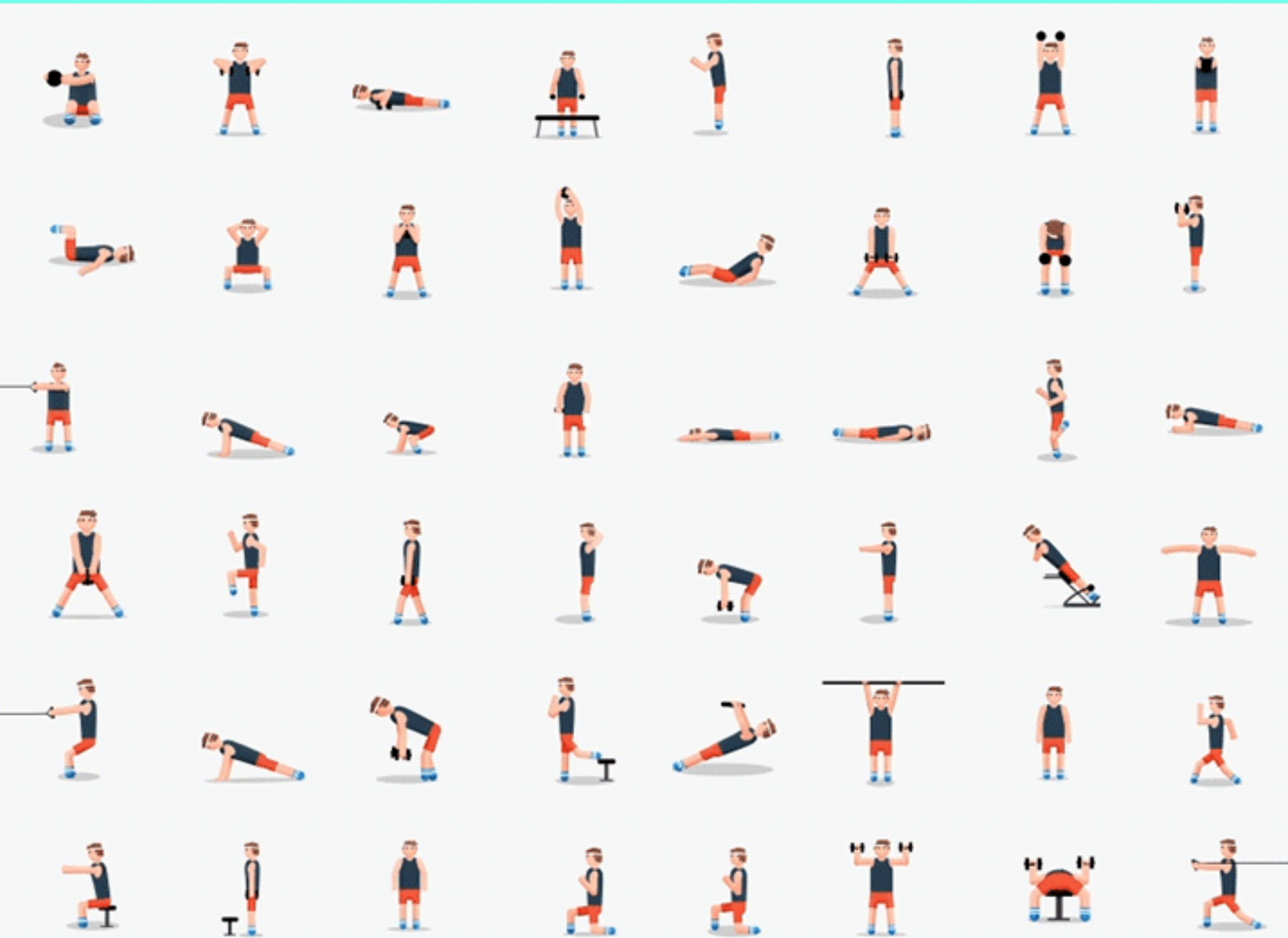
Challenge your brain in 60 seconds or less!

- Use the little moments in your day to try something new and forge new brain cell connections.
- Quick Mini Challenges!
 - Brush your teeth with the hand you don't usually use
 - Take a different route to work or the store
 - Eat a bite or two of dinner with your eyes closed
 - Focus on your breathing for 60 seconds
 - Sit in a different spot in your house or at a favorite restaurant

**ARE YOU UP FOR THE
CHALLENGE?**

Zendaya Tries 9 Things She's Never Done Before





Workouts!

New Workouts

The Two Main Goals Are:

- To prevent boredom
- To keep seeing results

Switching Up Your Workouts Will Allow You To:

- Keep exercising longer
- Keep challenging your body

#GOALS

How To Spice Up Your Workouts

Walking

- Walk, jog or run
- Change elevation
- Use weights

Floor Exercises

- Change up the order
- Alternate your target muscles

Mix Fitness and Recreation

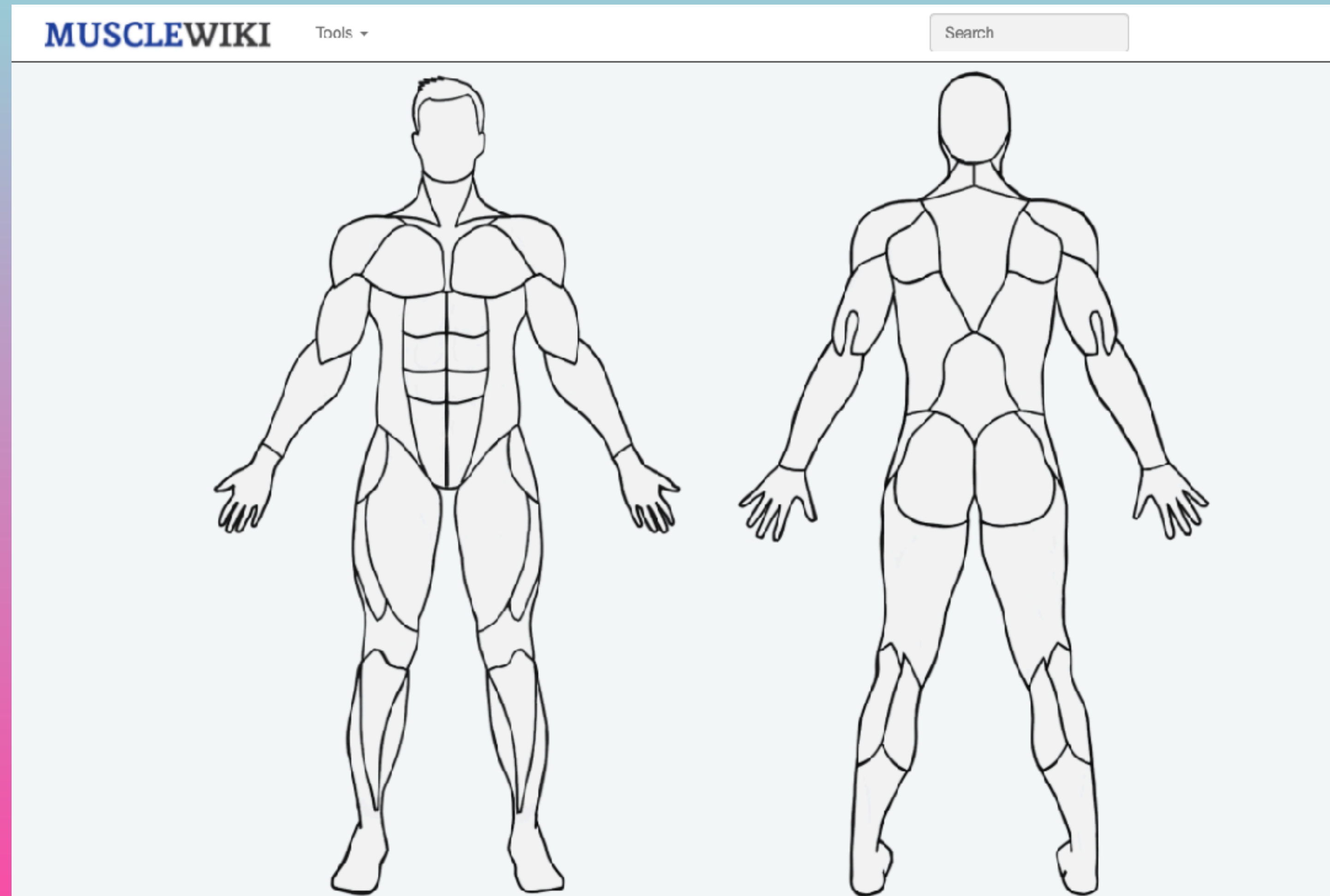
- Sports and Games
- Utilize your daily transportation methods



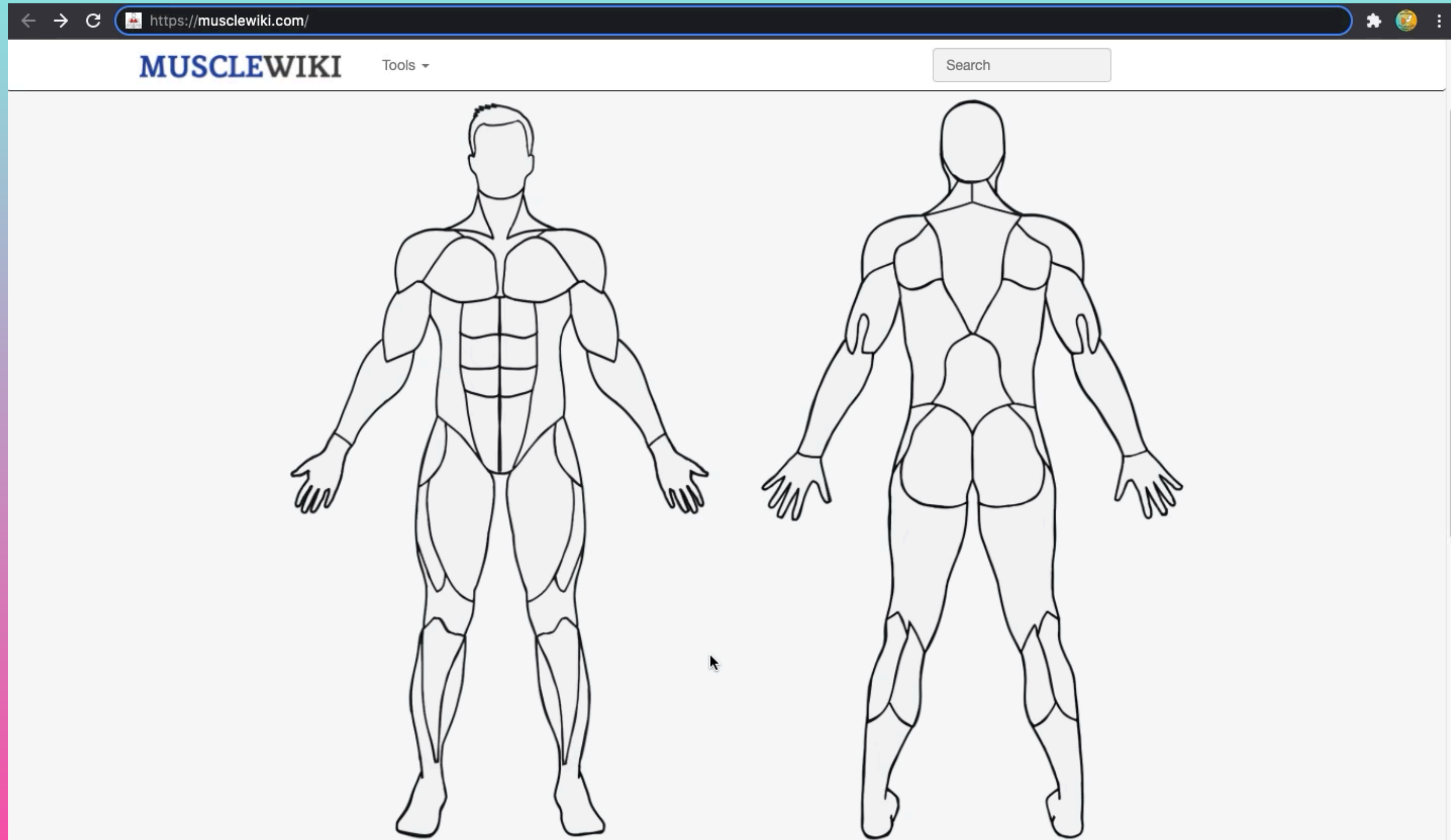
Muscle Groups

Many fitness experts often consider these to be the 6 major muscle groups in your body:

- Chest
- Back
- Arms
- Shoulders
- Legs
- Calves



Muscle Wiki





Foods!

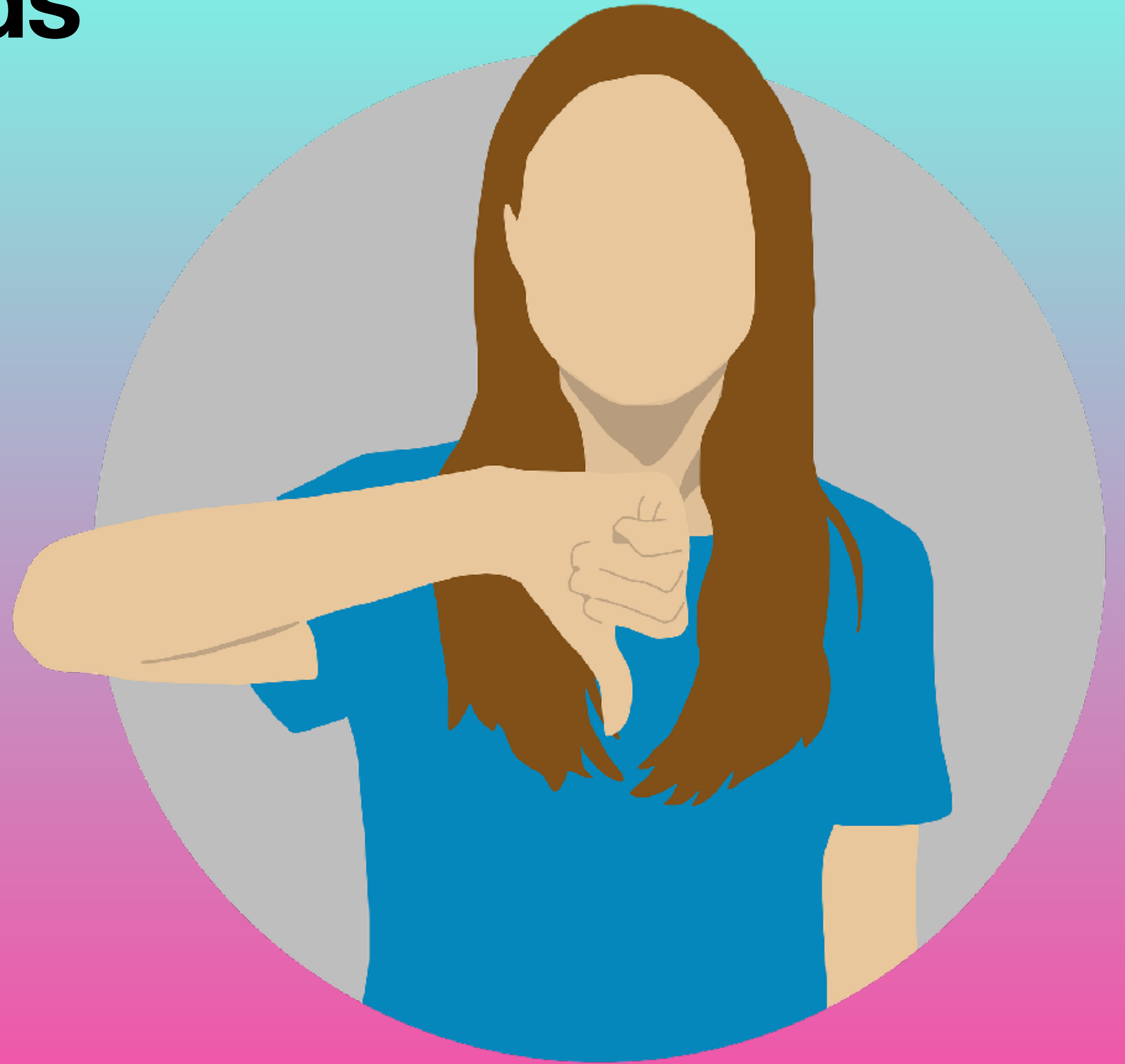
Why Try New Foods?

- You will gain appreciation for other cultures.
- You'll have more food options to choose from.
- The more new foods you try, the more nutritional variety you'll get from your diet.
- Meals bring people together, decreasing feelings of loneliness and boosting happiness.



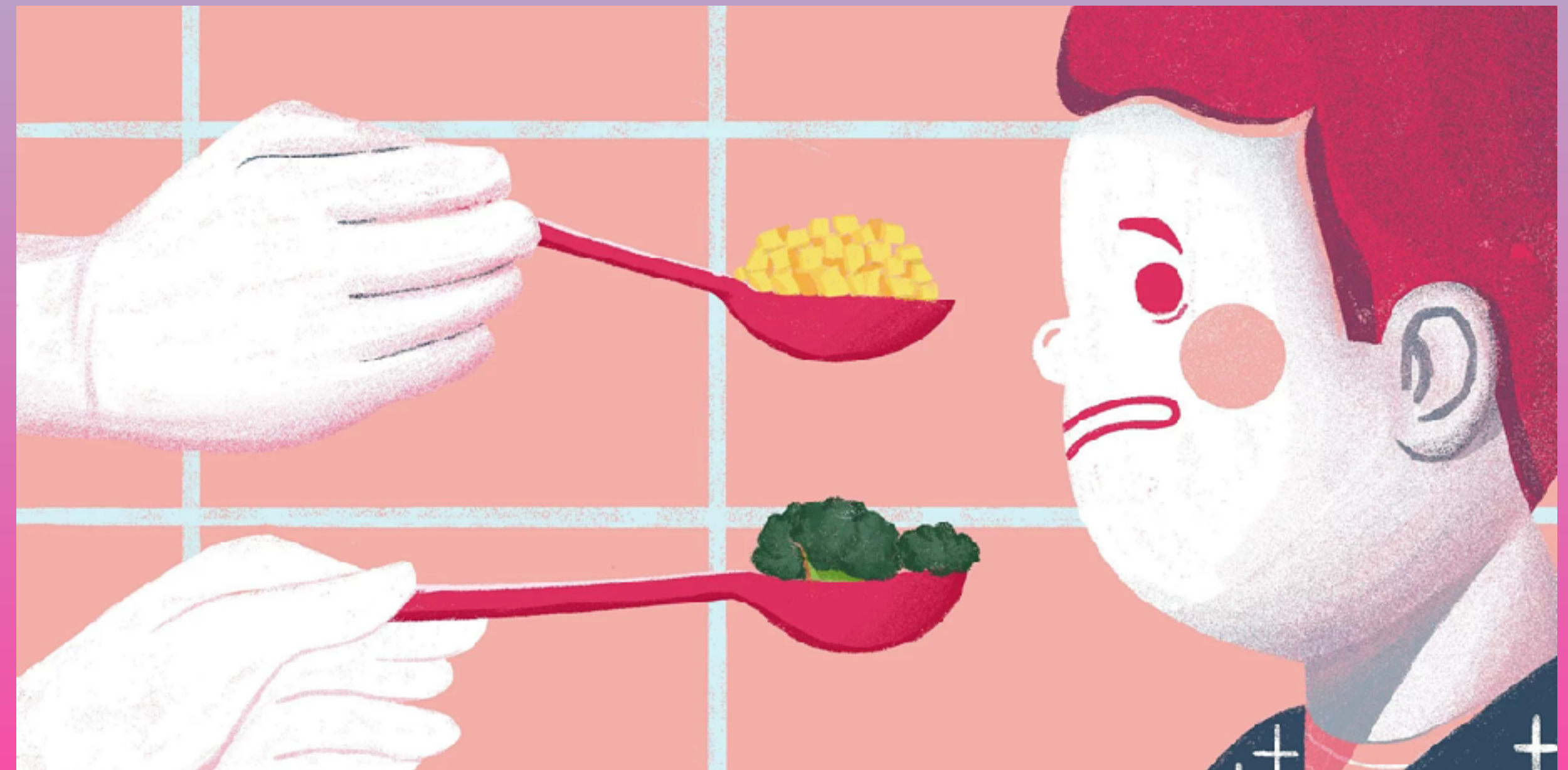
Trying New Foods

**What's a
food you
dislike?**



Picky Eating

- Being a picky eater makes it hard to try new foods.
- Picky eaters often avoid bitter, sour, slimy, and lumpy food or foods mixed together.
- They usually stick to comfort foods that are bland, salty or sweet.
- This can cause anxiety around meals.



How to Eat More New Foods

- Try a new food when you're by yourself or with someone who's supportive and nonjudgmental.
- Try scaling back on snacks and drinks so you're more hungry at mealtimes and keeping track of your progress.
- Serve familiar favorites along with one new food you're ready to try.
- Different cooking methods bring out different flavors.
- Studies have shown that the more times we try a food, the more we may like it.



MENÜ

**What's a
food you
want to
try?**

Hobbies!



Why Try a New Hobby?

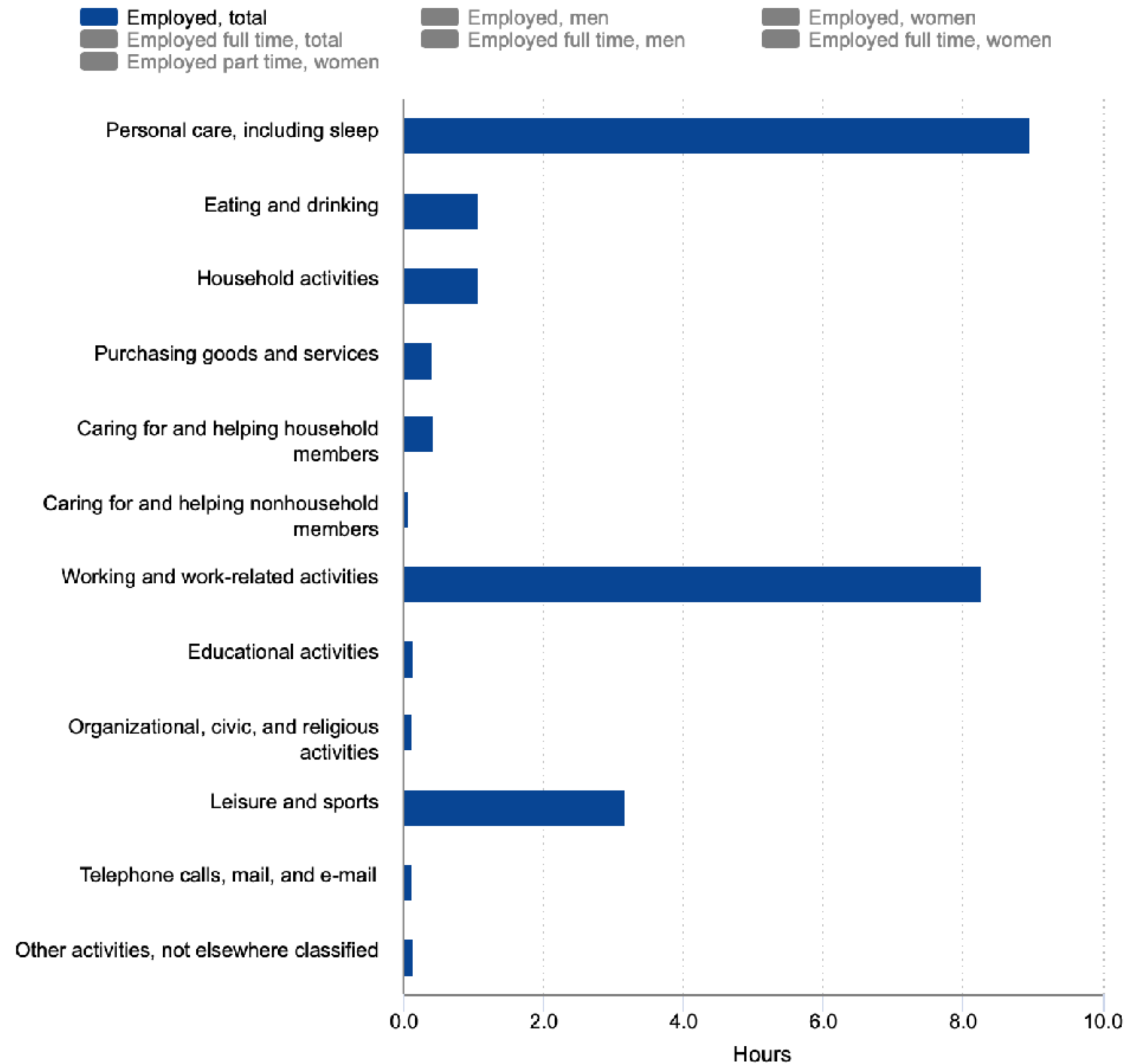
- Hobbies help you structure your time.
- Hobbies promote “flow activities where time flies.
- Hobbies can foster new social connections.
- Hobbies make you interesting.
- Hobbies help you cope with stress.
- Hobbies make you happy!



Do I Have The Time For A New Hobby?

Free time Avg.

Average hours per day spent in selected activities on days worked by employment status and sex, 2021 annual averages



Data for men employed part time do not meet publication criteria.
Hover over chart to view data.
Source: U.S. Bureau of Labor Statistics.



Free Time Calculator

[Erik Rood](#) [About](#) [Contact](#)

How much free time do you have?

I made a quick tool (for no real reason) to calculate and visualize 'free time' based on the selection of criteria shown below. Replace my responses with yours, and hit 'run' to see how much free time you have.

This helps put into perspective sensitivity to things like working hours, commute, etc and how those factors stack up into a big time sink over long periods.

Inputs:

Age

Hours per week spent:

Sleeping

Working

Commuting

Gym/Fitness

Eating/cooking

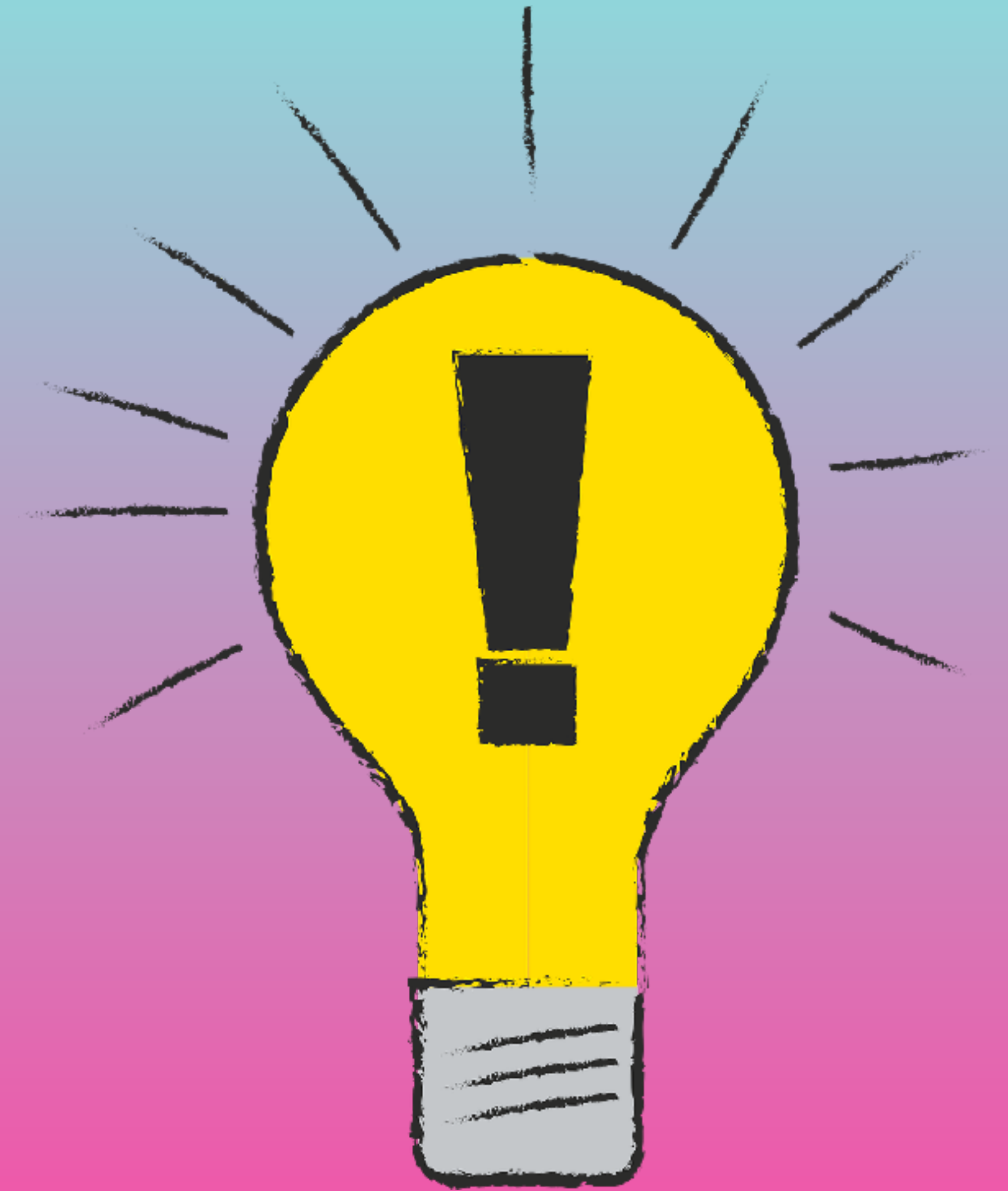
Hobby Examples

- Competitive: Archery, Baseball, Cycling, Bowling, Chess, Debate, Tennis
- Outdoor: Bird watching, Camping, Gardening, Hiking, Sand Art, Swimming
- Indoor: Chess, Crosswords, Jigsaw Puzzles, Laser Tag, Reading, Gaming
- Collecting: Antiques, Cards, Comics, Albums, Stamps, Toys, Rocks, Coins
- Creative: Coloring, Photography, Guitar, Knitting, Writing, Nail Art, Acting

What's a hobby you'd like to try?

HOBBY INSPIRATION

- What's the thing you've always wanted to do?
- Think back to .
- How do you like to spend your time?
- Go on a quest for inspiration.
- Take a class or a lesson.





Friends!

Why Make New Friends?

- Good friends are good for your health
- Provide support and boost confidence
- Friends help you through hard times



Why Is It Difficult?

- Other priorities
- Growing Apart
- New to the Area

REMEMBER:

- Quality counts more than quantity.



Where to Find New Friends

You may find potential friends among people with whom:

- You've worked or taken classes
- You've been friends in the past, but have since lost touch
- You've enjoyed chatting with at social gatherings
- You share family ties



New Year's Resolutions

- The new year is a perfect time to incorporate new things into your life!
- Have you been inspired to try something new?

Happy New Year
2023

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