

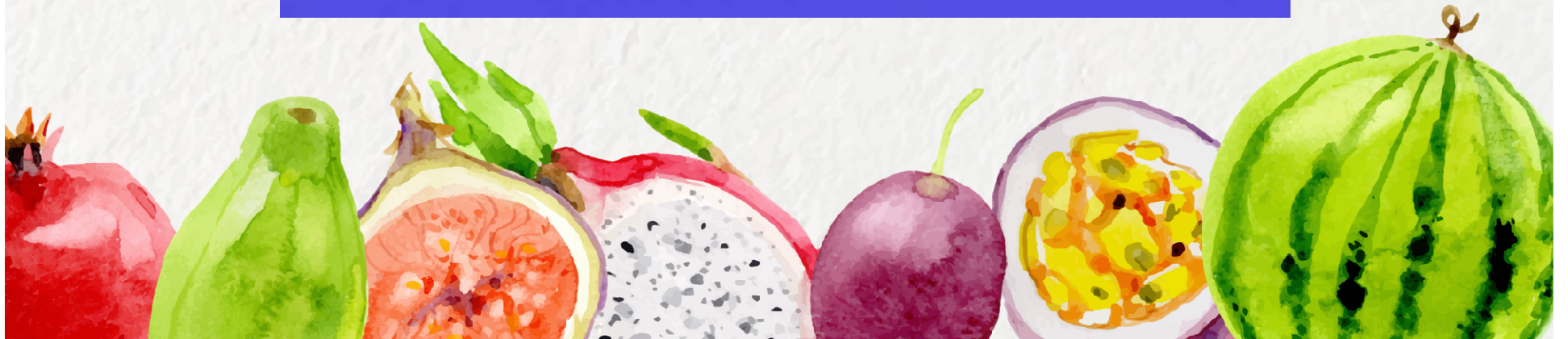
IN SERVICE TO PEOPLE WITH DEVELOPMENTAL DISABILITIES



Healthy Life, Happy Life

WELCOME





CORONAVIRUS PREVENTION



Wearing face mask



**Washing hands
with soap**



**Sneezing cover
mouth and nose
with tissue**



Let's Set a Goal!



Video 1

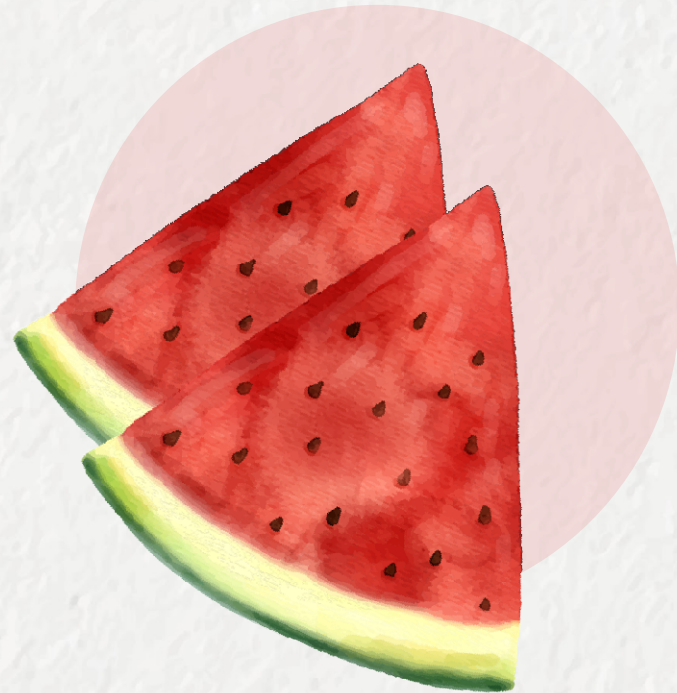


What about your goal?



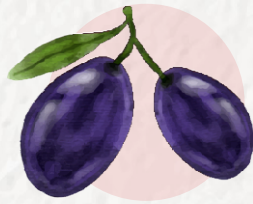
What are you goal(s)
for Healthy Life,
Happy Life?

Write them down.



Body Mass Index

What is Body Mass Index (BMI)? It is a one of the ways to measure your health status. To get your BMI, you need to know your current **weight** and **height**.



**What is your
height?**



**What is your
weight?**



Body Mass Index (BMI) Table

Height	Weight (in pounds)																
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Healthy Weight							Overweight				Obese						

Step 1:

Find your height in the left column

Step 2:

Follow the row across until you come to your weight

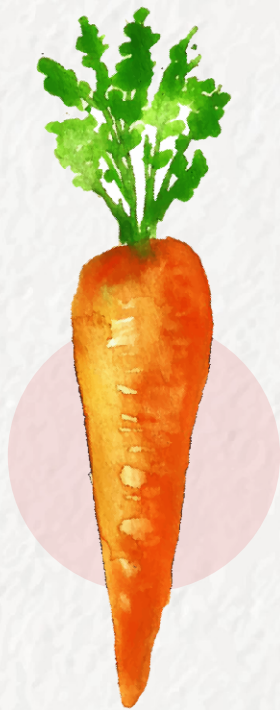
Step 3:

Your BMI is at the bottom of the column under your height

Video 2



Body Mass Index



What does your BMI mean?

- **BMI of 19 to 24 means you are a healthy weight.** Make it your goal to stay at that way.
- **BMI of 25 to 29 means you are overweight.** Avoid gaining more weight. You may need to lose weight. Check with your doctor.
- **BMI of 30 or higher means you are obese.** You probably need to lose weight. Lose weight slowly—about 1 to 2 pounds a week. Talk to your doctor about the best ways to lose weight.



**Let's talk about
exercise**



#HealthyAtHome - Physical activity

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.

Video 3



Healthy Exercise

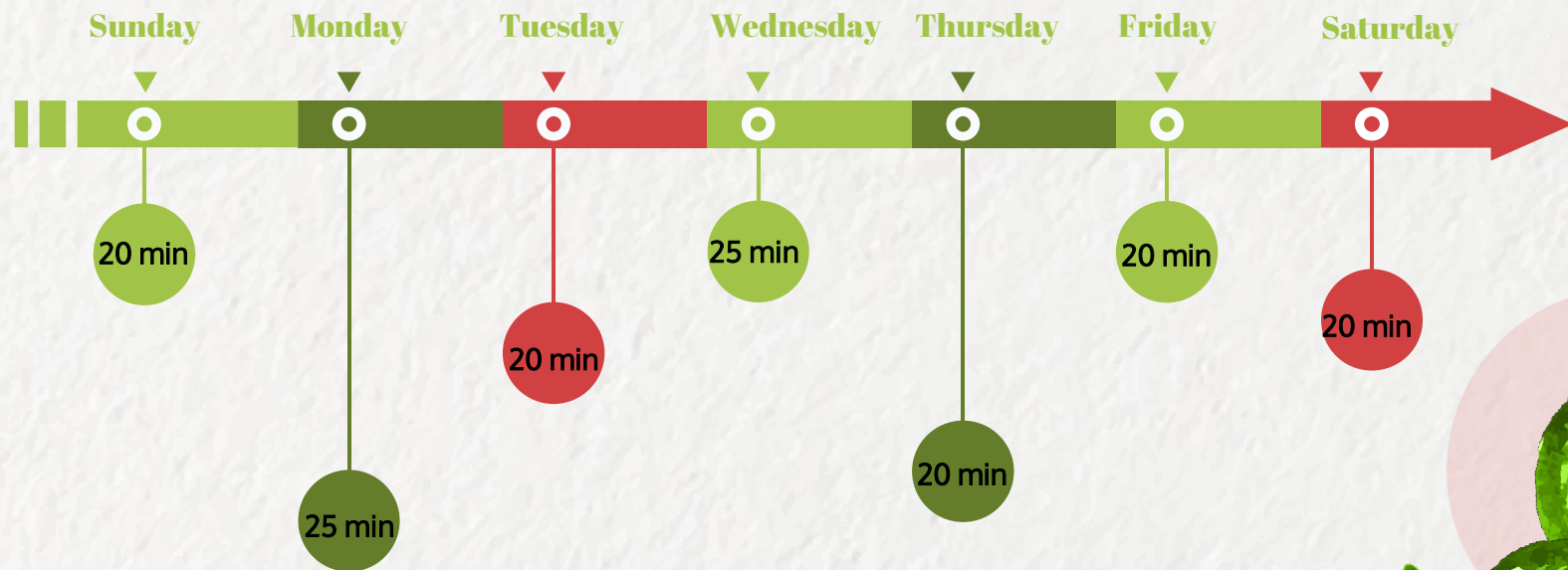


How much exercise should I do?

150 minutes a week

Exercise Plan

You can break down the 150 minutes into small bits, for example:



Staying Active Even At Home - Tips



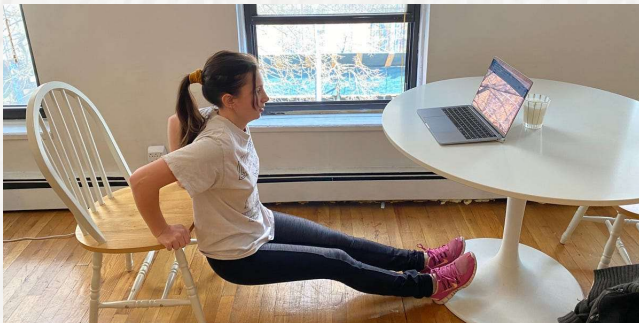
Stretch



Stairs



Online



**Short, but
Frequent**



Chores




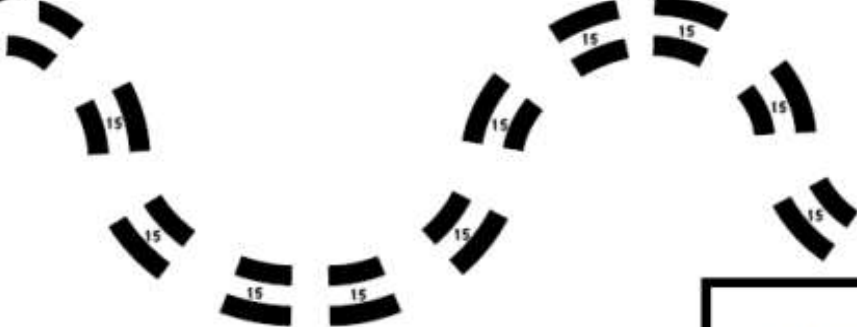
Be Creative

Video 4



Exercise Log Sheet

 **Exercise Log Sheet** Week _____



★ I exercised for _____ minutes this week!

GOAL! 😊



Warm Up

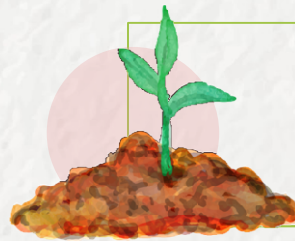


Stretch

It is important to warm-up **before** exercising to help decrease the chance of injury

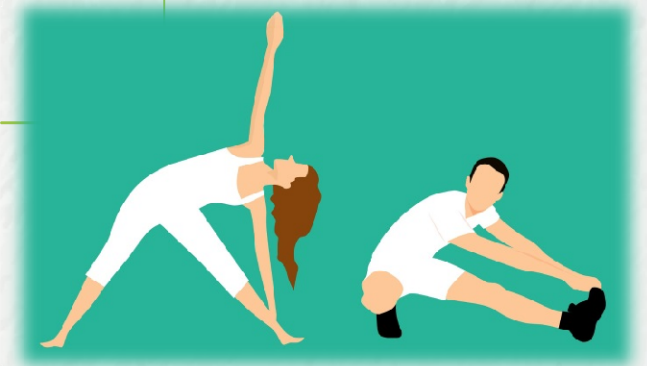


Exercise



Stretch

It is also important to stretch your muscles **after** exercising



Video 5



Check List

- ☐ Write down your goal(s) for this program.
- ☐ Record your current BMI.
- ☐ Come up with a schedule for weekly exercise.
- ☐ Write down some ideas for exercise that you can do in your situation.
- ☐ Use Exercise Log Sheet to track this week's exercise.

