

Staying Healthy

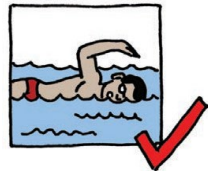
Topic 9

Staying Healthy Between Doctor Visits

It is important to make healthy choices between doctor visits to help maintain your health, especially if you have chronic health conditions such as Type 2 diabetes.

What are some ways you can stay healthy?

- Eating healthy meals and snacks
- Eating less unhealthy foods
- Drinking around 8 cups of water a day
- Being physically active for 30-60 minutes per day
- Getting at least 7 hours of sleep per day
- Taking time to do activities that you enjoy
- Practicing good hygiene and safe behaviors



What are healthy food options you should eat daily?

Healthy Eating

Examples of healthy foods:

- **Vegetables**: broccoli, spinach, carrots
- **Fruits**: apples, berries, bananas, oranges
- **Whole Grains**: quinoa, brown rice, whole wheat bread
- **Low-fat Dairy**: milk, yogurt, cheese
- **Protein**: lean meat and poultry, fish, nuts, beans
- **Healthy Oils and Fats**: avocados, olive oil, nuts
- **WATER!!** between 8 -13 cups per day



What kinds of foods should you limit?

Foods to Limit

Foods that you should limit include:

- **Sweets**: candy, cookies, cakes
- **Fatty Foods**: french-fries, fried food, pizza
- **Salty Foods**: chips, frozen meals, canned foods
- **Soda and Sugary Drinks**: Gatorade, energy drinks, soda



What physical activities do you like to do?

Physical Activity

Examples of physical activities:

- Lifting weights
- Walking/jogging with friends
- Swimming
- Riding a bicycle
- Gardening
- Dancing
- Others?



Being physically active for 30-60 minutes a day leads to:

- Strong bones and muscle
- Healthy heart, brain, and lungs



What are ideas to help you get a good night's sleep?

The Importance of Sleep

Getting a good night's sleep is good for your mental, emotional, and physical health!

Ideas to help you get a good night's sleep:

- Go to bed at the same time and get up at the same time every day
- Get at least 7 hours of sleep
- Turn off all electronics at least 30 minutes before bed-time
- Be physically active during the day
- Avoid caffeine, large meals, and alcohol before bed
- Make sure your room is dark
- Have your room at a comfortable temperature

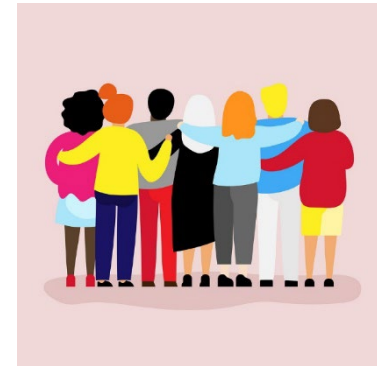


What are activities you do to stay socially and emotionally healthy?

Emotional and Social Health

Some ways you can support your emotional and social health:

- Maintain healthy relationships with family and friends
- Be involved in your community or volunteer
- Maintain a positive attitude
- Make time for activities you enjoy
- Learn how to manage stress
- Participate in a regular job, volunteer job, or hobby
- Express gratitude
- Be physically active
- Get plenty of sleep
- Set health and wellness goals and reward yourself when you achieve them
- Eat healthy foods

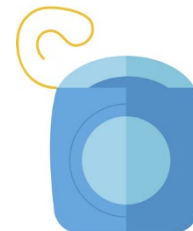


What are other ways you stay healthy?

Other Tips to Maintaining Health

Other ways to stay healthy:

- Wash your hands after using the restroom and before eating
- Brush your teeth 2 times per day and floss daily
- Wear visible clothing when out at night
 - Light colors and reflective gear
- Wear your seatbelt when in the car and a helmet when riding your bicycle
- Avoid tobacco use. If you do use, quit!
- Ask for help if you are struggling with drugs or abusing alcohol
- Talk to your doctor about preventing sexually transmitted infections and unwanted pregnancy.



What did I Learn?

To help me stay healthy I:

- Eat well to help my body and mind.
- Stay physically active to help all parts of my body.
- Get plenty of sleep to help with my mental, emotional, and physical health.
- Find time for myself and others, which is an important part of my emotional health.
- Know good health will help me in all areas of my life, including my health care.

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