

January 2012

## Announcements:

Starting this month, the Arc of San Diego Saturday Walking Club has a new leader, Debbie T! Debbie is a dedicated walker and has been living and walking in Pacific Beach for many years. Since October, Debbie and other participants have been taking steps towards better health as they walk laps around Crown Point Elementary School. If you are interested in joining them, Debbie will be there to help everyone gather in front of the Shasta Apartments and to cheer you on as you walk, talk, and exercise in the beautiful beach community! Debbie will see you next Saturday at 10am!

For more information contact Justin at 619-685-1175 x 246



**SAVE THE DATE!**

SDRC/FDD

Run, Walk, & Roll

A Community Event for  
All Abilities

Saturday, June 23, 2012

At Liberty Station

Contact us:

thuang@sdrcc.org

jumpierre@arc-sd.com

# You, Energy, Health And Wellness(YeHaw!)

San Diego Regional Center Consumer Wellness Committee  
Sub-Committee of San Diego Regional Center Coordinating Committee

## Healthy Eating/Nutrition



### Portion Control

Controlling how much you eat is a good way to maintain a healthy weight. Some tips for maintaining portion control include: 1) using a smaller plate; 2) not going back for second helpings; 3) not eating out of the bag or carton; 4) ordering the smaller size or sharing a meal or dessert with a friend when you are at a restaurant.

Single Servings Look Something Like This:

Vegetables:



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Pasta: (1 cup)



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Potato:



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Meat:



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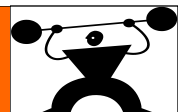
Fruit:



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## Fitness/Physical Activity



Participating in physical activities can improve a person's physical health, flexibility, coordination and motor skills, and cardiovascular system. If you like to compete in sporting events, you might want to consider joining a program such as Special Olympics or Exceptional Athletes.

You also can exercise at home using common household items:

- **The floor:** You can do pushups, jumping jacks, stretches, and squats on the floor with no equipment
- **A sturdy chair** can help you balance when doing stretches or leg exercises
- **Water bottles or canned foods** can add resistance to the arm exercises
- **A towel:** You can hook it on your toes to get a great hamstring stretch or you can pull it behind your back for a great triceps stretch



### Consumer Corner

**Nona Wolf**

I am a member of the Consumer Wellness Committee and the Independent Club through Parks and Recreation. I love to laugh and spend time with my close friends. I want to stay healthy, and I have lost 10 pounds by watching my portion sizes and by walking. My goal for the new year is to go back to school. I live independently with the support of SDRC and Seacord Support Services.



### Super Bowl Chili

- 12 oz. ground turkey
- 1 small onion, chopped
- 1 (14.5 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce
- 1 (4 oz.) can chopped chilies, drained
- 1 (15 oz.) can black beans, undrained
- 1 (16 oz.) can kidney beans, undrained
- 2 Tbsp. chili powder

Brown turkey and onion in a medium skillet over medium high heat until cooked through. Drain any fat, and transfer meat and onion to crock pot. Add the beans, chilies, chickpeas, tomatoes, tomato sauce and chili powder and mix well. Cook on low for 6 to 8 hours. Makes 4 servings, 1 1/2 cups each. Eat 1 serving, freeze the rest or share with a few friends. Enjoy!



## Medication/Healthcare



### Weight Gain with Psychotropic Medications

When your MD prescribes medications for mental health or behavioral issues, it is important for you to ask the following questions:

- How will these medications affect me?
- What kind of changes will I possibly see?
- Is weight gain a side effect?
- Are there any special instructions that I need to know?
- Is it okay for me to take over the counter medications, vitamins or supplements with the prescribed medications I take?

Some solutions that may be important for anyone to follow when taking above medications are: eat healthy, drink plenty of fluids and exercise. Another very good practice is to get a baseline weight and then monitor monthly.

## Emotional Health/Stress Reduction



### Friendship

**Good friends:**

- Are good for your health, boost your happiness, reduce stress
- Increase your sense of belonging and purpose
- Encourage you to have a healthier lifestyle, such as drinking less, being more physically active
- Prevent loneliness

**How can I be a good friend?**

- Spend quality time together, such as going for walks or sharing a meal
- Be there for the good and bad. Show you truly care about your friend's well-being, celebrations, etc.
- Be positive. Focus on your friend's strength, not their weaknesses, and avoid complaining.
- Be a good listener. Do not judge.
- Respect their privacy.