



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 Is Here!



**Spring is a great time to go outside
and get some fresh air and sunshine.**



**Walking with a friend or riding in your
wheelchair is a great way to get outside.**

Spring is a Great Time for Outdoor Activities



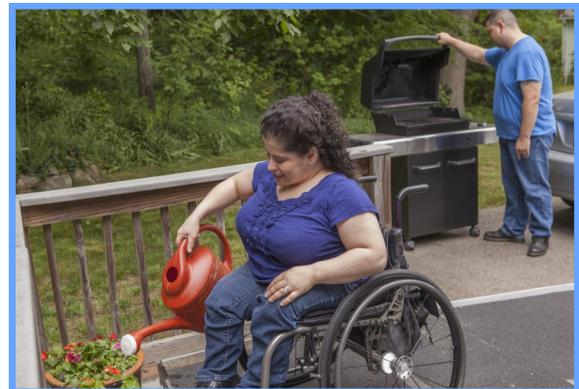
Riding a bike



Playing horseshoes



Gardening



Watering flowers



Going out to eat with friends



Playing basketball

Exercise And Healthy Eating

Exercise along with healthy eating helps you stay in shape after the winter. Exercise can give you a healthier life.



Exercise can be fun if you exercise with other people. Make sure you ask your doctor what exercises are safe for you.

Making healthy meals together can be a lot of fun. People who eat healthy usually have more energy.



Make a healthy grocery list and stick to it while shopping, this will make it easier to eat healthy.

Below are some ideas on how to stay healthy.



Exercise
OR
Walk



Drink Lots
Of Water



Eat Plenty Of Fruits
And Vegetables



Get 8 Hours
Of Sleep

To schedule a training: e-mail
pcragin@pmhcc.org OR bdowns@pmhcc.org



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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

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