



# Illinois Team Wellness

Rich Crothers

PTOEC

# Introduction

- ▶ ILLINOIS TEAM WELLNESS is a unique, community-based health and wellness program designed for individuals with and without intellectual disabilities (ID). With both fitness and nutrition components, Illinois Team Wellness is activity-rich, provides incentives to achieve goals, and includes the establishment of clear benchmarks and careful measurement of outcomes.
- ▶ If you go to work on your goals, your goals will go to work on you.
- ▶ If you go to work on your plan, your plan will go to work on you.
- ▶ Whatever good things we build, end up building us.

# For Everyone

- ▶ **THE WORLD HAS STOPPED MOVING.** Just a few generations ago, physical activity was an integral part of daily life. In the name of progress, we've now chipped away at it so thoroughly that physical inactivity actually seems normal.
- ▶ In less than two generations, physical activity has dropped by 20% in the U.K. and 32% in the U.S. In China, the drop is 45% in less than one generation. Vehicles, machines and technology now do our moving for us. What we do in our leisure time doesn't come close to making up for what we've lost.
- ▶ Today's kids are dropping out of sport and play early. Between ages 9 and 15, American and European kids' activity levels drop by 50-75 percent. In China, 92 percent of kids get no physical activity outside of school. These inactive kids score up to 40 percent lower on achievement tests than their active friends. Today, sports, physical activity and physical education are seen as optional or extra-curricular, rather than the powerful investments that they are.
- ▶ The science is clear. Physical activity does more than create good health. It contributes to leadership, productivity and innovation. It lowers depression and crime, increases education and income levels, and generates returns to businesses. It unleashes human potential, and this is what drives economies forward. Physical activity can help achieve:

# How will the program help

## Physical IMPROVEMENTS IN:

- General motor skills
- Functional fitness / Physical appearance

## PREVENTION / TREATMENT OF:

- Metabolic syndrome / Type 2 diabetes

## Emotional IMPROVEMENTS IN:

- Overall quality of life
- Feeling good
- Self esteem
- Self efficacy
- Body image

## Individual IMPROVEMENTS IN:

- Activity knowledge and skills
- Social skills / Life skills / Non-cognitive skills
- Sportsmanship
- Time management
- Goal setting
- Initiative / Leadership
- Honesty / Integrity / Respect / Responsibility
- Enthusiasm / Intrinsic motivation
- Commitment / Self discipline / Self control / Persistence
- Assertiveness & courage

# Why this program:

- ▶ People with intellectual disabilities have a 40% greater risk of preventable secondary health conditions, such as obesity, poor fitness, nutritional deficits, untreated or poorly treated vision, dental, hearing and podiatric problems. In a typical Special Olympics group, 51% of the athletes suffer from skin or nail conditions, 30% have impaired hearing, 25% have untreated tooth decay, and nearly 33% of the youth alone are overweight. These disparities are a result of:
  - poorly developed and supported behaviors to promote health
  - lack of access and ability to pay for health care services
  - poor knowledge of practitioners: only one-in-five primary care physicians have received clinical training that qualifies them to treat people with intellectual disabilities. A similar statistic is true for dental practitioners
- ▶ More specifically:
  - 25% have obvious, untreated tooth decay
  - 22% have low bone density
  - 15% have an eye disease

# Why this program (Continued):

People with intellectual disabilities also have:

- lower rates of preventive health practices, such as dental hygiene, physical activity, and healthy eating
- lower rates of preventive screening and management of chronic conditions
- tend to be under-diagnosed for conditions such as hypertension, diabetes, and arthritis, which require ongoing management

The result is that many Special Olympics participants training and competing in Special Olympics do so in poor general health and are, thus, at higher health risk. Though Special Olympics training and competition provides meaningful physical activity on a periodic basis, there is a chronic need for a comprehensive, year-round fitness and nutrition program for individuals with intellectual disabilities that is affordable and able to be done by anyone at home rather than in a health club.

# Overview

ILLINOIS TEAM WELLNESS, with the slogan “*Wellness Is A Sport,*” provides year-round fitness, nutrition, and food management education and training through a program that is uniquely adapted to individuals with intellectual disabilities. With both fitness and nutrition components, ILLINOIS TEAM WELLNESS is activity-rich and, in much the same way that Special Olympics participants are motivated to improve in a sport, provides incentives to learn and achieve goals, including the establishment of clear benchmarks and the careful measurement of progress. In addition, participants work to receive “Wellness Awards” to incentivize progress.

ILLINOIS TEAM WELLNESS targets all ages of Special Olympics participants, including those who live independently and are responsible for making his or her own lifestyle choices and decisions, as well as those of youth age who rely on parents and other caregivers on a daily basis. In addition, ILLINOIS TEAM WELLNESS has been developed in consultation with the Oregon Health and Sciences University Wellness Center, along with other medical and nutrition professionals.

# Uniqueness of Program

1. It is for everyone - and also adapted for individuals with intellectual disabilities to help participants make lifestyle changes in small - and lasting - steps.
2. It includes fitness and nutrition in each and every training session.
3. It is **ACTIVITY RICH**. Many nutrition programs are lecture-based, but it is well known that knowledge alone does not change behavior. Behavior changes take practice. Illinois Team Wellness provides “practice” at each training session.
4. The fitness session is practiced during each weekly lesson, but is specifically designed to be performed independently at home each day. It requires no equipment, unlike typical programs available that require weights, bands, and oftentimes - supervision.
5. Participants may come with a partner - there is a Unified Sports® component to this “sport,” which is when individuals with and without intellectual disabilities participate together as a team.
6. The nutrition program is hands-on, with taste-testing opportunities so individuals can personalize their recipe book.
7. The coaching is conducted by a certified Wellness Coach, allowing expansion in all locations of the state at minimal cost, and maximum effectiveness.
8. The activities and instruction are age-appropriate for those participating. **ILLINOIS TEAM WELLNESS** is written in a way that honors and respects all participants.



# Overview (Continued)

- ▶ Through participation in Illinois Team Wellness, individuals with intellectual disabilities and their non-disabled partners will encourage and motivate each other, while building bonds of friendship. In some cases, partners can serve as a mentor and an assistant while setting SMART goals at the end of each session.
- ▶ Young participants may wish to participate with an older sibling, parent or relative, while older participants may choose to come independently, or bring a friend or relative.



# ASSESSMENTS

- ▶ PRE-TEST
  - ▶ HEIGHT
  - ▶ WIEGHT
  - ▶ BODY MASS INDEX
  - ▶ BLOOD PRESSURE
  - ▶ EXERCISE
  - ▶ EATING HABITS
- ▶ POST TEST
  - ▶ SAME AS ABOVE
- ▶ REVIEW PRESIDENTIAL ACTIVE LIFESTYLE AWARD
  - ▶ ACTIVITY + NUTRITION

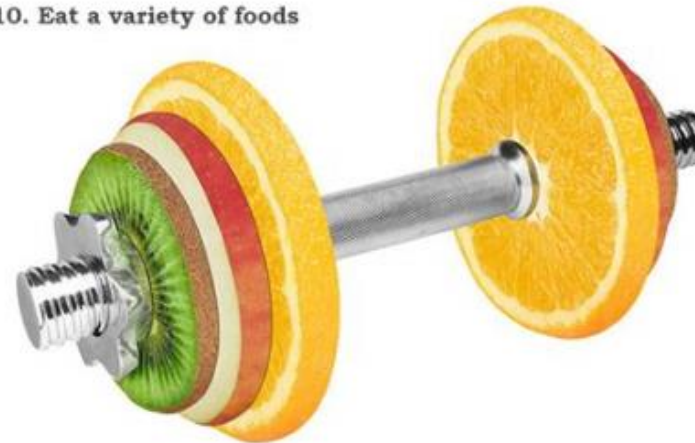


# MEASUREMENT 7 EVALUATION

- ▶ RESULT BASE INDICATORS
- ▶ ACCOMPLISHMENT BASED INDICATORS
  - ▶ PUSH UPS
  - ▶ PLANKS
  - ▶ SIT TO STAND
  - ▶ WALKING DISTANCE

## 10 Healthy Eating Exercises That Can Really Make a Difference

1. Slow Down
2. Take a few deep breaths before eating
3. Savor
4. Wait for hunger before you eat.
5. Stop eating when you feel satisfied, not necessarily full.
6. Sit down when you eat.
7. Take a smaller portion size than you usually do.
8. Consider what you really want before eating.
9. Eat balanced meals.
10. Eat a variety of foods



# Example Weekly Activity

## OBJECTIVE

- Activity rich participation begins.
- Participants will begin to learn the importance of an active lifestyle and be taught safe and proper stretching and exercises to do at home.
- Participants will also begin learning about healthy food choices with this session's focus on whole grains. They'll learn why whole grains are better than refined grains and how to make healthier choices in this food area.
- Participants will learn about effective goal setting and then set achievable and measurable goals for the week.

# Activity

## 1. WELCOME

- Enthusiastically welcome everyone back and ask who walked more than his or her usual amount this week.
- Commend all efforts.

## 2. BEGIN WITH WARM-UP AND CARDIO ACTIVITY

NOTE: It is recommended that you play music during the workout session. It's a great motivator and helps make activities more fun!

- Walk at a gentle pace for the Warm-Up (3-5 minutes)
- Pick up the pace for 12-15 minutes more
- While walking, explain the benefits of cardio activity and teach participants how to use the “Talk Test” to determine intensity.

## **Benefits of cardio and muscle strengthening activity:**

Explain that by participating in exercise activity that raises your heart rate (into the “talk test” range), you are conditioning your heart and lungs to be stronger and work more efficiently. Long term benefits of cardio and muscle strengthening activity include:

- Increased stamina and endurance
- Greater resistance to illness
- Reduced health risks such as obesity, heart disease, high blood pressure, stroke, type 2 diabetes
- Ability to remain more mobile with age

## **Talk Test:**

- During cardio activity, the participant should be able to speak, but not carry on a long conversation or sing. If a participant seems to be gasping for breath, the intensity level is too high. The intensity should be lowered by slowing down or reducing any arm movement.
- Following the “talk test” guideline will put the individual into the correct level of intensity to achieve desired cardiovascular benefits.

# MUSCLE STRENGTHENING EXERCISES & STRETCHING EXERCISES

- ONE LEG STAND
- BOX DRILL
- HOLD PLANK
- BRIDGES
- LUNGES
- CRUNCHES
- SIT-TO STAND
- WALL SITS
- SIT TO STAND
- STANDING SIDE LEG LIFTS
- PUSH UPS
- MODIFIED SIT UPS

**Manual will demonstrate all exercises**

# STRETCHING EXERCISES

- ▶ MODIFIED HURDLER'S STRETCH
- ▶ BUTTERFLY STRETCH
- ▶ HAMSTRING STRETCH
- ▶ TRICEP STRETCH
- ▶ SHOULDER STRETCH





# HEALTHY EATING

- ▶ BENEFITS OF EATING RIGHT
- ▶ ANNOUNCE THIS WEEK'S THEME
- ▶ ACTION PLAN FOR IMPROVING EATING
- ▶ DISCUSSION
- ▶ IMPROVING EATING WORKSHEETS
- ▶ HEALTHY EATING SAMPLING OR RECIPE PREPARATION



# WELLNESS TIP OF THE WEEK

- ▶ ANNOUNCE THIS WEEK'S THEME
- ▶ DISCUSSION
- ▶ ORAL HEALTH FOR OVERALL HEALTH
- ▶ WHAT'S COOKING
- ▶ THE SUGAR BREAKDOWN
- ▶ THE SKINNY ON FATS
- ▶ THE DAMAGE OF BINGE EATING
- ▶ FOOD LABELS
- ▶ FAD DIETS EQUAL BAD DIETS



# Creating New Habits Section

- ▶ Direct all participants to the “SMART Goals” section
- Review how to make SMART goals.
- Have each participant complete the following:
  - Home Training Worksheet
  - Improved Eating Worksheet
  - Partners can help each other while the Wellness Coach oversees and assists the group as needed.

# Goal Setting: SMART

- ▶ Specific
- ▶ Measurable
- ▶ Attainable
- ▶ Realistic
- ▶ Timely



# Presidential Active Lifestyle Award

- ▶ Tracks eating and physical activities
- ▶ Can sign up at [www.presidentschallenge.org](http://www.presidentschallenge.org)
- ▶ Must track activities and eating
  - ▶ Looks at several factors like protein, sodium, seafood, portion sizes
  - ▶ Activities in minutes
  
- ▶ Will give handouts for program

# Eating ideas

My Pyramid Pizza (1 serving: 1/2 English muffin pizza)

## ► Ingredients

1/2 100% whole wheat English muffin

1-2 tablespoons spaghetti or pizza sauce

1 tablespoon grated cheese

1-2 tablespoons each chopped vegetables, fruits, or cooked meat

## ► Directions

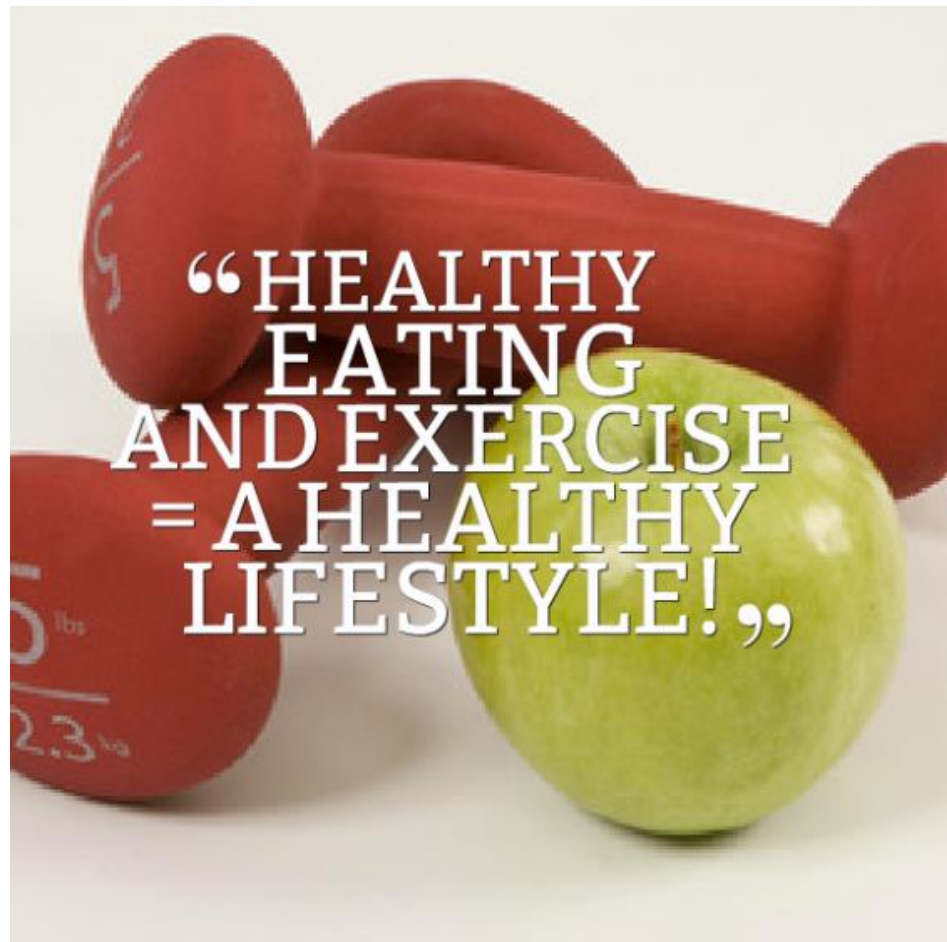
1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 8-10 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2-3 hours.

Try a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato



## Weekly Wrap up

- ▶ Creating New Habits
- ▶ Celebrating Success



# Official Team Wellness Awards

- Team Wellness Certificate
- Team Wellness Medal
- Team Wellness T-shirt

Can also receive Presidential Active Lifestyle Award (PALA)



# Additional Resources

- ▶ <https://www.choosemyplate.gov>
- ▶ Handouts for the course

# SUMMARY

- ▶ Benefits of the program
- ▶ New Start Dates:
- ▶ Questions

