



# The Riot!

Health Issue!



A National E-Newsletter from the Self-Advocate Leadership Network @ HSRI

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## Couch Potatoes Gone Wild!



### Calling all Couch Potatoes!

- Do you know the entire TV schedule without looking?
- Can't remember the last time you broke a sweat?
- Then you just may be... **a couch potato!**



*What is a couch potato?* A couch potato is a person who spends his or her free time lying on a couch or easy chair. This person watches a lot of TV, eats a lot of junk food, and does not exercise. Chances are that they smoke too. Too many self-advocates are couch potatoes. **Are you a couch potato?**

Read more inside to find out what you can do!





## About The Riot!...

The Riot! is produced by the Self-Advocate Leadership Network at the Human Services Research Institute.

We work together with self-advocates to develop and write each issue.

Here's who "we" are:

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## Julie's Jive

It's hard to be healthy in America today. We have made things so easy with technology like the internet and video games.

People don't have to do much. You don't even have to go to the store to go shopping. Now, you can buy stuff without leaving your home!

You can even play sports like baseball or basketball sitting on your couch in front of the TV.

I think people are just lazy! I know I can be lazy!

It began with the TV remote control. You don't even have to get up to change the channel. I also know that people drive around the parking lot to find parking spots closest to the door. Don't forget all those fast food places that let you eat on the go!

This issue is about health. We know that a lot of self-advocates

have health issues because they don't make healthy choices about what they eat. We also know that many self-advocates don't exercise.

We hope that you will take this issue seriously and read the articles to learn how to make healthy choices that can change your life for the better. Read about eating healthy, exercising, and what motivates some self-advocates to be healthy.

My health is important to me. Now that I have kids, I am more active than I used to be and I feel better. I go to the park, play soccer, go swimming and have dance parties. I also take more vitamins. This seems to give me more energy. All in all, exercise feels good.

My advice? Get moving. I bet you will feel better too!



**Julie Petty**

## Silly Rules Toolkit



**Coming soon!**



from the  
**Self-Advocate  
 Leadership Network**

## Ellen Says...

Being healthy means getting enough sleep and exercise, eating right, drinking water, and regular visits to your doctor and dentist.

Feeling happy is an important part of being healthy too. When you're happy you feel great! You have lots of energy too.

Having friends can help you stay happy and healthy. I have friends in my Peer Connections Group. This is a peer support group. I also make friends when I travel.

My friends help each other stay healthy. I help as much as I can. I ask for help when I need it too.

That's what peer support is about —friends helping friends live life.

But friends can only help so much. I mean, they can't exercise FOR you!

If you want to be healthy, you have to get moving! Ask a friend to go for a stroll or go swimming. Or meet new people by being a volunteer in your community.

Talk to your friends about being healthy. Your friends can support YOU to be healthy too!



**Ellen Perry**

*Ellen Perry coordinates the Peer Connections Project in North Carolina and Real Advocates Now Emerging (RANE).*



## Did you know?

- Most insects can be eaten and they are good for you!
- Most are better for you than beef, lamb, pork or chicken!
- People all over the world eat insects!
- Crickets, ants, and worms are the most tasty insects to eat!



## Chocolate Covered Crickets

- Take 25 adult crickets.
- Put them in a drainer. Cover the top. Careful! Don't let them jump out!
- Wash them and let the water drain out.
- Put them in a plastic bag and then in the freezer for 15 minutes.
- Rinse them again and pat them dry.
- Bake them on a cookie tin at 250 degrees so they get crunchy.
- Slowly melt several squares of semi-sweet chocolate in a pot.
- Dip the dry roasted crickets in the melted chocolate one by one, and then set them out to dry on a piece of wax paper.
- Let them set and enjoy!



## Eating Healthy at Restaurants

Eating healthy at restaurants is easier than you might think. How easy is it? Riot! editors visited a few national chains to find out.



We went out to eat at the Olive Garden, California Pizza, and McGrath's Public Fish House.

We looked for healthy foods on the menus, accommodations for people on special diets, and accessibility for people who use wheelchairs.

Overall, we found that it is easy to eat healthy foods and enjoy your experience at restaurants! But it is important to know what to look for so you can make healthy choices.

Here are some tips you can use the next time you eat out:

- If you use a wheelchair, call first to ask if the building is accessible. You may need to explain what this means.
- Look for menu items with words like "light," "low fat," "healthy," or "vegetarian."
- Share one dinner with a friend or eat out at lunch when portions are smaller.
- Ask to substitute high fat foods –like fries– with a salad or fruit.
- If you're on a special diet, talk to your server about your needs.
- Order dishes that come with fruits or vegetables.

Bring a friend and enjoy!

## "Get Your Heart Pumping!"

Our very own Riot! Editor, Marian West, recently retired from her job in New Hampshire to take better care of her heart. Since then, she has been busy getting healthy.

Marian takes walks and does exercises to strengthen her legs. "You got to get out and get your heart pumping!" she says.

She has also been drinking lots of water, eating more fruits and vegetables, and staying away from sausage and bacon. She uses a crock pot to cook fresh food. "I make a mean beef stew." She can make a "mean meatloaf" too.

All of this work has paid off. Marian has lost 30 pounds! She has better balance, and her

legs are much stronger! On top of that, she feels great.

Marian's healthy habits have affected her social life too. She runs a Bingo night for people in her building. During games, she serves carrots and low fat veggie dip. She's also taking a ceramics class in her community.

"I'm busier now than when I was working!"

Marian's advice to other self-advocates? "Don't be a couch potato. Get out there and exercise. If you stay home, you'll be isolated from your community and that's not right."



Marian West



## What Motivates You?

Being healthy takes work. You have to learn about healthy foods to eat, how to exercise, and then make healthy choices every day. Some people think this is easy. Other people think it is hard. It helps if you are motivated—or have a good reason to change. We asked two self-advocates about what motivates them.

**Eric Matthes** of Salt Lake City, Utah says...

Being healthy can help you do a lot of things:

- Be happy and enjoy life everyday,
- Stay positive about life and what you do,
- Feel good about yourself, and
- Look attractive and get dates!



But most of all, staying healthy and fit can help you to feel the power you have inside you to make your own choices in life.

**Teresa Moore** of Phoenix, Arizona says...

I need to be motivated to be healthy. I wish I had a built in desire to walk, run, or exercise like when I was younger. Here's a list of things that motivate me.



- **Dating.** Looking good was worth the exercise. I wanted to meet the sexiest guy in the room!
- **Family events.** I always want to lose weight to look good for family photos.
- **Reunions.** Friends remember you and say, "What happened?" or "You look (long pause) ...good."
- **Weigh in day at the doctors office.** I hope the scale won't tell on me... but it reveals my secret: I love chocolate!
- **New job.** My co-workers who have nice clothes inspire me lose a few.

But really, being healthy is figuring out what makes me feel best, treating myself well, and being honest about what I can and can't do.

## Ask Dr. Z (a real doctor!)

### *How much water should we drink every day?*

We lose water when we breathe, sweat and go to the bathroom. We need to drink enough water to make up for the water we lose.

There are ways to know if you are drinking enough water:

- If you are thirsty—you are not drinking enough water!
- Your pee should be light yellow. If it is dark—you are not drinking enough water!

There are times you need to drink more water:

- If it is hot outside—drink more water!
- If you are exercising—drink more water!
- If you are sick and throwing up or have diarrhea—drink more water!

You can drink too much water. But this is unusual. It mostly happens if you drink A LOT of water and do not eat any food.

### *What foods should you eat if you are trying to lose weight and be healthy?*

Eating healthy does not have to be hard. Do not be afraid to try something new!

- Juice and soda have a lot of sugar. Drink water or low fat milk instead.
- Limit junk food and fast food. Eat healthy snacks like fresh fruits and vegetables.
- Cut down on white bread and white pasta. Eat more whole grains—like whole wheat bread and pasta.
- Think about what you eat. Eat smaller portions. Eat slowly. Only eat when you are hungry. Stop eating when you are full.

If you eat better, you will feel better. Remember—exercise is important too!



## Healthy Horoscope

A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read about what's in store for you!

**Aries** (March 21-April 19): Summer is a great time to start a new exercise program. What would you like to do?

**Taurus** (April 20-May 20): Are you bored and lonely? Go for a stroll in your neighborhood. Smile and say "Hi" to three people.

**Gemini** (May 21-June 20): Satisfy your sweet tooth— make your own fruit salad with 3 or 4 of your favorite fruits. Any combination will do!

**Cancer** (June 21-July 22): Need some peace of mind? Meditate or spend 5 minutes of quiet time each day.

**Leo** (July 23-Aug. 22): It's time to kick that soda pop habit. Drink water when you're thirsty—it's good for you and it's FREE!



**Virgo** (Aug. 23-Sept. 22): Tired of pizza? Try a healthy dish like a green salad, a veggie sandwich, or steamed veggies with rice.



**Libra** (Sept. 23-Oct. 22): Like shakes? Try a smoothie with low-fat yogurt, a banana, and your favorite fruit. Share it with your sweetie.

**Scorpio** (Oct. 23-Nov. 21): Strengthen your muscles without going to the gym— If you can, climb stairs or do bicep curls with canned food.

**Sagittarius** (Nov. 22-Dec. 21): Exercise your brain too! Read a book, solve a word puzzle, learn the words to a song, or learn a new skill.

**Capricorn** (Dec. 22-Jan. 19): Ready for a challenge? Get off the bus before your stop and move! See how far you can go.

**Aquarius** (Jan. 20-Feb. 18): Need ideas for a healthy date? Take your sweetie to your local farmer's market.

**Pisces** (Feb. 19-March 20): Get moving! Ride a bike, mow a lawn, walk a dog and bring a friend or two!



## Need Romance Advice? ...Ask Cubby

### Dear Cubby:

I have a physical disability and use a chair. I don't exercise much. How can I keep my heart strong?  
— *Sitting in Quincy*



### Dear Sitting:

Everybody is different, but you can exercise in your chair. If you can use your arms, lift weights or play basketball. If you can use your thighs, do leg lifts or have someone assist you. A doctor, a physical therapist, or a trainer at the YMCA can give you ideas too.

### Dear Cubby:

I like donuts and eat them all day. My girlfriend says I should eat better. But it's MY life! Shouldn't I get to eat what I want?  
— *Donuts are me in Syosset*

### Dear Donut Boy:

Too many donuts are not good. It is your life, but take care of your body so you can enjoy it! Eat things that are good for you too.

### Dear Cubby:

I'm putting on a lot of weight and I feel terrible. But I can't stop eating!  
— *Help me in Fresno*

### Dear Help Me:

Maybe you have a health problem or eating makes you feel better. I don't know. Visit your doctor. He or she can talk to you about healthy eating habits and things you can do to feel better.

Email your romance questions to Cubby at:  
[www.theriotrocks.org](http://www.theriotrocks.org)



# How to Exercise Properly



## Warm Up 3-5 minutes

It is **very important to warm-up**. Warming up prepares your body for activity. Your body starts to feel “warm,” your heart beats faster, and you even start to breathe a little heavier. Marching in place, jogging lightly, or walking slowly are just a few examples of warm-ups.

## Stretch 5-10 minutes

**Stretch the specific muscles you will use while exercising or during your activity.** Stretching helps loosen your muscles and joints and makes it easier for you to move. It also improves your circulation and decreases your chance of being injured.

## Exercise

**Do some activity every day and choose an activity you enjoy.** If you are in shape, challenge yourself to work a little harder or longer than you are used to. If you haven’t exercised in a while, start off slowly and gradually try walking for 20 minutes. Walking is one of the easiest forms of exercise and it won’t cost you a thing!

## Cool Down 3-5 minutes

**Cooling down is just as important as warming-up.** You should slow down the pace of your exercise towards the last 3-5 minutes. You should finish your exercise session by doing some of the same stretches you did after you warmed up. When you cool down you allow your breath and your heart rate to return to normal.

This information is from the “Get Fit California” program. For more information, go to: [www.getfitca.org/content/tips.asp](http://www.getfitca.org/content/tips.asp)

## Health & Fitness Puzzle

You don't have to completely change your diet overnight. And you don't have to start exercising an hour every day to be more healthy. You can change one thing at a time. Below, each line offers two choices. Pick the healthier choice and fill in the blanks (use only the words in **CAPITAL** letters. The first one is done for you. When you have all the answers, you can read the secret message in the **SHADED** boxes.

S A L A D	<b>CHIPS</b>	or	<b>SALAD</b>
	Baked <b>POTATO</b>	or	<b>FRENCH</b> fries
	<b>STAIRS</b>	or	<b>SUBWAY</b>
	<b>PIZZA</b>	or	<b>FRUIT</b>
	<b>STROLL</b>	or	<b>SWEETS</b>
	<b>PRETZEL</b>	or	<b>SPINACH</b>
	<b>WHOLE</b> grains	or	whole <b>BAGEL</b>
	high <b>SUGAR</b>	or	high <b>FIBER</b>
	<b>WALK</b>	or	<b>MOAN</b> about walking
	<b>APPLES</b>	or	chocolate <b>MUFFIN</b>
	<b>SODAS</b>	or	<b>WATER</b>
	<b>PEACH</b>	or	ice <b>CREAM</b>
	<b>MILK</b> shake	or	<b>YOGA</b>
	joins a <b>HEALTH</b> club	or	<b>SMOKES</b> a cigarette
	<b>SITTING</b>	or	<b>DANCING</b>
	lay <b>DOWN</b>	or	ride <b>BIKE</b>
	30 min. <b>SITCOM</b>	or	movie <b>MARATHON</b>
	<b>VEGETABLES</b>	or	<b>VIDEO GAMES</b>
	<b>COMPUTER</b> games	or	<b>EXERCISE</b>
	<b>LOW KEY</b>	or	<b>ACTIVE</b>
	<b>SWEET</b> potato	or	<b>NACHO</b> platter
	<b>CARROTS</b>	or	<b>HOT DOGS</b>
	high <b>FAT</b> cookies	or	go to the <b>GYM</b>
	<b>SINK</b>	or	<b>SWIM</b>
	<b>BROCCOLI</b>	or	<b>BUTTERED</b> popcorn
	<b>MOWING</b> the lawn	or	drinking a <b>MOJITO</b>
	<b>WATCHING</b> softball	or	playing <b>SOFTBALL</b>
	take a <b>HIKE</b>	or	make a <b>CAKE</b>



# Craig Says... "Exercise Stinks!"



I confess. My name is Craig and I am a couch potato! Look at all of you. You try to eat healthy. You exercise. I hear you all the time.

"Oh please," you say, "somebody else take this last donut... somebody please

keep me from eating this delicious piece of chocolate cake with whipped cream on the top." Don't worry. If I'm around. I'll help you. I'll help you because I am a couch potato.

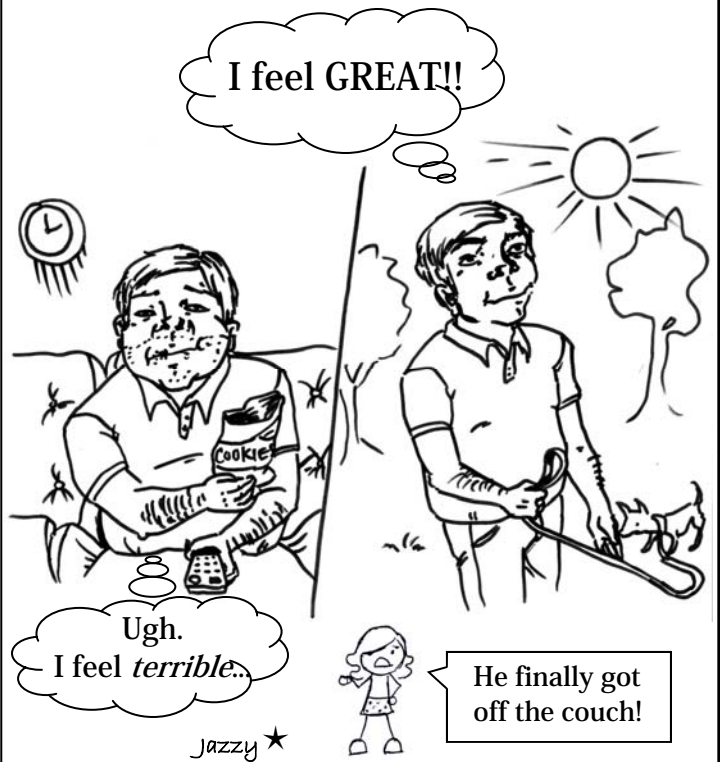
I sit around all day, watch TV, eat lots of chips, wings, ribs, and I drink a lot of soda. Why wait for the holidays to eat candy? I eat it all day long!

A lot of my friends tell me I need to shape up! They see my belly hanging over my belt and tease me about it. They tell me I need to exercise. I tell them, "I exercise when I reach to grab the remote control or when I go to the fridge to get another snack!" Ha ha ha...

I smoke a lot too. I think it makes me look cool. Some of my friends don't like that I smoke because it makes them smell bad. Some of them won't even come over to my house because they don't like it. I think that stinks! Too bad for them because I have plenty of snacks to eat. All the more for me.

Everywhere I go, I see self-advocates working out, breaking a sweat, and getting in shape! I see them in the mornings walking at the mall. There they are again buying fruits and vegetables at the grocery store. More self-advocates are working out together to make sure they keep it up. Not me though! My friends keep calling me to go walking with them when they go to the grocery store, or to play games with them at the local swimming pool. I would rather stay in my air conditioned home and drink beer instead.

Exercising and eating healthy may be good for you. But I'd rather stay home and be lazy. I know I'm good at it!



## Puzzle Answers

			S	A	L	A	D				
P	O	T	A	T	O						
		S	T	A	I	R	S				
			F	R	U	I	T				
			S	T	R	O	L	L			
S	P	I	N	A	C	H					
			W	H	O	L	E				
	F	I	B	E	R						
			W	A	L	K					
	A	P	P	L	E	S					
			W	A	T	E	R				
P	E	A	C	H							
			Y	O	G	A					
				H	E	A	L	T	H		
				D	A	N	C	I	N	G	
				B	I	K	E				
				S	I	T	C	O	M		
V	E	G	E	T	A	B	L	E	S		
				E	X	E	R	C	I	S	E
A	C	T	I	V	E						
		S	W	E	E	T					
			C	A	R	R	O	T	S		
				G	Y	M					
			S	W	I	M					
				B	R	O	C	C	O	L	I
M	O	W	I	N	G						
		S	O	F	T	B	A	L	L		
				H	I	K	E				



# The Riot! Action Page

## Self-Advocates Speak Up! and Speak Out!

Pizza is the favorite food of self-advocates every where. Ron, a self-advocate from Virginia, says, "Pizza is good. BUT I am strong to the finish 'cause I eat my spinach!" And Ron is right!

If you feel good about yourself you will be a better self-advocate. Eating fruits, vegetables and low-fat snacks will help you feel good. Try these tasty, healthy snacks at your next meeting.

- 1 A vegetable tray with low-fat ranch dip.
- 2 Cool, sweet and fresh fruit like grapes, melons, strawberries, and pineapple are great summer treats. Add a tangy lemon-lime yogurt dip and you will be back for more.
- 3 Hummus dip and pita bread with olives, tomato and cucumber. Give it a try!

- 4 Low-fat cheese and whole grain crackers, apple slices and peanut butter, or pretzels or raw nuts.



At your next meeting, try a few new snacks and talk about it. Did you like them? Would you have them again? What else can you try? Try something you haven't tried before. Go ahead.

**We triple dog dare you!**

**Talk it up...  
Have yourselves a regular Riot!!!**

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