



Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities

Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D.

Download now

[Click here](#) if your download doesn't start automatically

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities

Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D.

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D.

For people with disabilities, a good health and nutrition program can have life-changing results: more energy, increased knowledge, more confidence and self-esteem, and fewer serious health issues such as obesity, diabetes, and heart disease. This innovative, easy-to-implement curriculum is the perfect way to help adults build healthy lifestyles—and as a bonus, help communities reduce the high costs of common health problems.

A research-based, field-tested program that's already made a dramatic difference in the lives of participants with disabilities, this proven curriculum shows professionals how to conduct up to 59 one-hour sessions that help people make the best choices about health, exercise, and nutrition. Through lively discussions and activities, adults with a wide range of disabilities will

- increase their commitment to exercise and good nutrition by learning the benefits of physical activity, exercise, and healthy food choices
- develop clear exercise and nutrition goals and stick to them
- master the practical aspects of an exercise routine, including dressing appropriately, using proper breathing techniques, and doing cool-down exercises
- learn how their medications may affect their body, physical activity, and eating habits
- monitor their heart rate and blood pressure during exercise
- identify foods that make up a well-balanced diet
- locate places to exercise and use equipment safely
- improve their self-advocacy and self-esteem so they can make good choices and stay healthy
- create a group exercise video they can use at home once the program is over
- and much more

This single resource includes everything professionals need to run successful health education sessions: complete instructions on running the program, adaptable instructor scripts for each lesson, weekly newsletter templates for participants that summarize key points, extensive appendices on assessment and Universal Design strategies, and all the participant handouts and worksheets on a convenient CD-ROM for easy printing.

With this engaging, hands-on curriculum, people with disabilities will have the motivation and skills they need to improve and maintain their health—and fewer health problems translate into saved time, money, and staffing resources for whole communities.

 [Download Health Matters: The Exercise and Nutrition Health ...pdf](#)

 [Read Online Health Matters: The Exercise and Nutrition Health ...pdf](#)

Download and Read Free Online Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D.

From reader reviews:

Clarence Danner:

Book is to be different for every single grade. Book for children right up until adult are different content. As it is known to us that book is very important for us. The book Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities has been making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The e-book Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities is not only giving you much more new information but also for being your friend when you truly feel bored. You can spend your spend time to read your guide. Try to make relationship together with the book Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities. You never experience lose out for everything should you read some books.

Robert Dougherty:

This Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book will be information inside this publication incredible fresh, you will get data which is getting deeper an individual read a lot of information you will get. This particular Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities without we know teach the one who studying it become critical in considering and analyzing. Don't possibly be worry Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities can bring any time you are and not make your case space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities having great arrangement in word along with layout, so you will not feel uninterested in reading.

Rebecca McGrew:

Nowadays reading books become more and more than want or need but also get a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book this improve your knowledge and information. The data you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want truly feel happy read one having theme for entertaining such as comic or novel. Often the Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities is kind of reserve which is giving the reader erratic experience.

Daphne Jones:

As a pupil exactly feel bored to be able to reading. If their teacher asked them to go to the library or even

make summary for some reserve, they are complained. Just minor students that has reading's spirit or real their leisure activity. They just do what the instructor want, like asked to go to the library. They go to presently there but nothing reading very seriously. Any students feel that reading through is not important, boring and can't see colorful pictures on there. Yeah, it is being complicated. Book is very important for you. As we know that on this period, many ways to get whatever we wish. Likewise word says, many ways to reach Chinese's country. So , this Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities can make you truly feel more interested to read.

Download and Read Online Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. #MHFQCV6W7PS

Read Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. for online ebook

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. books to read online.

Online Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. ebook PDF download

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. Doc

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. Mobipocket

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities by Beth Marks "RN Ph.D.", Jasmina Sisirak M.P.H., Tamar Heller Ph.D. EPub