



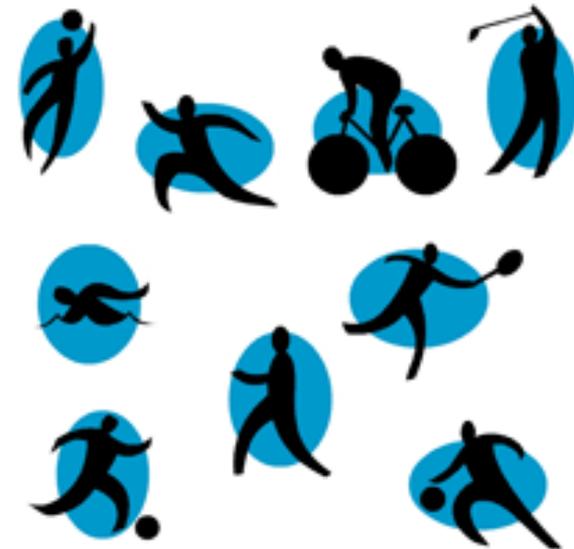
Get FIT 101

**What Families Need to Know
About Engaging Youth & Adults
with Intellectual and
Developmental Disabilities in
Health & Wellness**

A spectrum of resources and knowledge

What exercise is right for me?

- Exercise selection
 - What kind of exercise should I be doing?
- Choosing what works best
 - Making sure we are choosing the right thing
- Exercise Modification
 - How to make exercise work for me





Types of Exercise / Fitness Parameters

- Anaerobic Resistance Training
 - Weight bearing, Impact

- Aerobic Cardiovascular
 - Anything that elevates heart rate

- Flexibility, Balance, Coordination
 - More specific skill sets, that can con-inside with other fitness skills.

Aerobic Recommendations

Adults: 150 min of Moderate Intensity

Children: 60 minutes/day



Exercise Examples

Muscular Strength Lower

- Squats.
- Lunge's - Forward, Backwards & Lateral.
- Hip Abduction and Adduction exercises.

Muscular Strength Upper

- Pushup's.
- Shoulder circles & glides
- Back-Pack Workouts-Curls , Rows, Presses

Trunk Strength

- Planks "Static Strength" Many Variations
- Crunches "Dynamic" Many Variations
- Combined Core/Muscular Exercises.
- Unilateral Movement

Flexibility & Balance

Flexibility

- Static/Dynamic Stretching
- Dynamic Before Exercise
- Static Afterwards

Examples static

- Standing/Seated Toe Touch
- Arm crossovers.

Example dynamic

- Leg swings or Arm Circles.
- Best stretch ever.

Balance

- Stork Balance.
- Single leg "Airplanes"
- Single leg squats.
- Balance ball and ball drill.



Scheduling Healthy Habits

- Failing to plan is planning to fail
 - Planning to be healthy! Always plan ahead.

- Setting times
 - Making set times for healthy grocery shopping, meal cooking, workouts, and getting to sleep!

- Don't push it back!
 - Make healthy habits a priority



What Should I eat?

What are calories?

“Macros” or Macronutrients:

Carbs 4 calories per gram

Protein 4 calories per gram

Fat 9 calories per gram

Counting Calories?

Journals, Apps, Scales, Eye-balling

-Examples: 3oz of Meat, chicken or fish is about the size of our fist

-<https://www.calculator.net/calorie-calculator>

Recommended Daily Amounts:

Children

1-2 Cups a day of fruit.

1-3 Cups a day of vegetables

Adults

1 & ½ Cups of fruit.

2-3 Cups of vegetables



Comparing Calories

- Everything in moderation
 - Is there such thing such as good and BAD food?
- Filling vs. Non-Filling
 - Why do some foods make me feel full?
 - Food volume = Are large in size but often lack lots of calories. So they are filling without being calorically dense.
- How much can I eat?
 - Full meal plan and counted calories example.



Tips Tricks and More

- **Everything in moderation**
 - Is there such thing such as good and BAD food?
- **Filling vs. Non-Filling**
 - Why do some foods make me feel full?
 - Food volume = Are large in size but often lack lots of calories. So they are filling without being calorically dense.
- **How much can I eat?**
 - Full meal plan and counted calories example.



Get FIT Services

- FRN Connect
- Get FIT @ Home
 - Nutrition/Health
 - Fitness
- Get FIT @ Home 2.0
 - Assisted Living
 - Group Homes
- Get FIT @ the Gym
 - Modified Sports Class
 - Get FIT Zumba

For more information, contact Robert Keller at:
RKeller@familyresourcenetwork.org



Follow Us



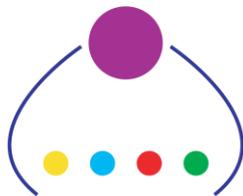
CENTER ON
NUTRITION
& DISABILITY

<https://nutritionanddisability.org/>



<https://www.facebook.com/getfitnj/>

<https://www.familyresourcenetwork.org/>



**The Family
Resource
Network**

<https://attendee.gotowebinar.com/rt>