



Philadelphia Coordinated Health Care  
a core program of PMHCC, Inc.

Empowerment through  
education, support and **advocacy**

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# ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

## Spring Forward

Spring is the time that you turn your clocks forward and enjoy the daylight hours.

Spring is a great time to go outside and take a walk, after the long cold winter.



# TIME

to get back into shape  
**AND**  
eat healthy

# Eating Healthy

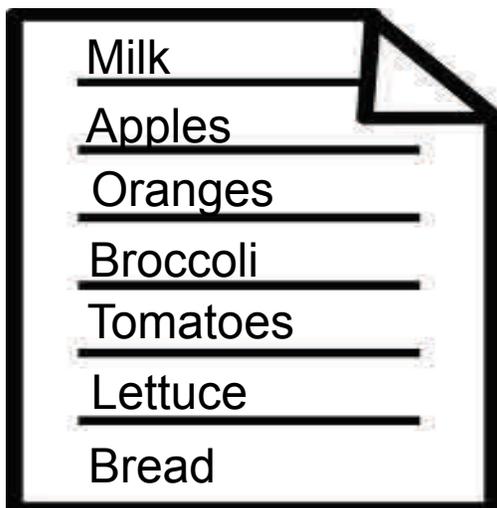


**Eating healthy foods can reduce your risk of getting diseases like diabetes, obesity, and heart disease.**

**Eating healthy is good for you. Healthy people usually have more energy to do the things they like to do.**



## Healthy Food Grocery List



**Eating healthy can be hard to do. Make a healthy grocery list and stick to it while shopping, this will make eating healthier much easier. Your doctor or PCHC team can help you learn about healthy foods.**

# Getting Into Shape



Getting back into shape is hard. Exercise along with healthy eating helps you get back into shape. Being in shape gives you a healthier life.

## Exercises

- Find a safe place to walk.
- Do floor exercises.
- Use a chair or wheelchair to build upper body strength.
- Ask your doctor what exercises are safe for you.



## So what can you do to stay healthy:

- Ask your doctor about healthy foods and safe exercises.
- Make time to exercise.
- Eat healthy meals.



### Tips for eating healthy:

- Prepare your own meals
- Drink plenty of water
- Avoid sugary drinks, like soda or fruit juices
- Eat fresh foods, like vegetables and fruits

**Do not give up. It takes time and hard work to get back into shape.**



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**Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice. If you believe that you, or someone you support, has medical issues, please seek the advice of medical professionals.**

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Learn more at [www.pchc.org](http://www.pchc.org)

Page 4