



# Healthy Lifestyles

## newsletter

### NEW JERSEY

#### HEALTHY LIFESTYLES LATE SUMMER

- Disability and Obesity
- Discover New Jersey's Seasonal Bounty
- Heat Safety



A Program of Easter Seals New Jersey

#### Dates to Remember:

- **Sunday 9/14, 11-5**  
NJ Special Needs Expo  
Marriott at Glenpointe,  
Teaneck, NJ
- **Friday 10/3, 9am**  
4th Annual Disability Pride  
Parade, Downtown Trenton

Visit [eastersealsnj.org](http://eastersealsnj.org) for more information on the above events

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Visit [eastersealsnj.org](http://eastersealsnj.org)



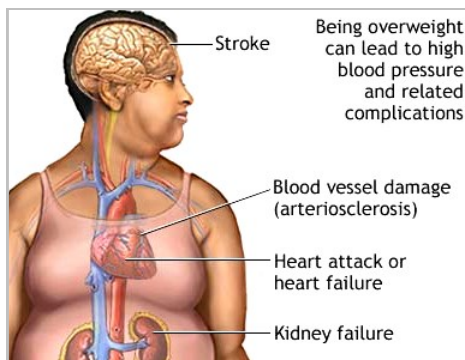
### Disability and Obesity

Approximately 72 million people in the United States—equal to one-third of our adult population—are obese.

Obesity affects different people in different ways and may increase the risk for other health conditions among people with and without disabilities.

**People with disabilities can find it more difficult to eat healthy, control their weight, and be physically active. This might be due to:**

- Lack of healthy food choices
- Difficulty with chewing or swallowing food, or its taste or texture
- Medications that can contribute to weight gain, weight loss, and changes in appetite
- Physical limitations that can reduce a person's ability to exercise
- Pain
- Lack of energy
- Lack of accessible environments (for example, sidewalks, parks, and exercise equipment) that can enable exercise
- Lack of resources (for example, money, transportation, and social support from family, friends, neighbors, and community members)



Being overweight can lead to high blood pressure and related complications

that addresses balance and coordination, and includes exercise for strength, endurance and flexibility. Shop around for fitness programs, ideally one with an exercise instructor experienced in working with individuals who have special needs.

### A body in motion tends to stay in motion. Are you staying active?

For more information on physical activity for individuals with disabilities from the National Center on Physical Activity and Disability (NCPAD) at <http://www.ncpad.org/>.

*Easter Seals New Jersey is the lead agency in New Jersey for NCPAD's Inclusive Health Coalition. To learn about the benefits of Inclusive Fitness and Health Education programs for people with developmental disabilities, please contact us at: [bewell@nj.easterseals.com](mailto:bewell@nj.easterseals.com).*



Visit [eastersealsnj.org/health](http://eastersealsnj.org/health) to view a short video about how Easter Seals New Jersey is taking steps to address chronic health issues for people with disabilities through the Be Well! & Thrive™ Program!



**The best defense for heat-related illness is PREVENTION!**

Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

**Here are some prevention tips:**

- ♥ Drink more *non-alcoholic* fluids regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or you take water pills, ask how much you should drink when the weather is hot.
- ♥ Don't drink liquids that contain alcohol or large amounts of sugar which actually cause you to lose more body fluid. Also avoid very cold drinks which can cause stomach cramps.
- ♥ Stay indoors and, if at all possible, in an air-conditioned place. If your home does not have air conditioning, go to a shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you return to the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- ♥ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a more effective way to cool off.
- ♥ Wear lightweight, light-colored, loose clothing.
- ♥ NEVER leave anyone in a closed, parked vehicle.



**Note:** The U.S. Centers for Disease Control and Prevention warns that self-help measures are not a substitute for medical care but may help you recognize and respond promptly to warning signs of trouble.



**Heat-Related Illness**

Throughout the summer and early fall, especially with high humidity, your body temperature can rise to dangerous levels and you can develop a heat illness. Most heat illnesses occur from staying out in the heat too long. Although exercise in moderation is good for overall health, exercising in the heat beyond appropriate levels for your age and physical condition are also factors. Older adults, young children, and people who are sick or overweight are most at risk.

**Heat-related illnesses include:**

- ♥ **Heatstroke**—a life-threatening illness in which body temperature may rise above 106° F in minutes; symptoms include dry skin, rapid, strong pulse and dizziness
- ♥ **Heat Exhaustion**—can precede heatstroke; Symptoms include heavy sweating, rapid breathing and a fast, weak pulse
- ♥ **Heat Cramps**—muscle pains or spasms that happen during heavy exercise
- ♥ **Heat Rash**—skin irritation from excessive sweating

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

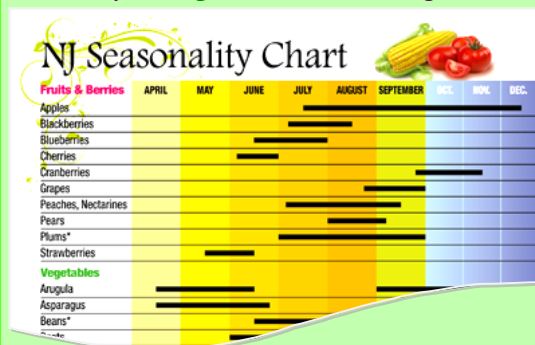
**Check frequently on:**

- Infants and young children
- People age 65 or older
- People who have a mental illness
- People who are physically ill, especially with heart disease or high blood pressure

For more information on heat safety tips in the sun, water, and at home, visit: [www.nws.noaa.gov/os/heat](http://www.nws.noaa.gov/os/heat).



**Nature is in full bloom.** From late summer through early fall, with flowers of vibrant colors and the lush green across the landscape also comes an abundance of seasonal produce. New Jersey is the **garden state** and for good reason. We grow much more than only



tomatoes and corn; there's an array of fresh fruits and vegetables ready for the picking!

to learn more about all that New Jersey farms have to offer, check out the full **New Jersey Seasonality Chart** at [www.visitnjfarms.org](http://www.visitnjfarms.org).

While you're at it, consider taking a day trip to pick your own. It's a great way to get in a little physical activity while enjoying the rewards.

Or perhaps have fun while doing a "farm market crawl". Meet local farmers and gain an appreciation for their passion for agriculture.

After bringing your bounty home, experiment with a variety flavors by grilling or lightly sautéing. Garlic, onions and extra virgin olive oil pair well with just about everything. Create a new raw salad, add to sandwiches, or just eat as a snack.

However you choose to experience the delicious cornucopia of fruits and vegetables, take time to fully appreciate the many flavors of the season. Keep in mind — the more variety of fruits and vegetables, the more the nutritional value. **Variety is the spice of life!**

-James Richardson, Certified Holistic Health Counselor, Easter Seals NJ