Bringing Home Healthy Living

Get the whole family involved.

Use of a sticker chart can help promote participation in a variety of activities.

Ideas for activities that can be done as a family:
- Neighborhood bike ride/walk
- Outdoor scavenger hunt
- Swimming
- Bowling

Do not forget a light warm-up and cool-down.

Community Resources

Denver Parks & Rec – Adaptive Recreation

Boulder Parks & Rec – EXPAND Program for People with Disabilities
https://bouldercolorado.gov/parks-rec/expand-program-for-people-with-disabilities

Personal Assistance Services of Colorado - Community Recreation Programs
http://www.pascohh.com/community/fun-programs/

*Before Starting Activity*
Check with your child’s pediatrician prior to beginning a physical fitness program to receive medical clearance and understand any precautions or contraindications.
Why are physical activity and a healthy lifestyle important?

- Children with disabilities have an increased risk for decreased activity and fitness levels and an increased risk of sedentary lifestyles that will continue into adulthood.
- Poor fitness and inactivity can lead to obesity and predispose children to future health problems.
- In individuals with disabilities, these health problems can lead to an inability to live independently, difficulty developing and maintaining social relationships, difficulty with motivation and persistence, poor educational and vocational attainment, and depression and low self-esteem.

Benefits of Physical Activity & Healthy Living

- Improved participation and independence in everyday activities, such as self-care, chores, and eating
- Increased strength and cardiovascular fitness
- Improved self-esteem
- Improved social competence
- Decreased likelihood of health problems

Adapting Activities

Consider your child’s abilities, interests, and goals when selecting an activity.

- Emphasize personal success, as well as enjoyment and confidence.

Consider adapting other children’s activities, too, so your child does not feel singled out.

- Ensure safety first and obtain help with transfers and positioning.

Nutrition

- Drink water

- Teach fun ways to flavor water (cucumbers, lemon, strawberries, lime)

- Be mindful of sugary sports drinks and juices, as this only elevates sugar levels

- Introduce fruits and vegetables as power foods to help your child do better at their favorite sport

- Consider weekly lessons with new fruits/veggies, having your child help make a meal or snack