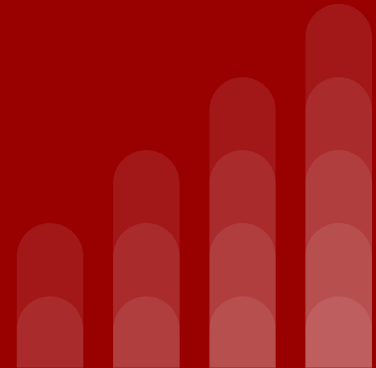
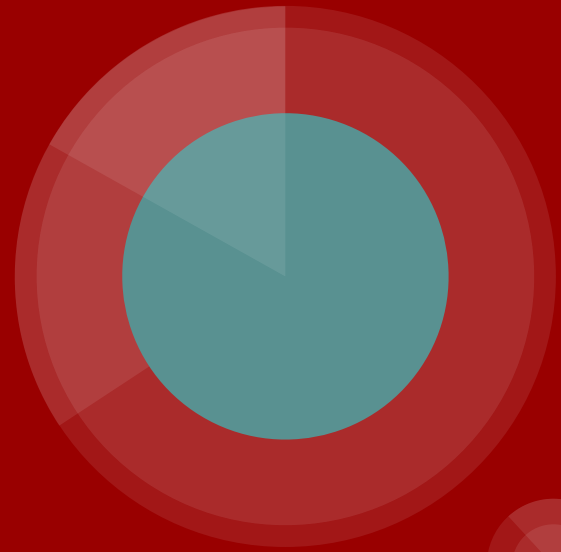


Family Health Forum 2018

Special Olympics Wisconsin



Health

Why is health important?

Challenges

Motivation

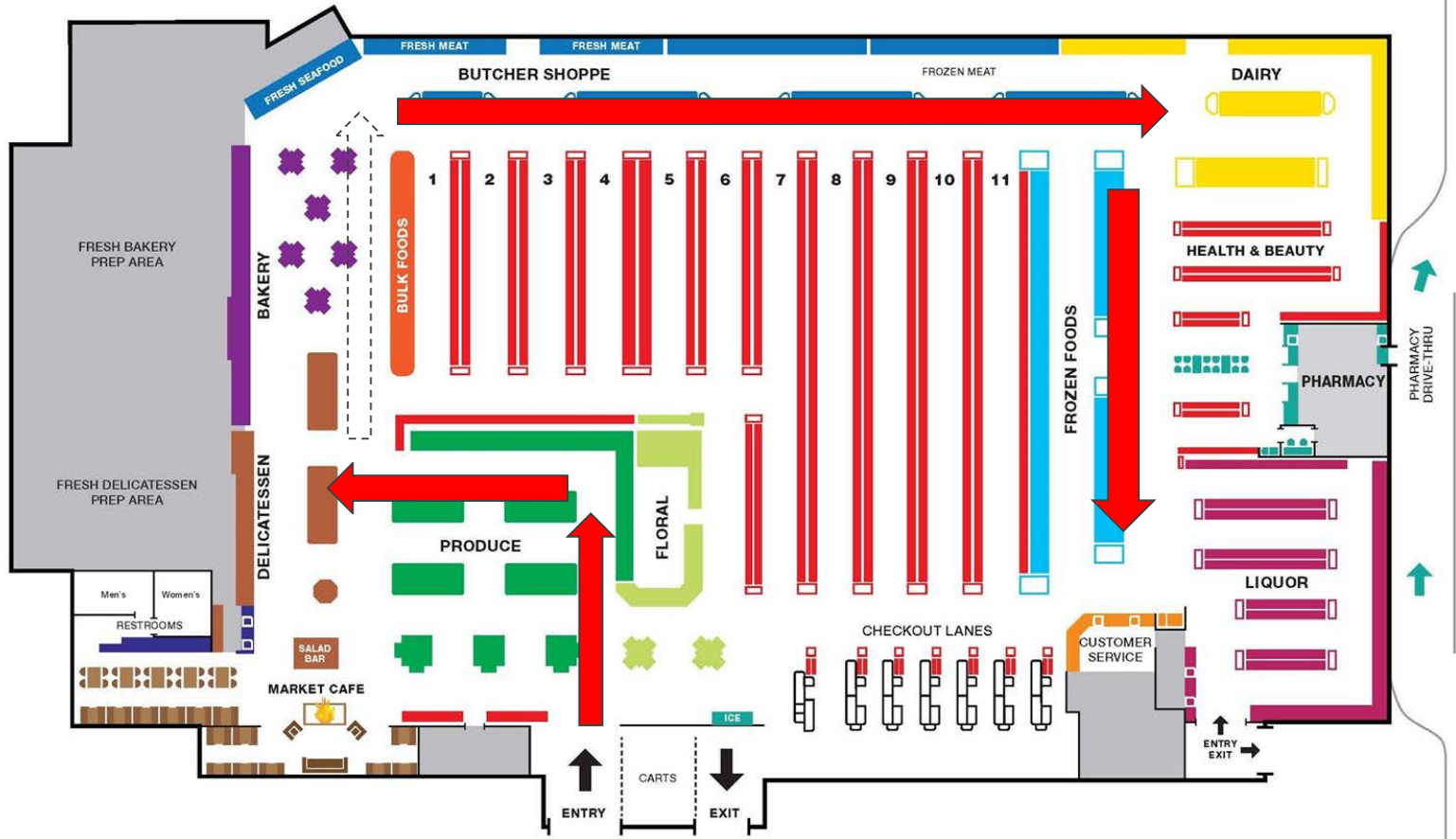
Consistency



Nutrition

What to buy and why

1. Navigating the grocery store
 - Navigate the periphery
 - Don't shop when you're hungry
2. Fruit: fresh or frozen are best
3. Vegetables: fresh or frozen are best
4. Protein: lean, bake don't fry
5. Grains: least processed, frozen
6. Dairy: no skim
7. Others: add spices



Specific Recommendations

- Try 1 new healthy food each week or every few days.
- Plan and prepare meals/snacks ahead of time
 - Chop and store veggies for later
- Remove temptations from your home, desk, car, purse, etc.
- Coconut water instead of commercial hydration drinks
- Reduce overall sugar intake

Physical Activity

Things to do at home

- Safety and precautions
 - Workout with a partner
 - Do not overexert yourself
 - Consistency
- Special equipment not always required



Cardio

Improves:

- Blood flow to muscles
- Mental clarity
- Heart health

Recommendations:

- 3-5 times per week
 - At least 30 minutes per session
 - Challenging effort, yet still able to hold a conversation
- Examples - brisk walking, jogging, cycling, swimming, playing basketball or soccer

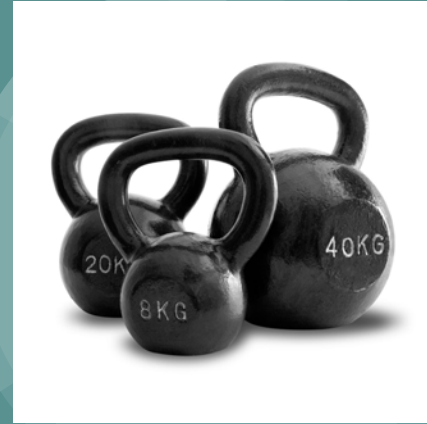




Strength Training

Improves:

- Pain tolerance
- Brain function and mood
- Sleep
- Muscle tone



Recommendations:

- 2-3 times per week
 - Functional exercises
 - No bearing down



Equipment:

- Bodyweight, therabands, weights, kettlebells



Core Strength

Improves:

- Balance and coordination
- Breathing
- Stability

Recommendations:

- 4-5 times per week
 - At least 5 minutes per session
 - Variety of exercises
 - Do not strain the neck





Back and Core Strength #1

#1 Tabletop



#2 Bridging



#3 Pilates Crunch



#4 The Dart



#5 Front Bridge



#6 The 100



#7 Airplaning



whyiexercise.com

back & core

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 sitting twists



20 half wipers



20 bridges



10 cat cow



10 superman stretch



10 scorpion twists

Flexibility and Stability

Considerations:

- For those who have hyperflexible joints, focus on stability

Recommendations:

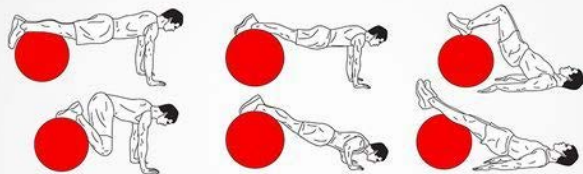
- Incorporate these exercises into your daily routine



roll with it

NEILAREY WORKOUT @ neilarey.com

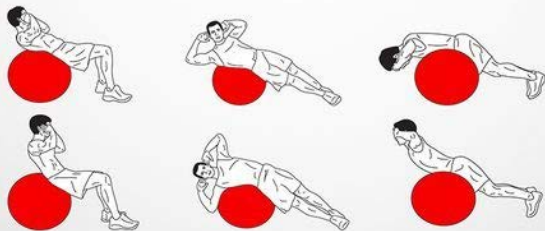
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 roll-ins

10 push-ups

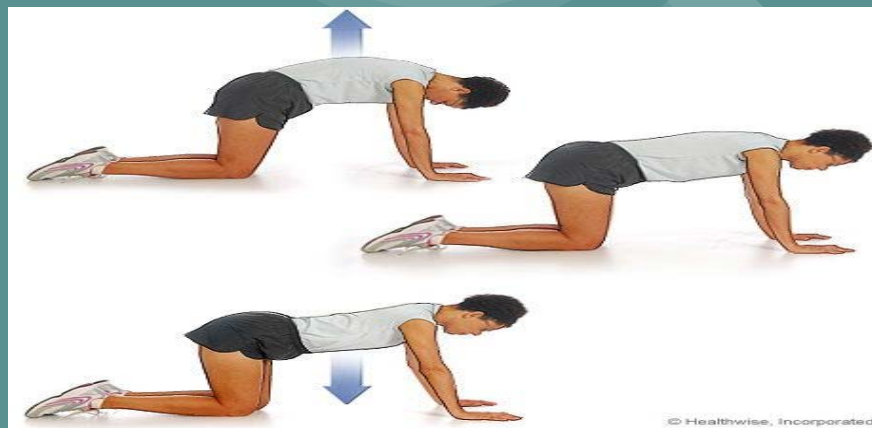
10 bridges



20 crunches

20 side crunches

20 back extensions



Thank You!

- *The nutrition, workouts, movements, and progressions provided are for educational purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Individual needs vary, please consult your health care provider prior to applying any of the recommendations.*
- For further assistance and individualized nutrition support please contact:
 - Dr. Jaime Krzykowski, PhD, LAT, ATC, CISSN, TNC
 - Clinical Associate Professor of Athletic Training
 - Carroll University 262 -951 -3035
 - jkrzykow@carrollu.edu
- For more healthy tips like [Dr. K's Nutrition and Fitness Tips](#) on Facebook!