



Canada

Consumer Healthy Living

Physical Activity & Healthy Lifestyles



**ACTIVE
LIVING
ALLIANCE**

FOR CANADIANS
WITH A DISABILITY

**ALLIANCE
DE VIE
ACTIVE**

POUR LES CANADIENS/
CANADIENNES AYANT
UN HANDICAP

Promoting a new perspective on disability
Voir au-delà du handicap



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Overview

In the following presentation we will be reviewing:

- Health Concerns
- Promoting the Health of People With Disabilities
- Common Excuses
- Active Living
- Way to Get Started?
- Putting Your Ideas into Motion
- Making Change Your Way
- Ask yourself Who's in Charge?
- Adopting a Healthy Outlook

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Concerns

70% of people with disabilities are physically inactive.
(ALACD 2002)

“Second to the use of tobacco, the major contributing factor to poor health and chronic disease is Physical Inactivity.”

*(Bauman, A. MD, Ph.D. Physical Inactivity –
The neglected risk factor, What to do about it?)*

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Promoting the Health of People With Disabilities

- Managing one's health is key to becoming self-sufficient, maintaining independence and enjoying full participation in society.
- “A regular regimen of 30-45 minutes of physical activity will reduce the risk of developing coronary heart disease, hypertension, colon cancer and diabetes.”
Surgeon General 1996



Promoting the Health of People With Disabilities

Leading Health Indicators

- Physical activity
- Substance abuse
- Tobacco use
- Mental Health
- Overweight and obesity
- Responsible sexual behavior
- Injury and violence
- Environmental quality

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Promoting the Health of People With Disabilities

“Healthy lifestyle choices will impact health indicators when approached in a holistic manner”

- Improve diet, nutrition and weight control
- Eliminate tobacco use and the use of drugs & alcohol
- Participate in regular physical activities
- Use primary health care services (immunization, access to health care etc.)
- Develop strong social supports
- Minimize exposure to environmental hazards
- Sleep well (7-8 hours) & manage stress

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Common Excuses

- “I’m a person with a disability I can’t exercise!”
- “It’s so hard to kick the habit”
- “I can’t afford to eat well”
- “I can’t get transportation to a clinic”
- “I can’t motivate myself”
- “I don’t know what to do”
- “I don’t like exercise”
- “The facility is not accessible”
- “I don’t have friends & family are too busy”

What fits your busy schedule better, being active one hour a day or being dead 24 hours a day?

Randy Glasbergen 2003

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Active Living

“Active living is more than just physical fitness or exercise. It means physical activity as a part of daily living, whether it’s gardening or taking the dog for a walk or flying a kite.

Active living encourages everyone... to get moving.”

(Health Canada 2003c)

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The hardest part of healthy living is doing that one small thing to get you started.

“Whenever I feel like exercise, I lie down until the feeling passes.”

Robert M. Hutchins

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So How Do You Get Started?

- Start slow & listen to your body
- Choose activities you enjoy that fit with your lifestyle
- Set realistic goals & reward yourself along the way
- Include variety in the choices you make
- Remember your motivation, *“Health is Wealth”*.
- Focus on what you are doing right
- Seek support for motivation & encouragement

“Be Active, Your Way, Everyday for Life.” Health Canada

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Putting Your Ideas into Motion

- Include food patterns that reflect the Canada Food Guide recommendations
- Address feelings of having a purpose in life & developing as a person
- Focus on intimacy & close relationships
- Apply techniques that support stress prevention & rest
- Incorporate self initiated health behaviors
- Focus on taking responsibility for your health

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Make Change Your Way

- “Readiness to Change” Ruler

Not Prepared | _____ | _____ | _____ | _____ | Changing | Already
To change

- How will you know when it’s time to think about changing?
- What will make you put your mark further to the right?
- Pick one barrier and list some things to help you overcome this barrier

“Strategies for Changing Health Behaviors”, Georgetown University”

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Ask yourself Who's in Charge?

- People, problems and things are beyond your ability to affect control or change?
(*"Strategies for Changing Health Behaviors", Georgetown University*)
- "Do not let what you cannot do interfere with what you can do."
(*Wilford A. Peterson*)

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Adopt a Healthy Outlook

- Be aware of how your brain tells stories.
- If you have committed yourself to healthy living & have convinced yourself that it is a lifestyle and not a fad you have won half the battle.

("Strategies for Changing Health Behaviors", Georgetown University)

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Take Risks & Trust Yourself

Before you can do something that you have never done before, you have to be able to imagine it is possible”.

(unknown)



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Summary

This presentations main emphasis is on ways of healthy living for persons with disabilities through indicators and how to take the appropriate steps to stay/get healthy.

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Thank You

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