

National Down Syndrome Society

321

go!

®



A HEALTHY  
ME!





## Mission Statement

The National Down Syndrome Society is the leading human rights organization for all individuals with Down syndrome.

## Vision Statement







The National Down Syndrome Society envisions a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations and become valued members of welcoming communities.

## CONTACT INFORMATION

National Down Syndrome Society

800-221-4602  
info@ndss.org  
www.ndss.org

## SOCIAL MEDIA

-  Facebook: @NDSS1979
-  Twitter: @NDSS
-  Instagram: @ndssorg
-  YouTube: NDSSorg
-  TikTok: @ndssorg
-  LinkedIn: national-down-syndrome-society



## ***Special thanks to all those who contributed to 321go!®***

NDSS extends our most sincere thanks to the many volunteers, consultants, and staff who made this resource possible, especially:

Author: **Monica Forquer, MS**, Consultant, Active Health LLC and Certified Personal Trainer

Graphic Designer: **Selena Malott**, Zengigi Design Inc.

Advisory Board:

- **Anna Esbensen, PhD**, Clinical Psychologist, Down Syndrome Clinic, Cincinnati Children's Hospital
- **Sharla Hank**, President & Co-Founder, DS Action
- **Kari Jones**, President & CEO, Down Syndrome Association of Central Ohio
- **Amy Lewanda, MD**, Co-Director, Down Syndrome Clinic, Children's National Medical Center
- **Trudy Newman, MS, RD, LDN**, Clinical Dietitian, Down Syndrome Program at Massachusetts General Hospital
- **Michelle Ray**, Fitness Consultant, Certified Personal Trainer, and Run Coach
- **Heidi Stanish, PhD**, Professor, Exercise and Health Sciences, University of Massachusetts-Boston
- **Candace Whiting**, Self-Advocate and CEO, Great Life Unlimited

Photographer: **Kurstin Roe**, Roe & Co. Sports

Photo shoot participants:

*Kennedie Arthurs*

*Ava Helsel*

*Jason Lopez*

*Rebecca Lopez*

*Ishaan Nair*

*Wesley Nickelson*

*Sophia Notaro*

*Logan Patterson*

*Amanda Rothstein*

*Geoffrey Steggell*

Photoshoot location: **Independence Mall, Inc.**, Wilmington, DE



**321go!**® is a fun and easy set of **3 daily goals** and **21 challenges** that can help you make healthy choices. This guide teaches you about physical activity, nutrition, and emotional wellness.

You can track your progress on your goals and challenges on the tracker pages at the end of the guide.

## 321go!® Daily Goals

### Physical Activity

Complete at least **30 minutes** of physical activity each day.



### Balanced Nutrition

Eat at least **2 servings** of each food group every day.



### Emotional Wellness

Practice at least **1 emotional wellness strategy** each day.



## 321go!® Challenges

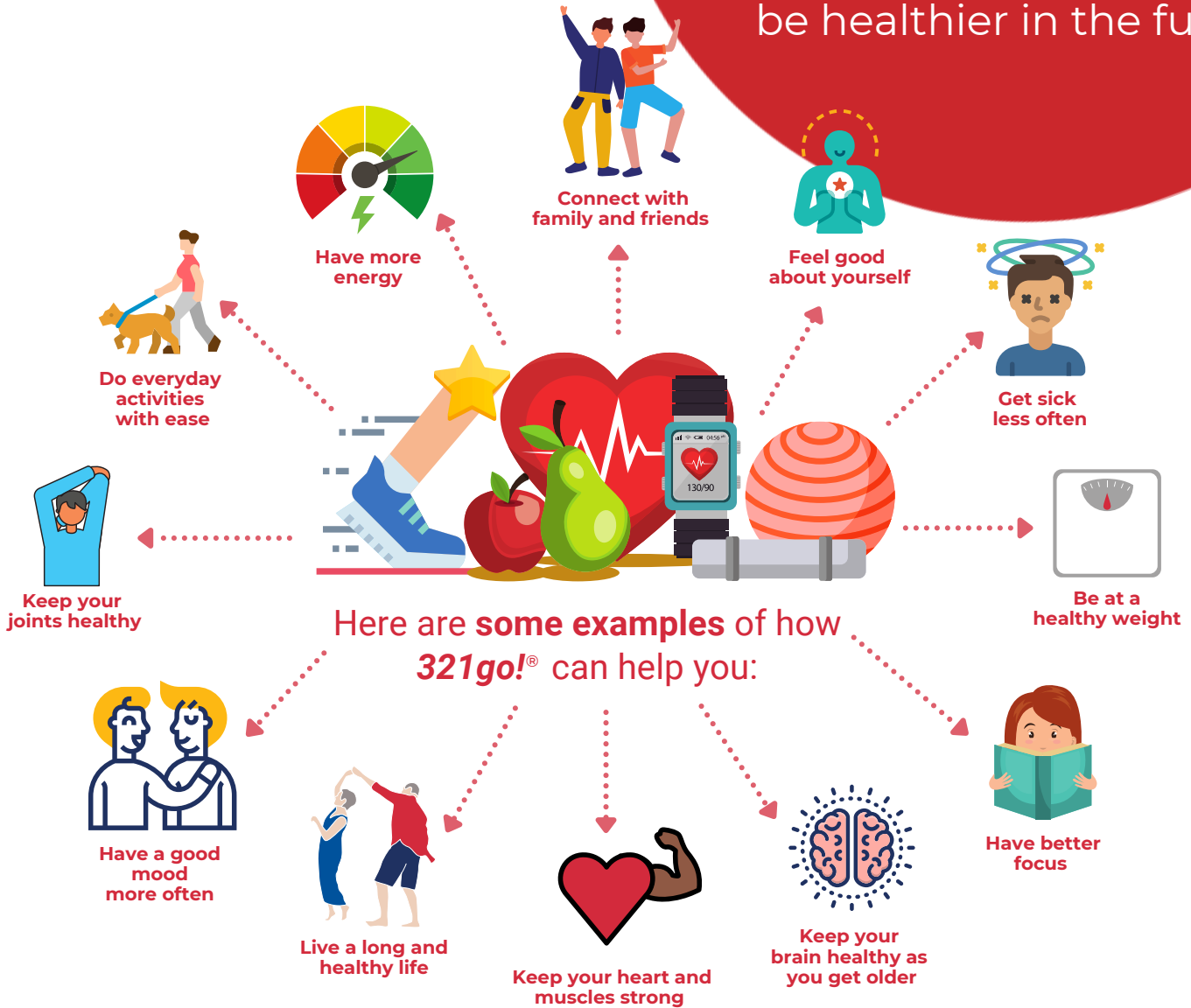
There are **21 total challenges** in this guide.

- 7 physical activity challenges
- 7 nutrition challenges
- 7 emotional wellness challenges

Check them off as you complete them!

# Benefits of 321go!®

Physical activity, nutrition, and emotional wellness are very important to your health. Following 321go!® can help you make healthy choices. Healthy choices can help you feel better now and be healthier in the future.




 + 
 
 + 
 
 =

**Physical Activity** + **Balanced Nutrition** + **Emotional Wellness** =

A HEALTHY  
**ME!**

The National Down Syndrome Society (“NDSS”), a registered nonprofit organization, is the leading human rights organization for all individuals with Down syndrome. Due to their shared belief that all individuals, including those with Down syndrome, can benefit from exercise, Physical Fitness expert Monica Forquer, with 15 years of experience, designed 321go!® (the “Exercise Program”) for NDSS.

NDSS is not, in any capacity, a gym operator, physical trainer, or expert in physical fitness. This Exercise Card and the Self-Advocacy Guide (the “Pamphlets”) are to be used for educational purposes only. You should not rely on this information as a substitute for professional medical advice, diagnosis, or treatment. NDSS is not responsible or liable for any injury or loss you may sustain by exercising using the information or exercises in the Pamphlets or elsewhere associated with the Exercise Program.

Before starting the Exercise Program, you should consult with your physician or other healthcare professionals to determine if it is right for your needs and physical condition. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start the Exercise Program if your physician or health care providers advise against it. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising you should stop immediately.

You acknowledge and understand that there is a risk of injury to you associated with your participation in the Exercise Program, even if you have been cleared to do the exercises by your healthcare provider. You hereby assume full, Personal, and legal responsibility for any and all injuries, losses, and damages you incur while performing the exercises in the Exercise Program. You hereby waive, and hold NDSS, its directors, officers, employees, agents, and contractors harmless from liability, claims, and damages you may have due to your participation in the Exercise Program.

Stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. If any of these symptoms persists after you stop exercising, please seek medical help immediately.

You hereby acknowledge that you have been given, and have read, each of the Pamphlets, and that you understand how to follow the Exercise Program. You assume full and total responsibility for any and all injuries, losses, and damages that you incur while performing the exercises in the Exercise Program. You hereby waive all claims against NDSS, its directors, officers, employees, attorneys, consultants, and/or its other professionals. NDSS disclaims any liability for persons who undertake an exercise regimen in a manner other than is outlined in the Pamphlets.

# Physical Activity



Physical activity is any large movements of your body.

Some examples are sports, walking, cleaning your house, dancing, and lifting weights. Physical activity can keep your heart and muscles strong, keep your brain healthy, and improve your mood.

**30**  
minutes

national down syndrome society  
**321go!**  
**GOAL**

Complete at least  
30 minutes of physical  
activity every day.





# Physical Activity Guidelines

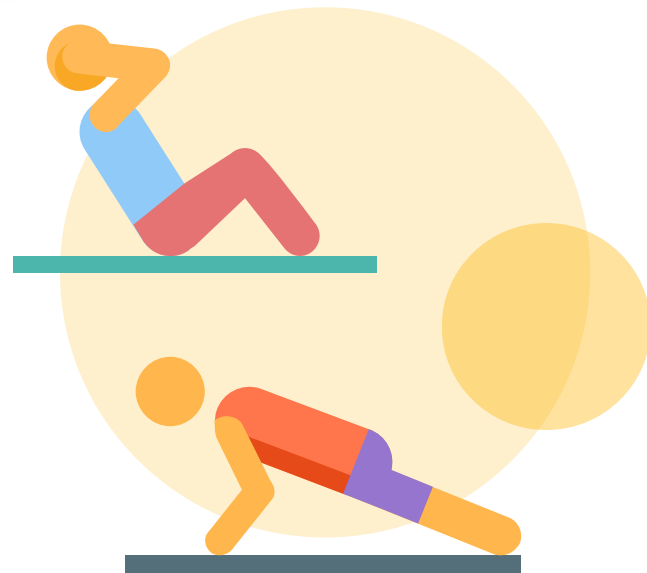
You need a total of 2.5 to 5 hours of **moderate** to **vigorous** physical activity each week. You also need to do at least 2 days of **strengthening activities** each week.

**Moderate** means the activity is a little hard.



**Vigorous** means the activity is very hard.

**Strengthening activities** make your muscles strong. You'll learn more about strengthening exercises on page 10.



When you reach your **321go!**<sup>®</sup> goal every day, you will get enough physical activity to stay healthy.

**You are working hard enough when:**



you may start to sweat

it gets harder to talk



your heart beats faster

you breath heavier



your muscles feel tired

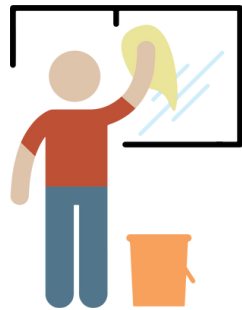
# Physical Activity and Exercise

Some people use the words physical activity and exercise to talk about the same thing. They are a little different.

## Physical Activity



Yardwork



Cleaning



Sports



Walking

Physical Activity is any type of large body movements you do for fun, fitness, or to get things done.

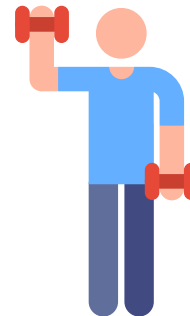
## Exercise



Endurance



Balance



Strength



Flexibility

Exercise is one type of physical activity that you do with the goal of improving your fitness.

All physical activity can help you reach your **321go!** goal.



**You'll learn about specific exercise types on the next few pages.**

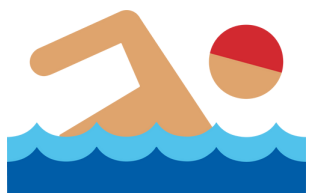
# Endurance

When you do endurance exercises, you will feel your heart beat faster and you will breath harder.

Endurance exercises keeps your heart and lungs healthy and gives you more energy throughout the day.



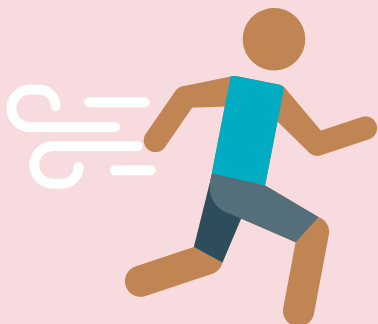
## Endurance Exercise Examples:



Swimming



Dancing



Brisk Walking and Running



Playing Soccer

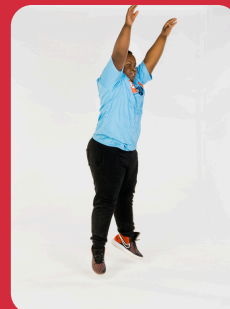
Try these endurance exercises at home:



Kickboxing Punches



Jog

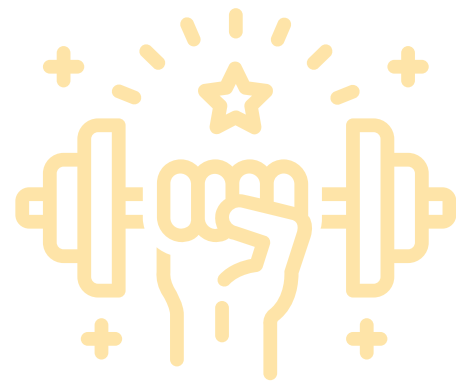


Frog Jumps

# Strength

When you do strength exercises, you will feel your muscles working hard.

Strength exercises keep your bones healthy and your muscles strong. You should do exercises for all the muscles in your body.



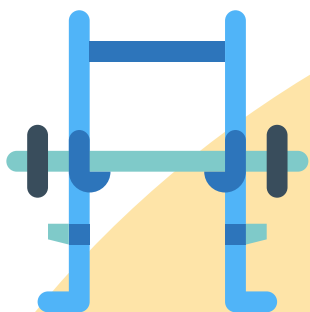
## Strength Exercise Examples:



Lifting Weights



Exercise Bands

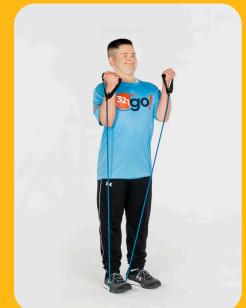


Exercise Machines



Body Weight Exercises

Try these strength exercises at home:



Bicep Curls



Lunge

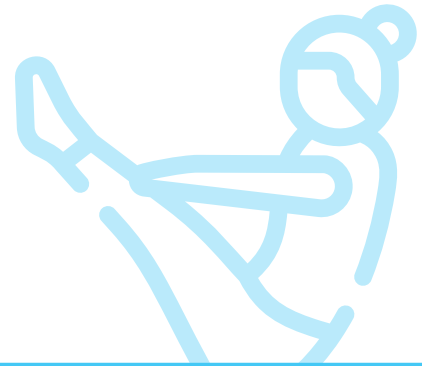


Arm and Leg Raises

# Balance

Balance exercises make you work hard to avoid falling. You might feel wobbly when trying these exercises.

Balance exercises will decrease the number of falls you have, which helps you avoid getting hurt.



Try these balance exercises at home:



Tandem Stance



Warrior Pose



Single Leg Hops

## Balance Exercise Examples:



Yoga



Martial Arts

## Strength and Balance

Stronger muscles can help you have better balance. Regularly doing strength exercises for your lower body and abdominal muscles can also improve your balance!

# Flexibility

Flexibility exercises are often called stretches. You should do stretches for all parts of your body.

Flexibility exercises make it easier for you to move in all directions. These exercises help prevent injuries and make you feel more relaxed.



## Flexibility Exercise Examples:



Yoga



Warm-Up and Cool-Down Exercises

## Can people with Down syndrome stretch?

Yes! People with Down syndrome have hypotonicity which means your muscles might be looser than most people's muscles. It is still safe for you to stretch. Make sure to stretch slowly and don't push past a comfortable stretch.

Try these flexibility exercises at home:



Chest and Shoulder Stretch



Kneeling Lunge



Side Stretch



# Physical Activity Challenges

Try these challenges to make physical activity a part of your life!

1

Use the *321go!*® Exercise Cards to create a routine. Pick 10 exercises and practice your routine for one month.



2

Try a new type of physical activity! Sign up for a class, search for videos online, or learn a new exercise.



3

Time yourself on a walk or jog around the block. Write down your time. Practice for a month and watch your time improve.



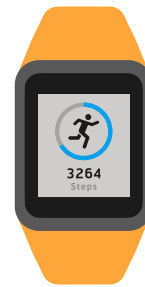
4

Organize a weekly trip to the park with family or friends. Go on a walk, run, bike ride, or hike together.

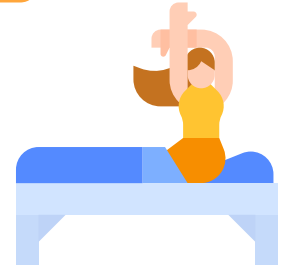




**5** Use an activity tracker or pedometer to count your steps. Aim for 7,000 steps every day.



**6** Start your day in an active way. Choose five flexibility exercises that you can do every morning after you wake up.



**7** Dancing is a great way to stay active. Play five fast songs and don't stop dancing until they're over.





# Balanced Nutrition



Nutrition is how food and drink affect your health.

Eating the right types and amounts of food can help you maintain a healthy weight, avoid getting sick, and have plenty of energy.

2  
servings  
each



**GOAL**

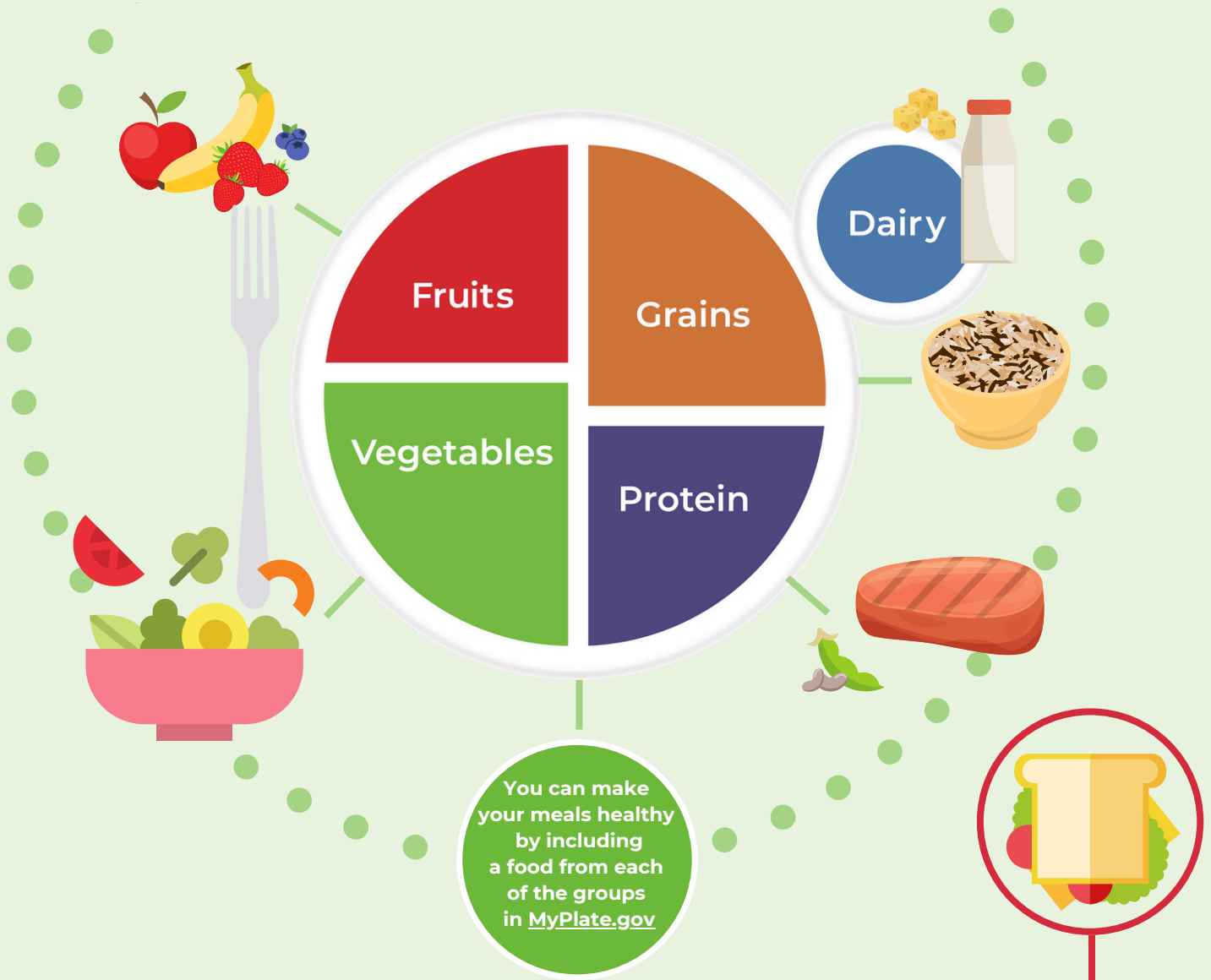
Eat at least 2 servings from each food group every day.

# Nutrition Guidelines

Eating healthy means eating the right types and amounts of foods to get all the vitamins, minerals, and energy you need. You can follow the MyPlate model to help you.

**There are 5 food groups.**

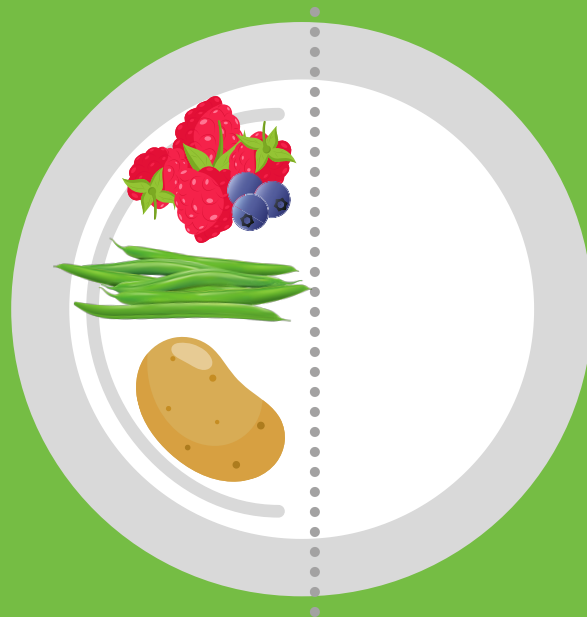
Each food group has benefits to your body.



*You can combine food groups to create delicious meals and snacks.*

**Eating at least 2 servings from each of the 5 food groups every day will help you to be healthy.**

Make half of your plate  
**fruits and**  
**vegetables**  
at every meal.



# Eat the Rainbow!

Different colored fruits and vegetables have different nutrients in them.

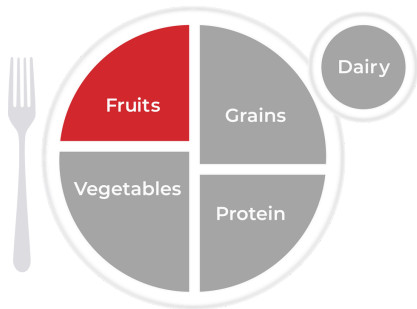
Choose a variety of colors of fruits and vegetables to get the nutrients you need.



# Fruits and Vegetables

Fruits and vegetables are filled with vitamins, minerals, and fiber that help you avoid getting sick or constipated. Fruits and vegetables keep you feeling full longer.

Try to eat a fruit or vegetable with every meal or snack.



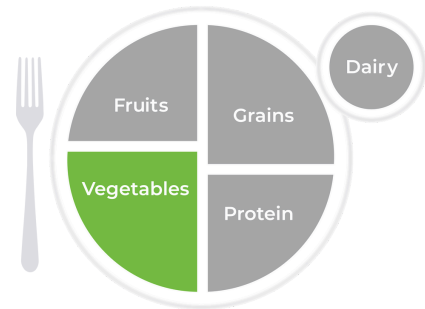
Servings of **fruits** per day: **1 1/2 - 2 cups**



**1**  
Apple



**1 Cup**  
Blueberries



Servings of **vegetables** per day: **2 1/2 - 4 cups**



**2 Cups**  
Spinach



**1 Cup**  
Baby Carrots



**1 Cup**  
Cucumbers

## Examples of Fruits:

- Apples
- Bananas
- Oranges
- Berries
- Pineapple
- Mangoes
- Lemons
- Grapes
- Melon
- Pears



## Examples of Vegetables:

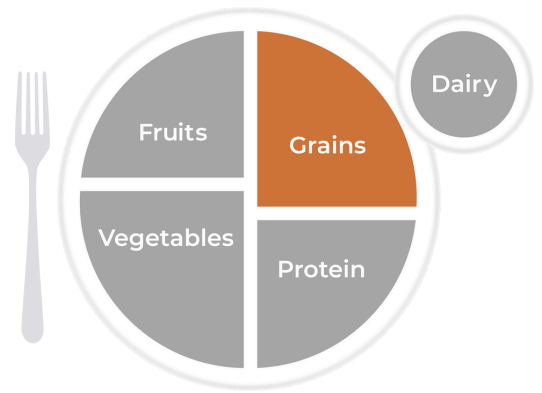
- Spinach
- Carrots
- Peppers
- Broccoli
- Green Beans
- Squash
- Onions
- Beets
- Lettuce
- Eggplant



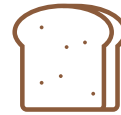
# Grains

Grains are important because they are filled with energy and fiber.

Choose whole grain options to stay full and focused all day.



Servings of **grains** per day:  
**3-5 oz whole grain**  
**6-10 oz total**



2 Regular Slices  
Whole Wheat Bread



1 Cup  
Rice



5  
Crackers



1/2 Cup  
Oatmeal

## Examples of Grains:

- Bread
- Rice
- Pasta
- Popcorn
- Crackers
- Cereal
- Oatmeal
- Grits
- Tortilla



Some people with Down syndrome cannot eat gluten which is found in some grains (wheat, barley, and rye). There are lots of healthy grain options that are gluten free. Look for a "gluten free" label on food packages and talk to a doctor or dietitian about gluten free options.

## Whole Grain Clues

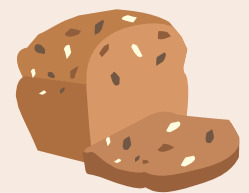
Look for these clues to know if you are choosing a whole grain.



Oatmeal and quinoa are always whole grains.



The package says 100% whole grain or 100% whole wheat.

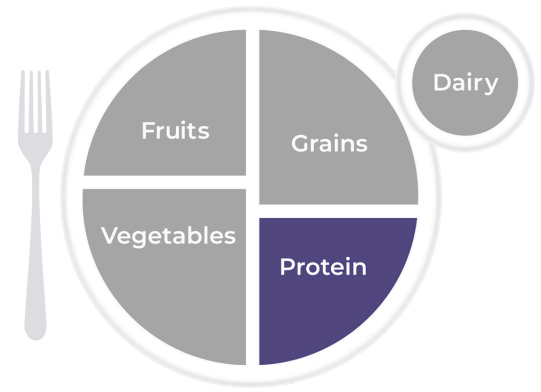


Whole grains are usually brown.

# Protein

Proteins keep your body strong and assist you with healing when you are injured or sick.

Choose options that are low in fat.



Servings of **proteins** per day: **5 - 7 oz**



**3 oz**

Grilled Salmon



**1**

Egg

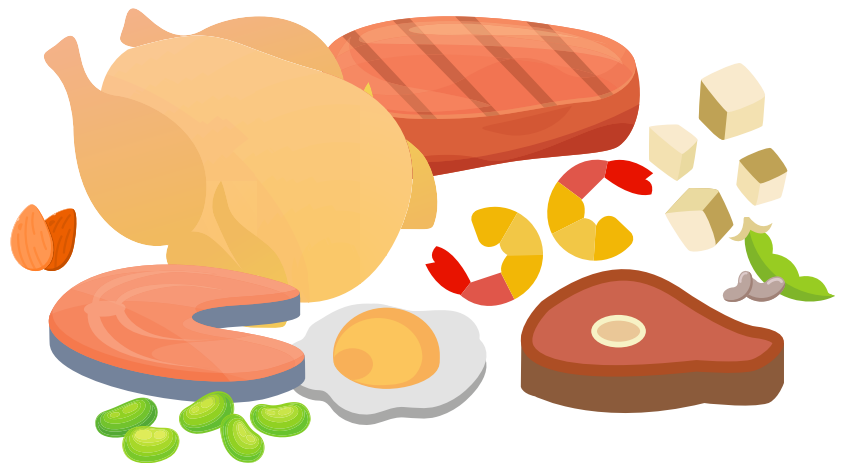


**1/2 Cup**

Beans

## Examples of Proteins:

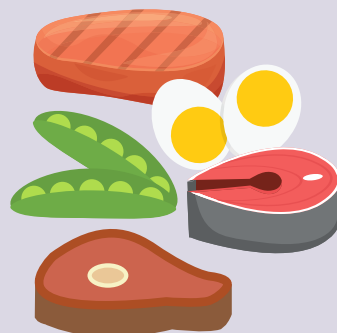
- Chicken
- Eggs
- Tofu
- Beans
- Seafood
- Steak
- Pork Chops
- Deli Meat



## Low Fat is Best

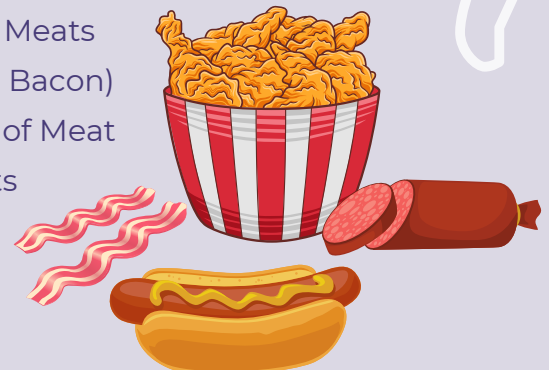
### Eat These:

Lean Meats  
Grilled Meats  
Broiled Meats  
Seafood  
Beans



### Don't Eat These:

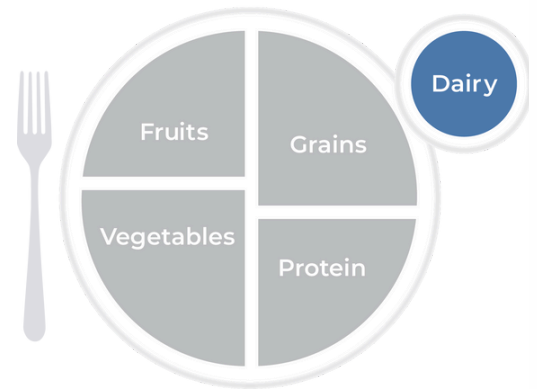
Processed Meats  
(Deli Meat, Bacon)  
Fatty Cuts of Meat  
Fried Meats



# Dairy

Diary has protein and calcium to keep your bones and teeth strong, which helps you avoid broken bones now and when you get older.

Choose options that are low in fat and have no added sugar.



Servings of **dairy** per day: **3 cups**



1 Cup  
Low-Fat  
Yogurt



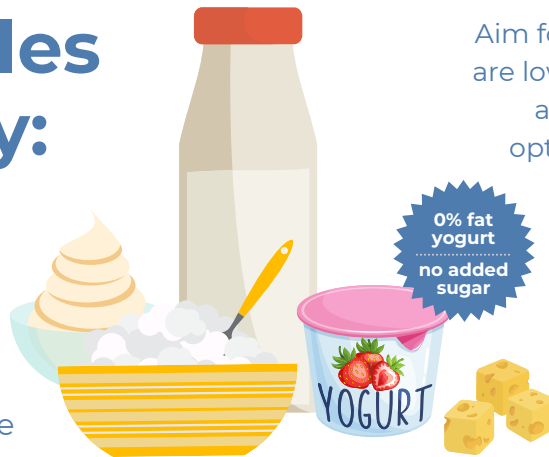
1 Cup  
Low-Fat  
Milk



2 Slices  
of Swiss  
Cheese

## Examples of Dairy:

- Milk
- Cheese
- Yogurt
- Frozen Yogurt
- Cottage Cheese



Aim for dairy options that are low in fat and have no added sugar. Low fat options will say "skim," "low fat," "fat free," "0% fat" or "1% fat." Nutrition labels will say "Includes 0 added sugars" when there are no added sugars.

| Nutrition Facts                 |                        |
|---------------------------------|------------------------|
| <b>8 servings per container</b> |                        |
| Serving size 2/3 cup (55g)      |                        |
| Amount per 2/3 cup              | <b>230</b>             |
| <b>Calories</b>                 |                        |
| % DV*                           |                        |
| 12%                             | <b>Total Fat</b> 8g    |
| 5%                              | Saturated Fat 1g       |
|                                 | Trans Fat 0g           |
| 0%                              | <b>Cholesterol</b> 0mg |
| 7%                              | <b>Sodium</b> 160mg    |
| 12%                             | <b>Total Carbs</b> 37g |
| 14%                             | Dietary Fiber 4g       |
|                                 | Sugars 1g              |
|                                 | Added Sugars 0g        |
|                                 | <b>Protein</b> 3g      |



## Lactose Free and Dairy Alternatives



If you think you have a problem digesting dairy, talk to a doctor and a dietitian.

They can help you choose a lactose free option or dairy alternative that contains protein and calcium.

# Hydration

Hydration means drinking the right amount of fluid to keep your body working well.

Getting enough fluids helps you stay focused, digest your food, and move your body.

**Aim for 5 large glasses of water every day !**



## Water is the healthiest choice!

You can drink water in a variety of ways!



Tap Water



Sparkling Water (with bubbles)



Bottled Water



Infused Water (water with fruit in it)

## Signs of Dehydration

Dehydration means you haven't had enough fluids. You can get very sick from being dehydrated. Drink more water if you:



have a headache.



feel tired or sluggish.



have a dry mouth.



have dark colored pee.



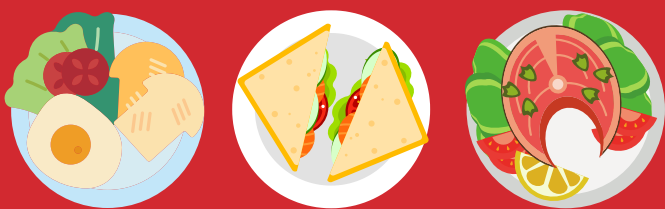
# Healthy Weight

Knowledge is key.

Managing how much to eat, when you eat, portion control, listening to your body, and making healthy choices will help you to maintain a healthy weight.



## KNOW how much to eat



Eating too much or the wrong types of foods can make you gain weight. Being overweight or obese can put you at a higher risk for diseases and can make it harder to move throughout your day. These tips can help you to stay at a healthy weight.

## Be MINDFUL of portions

Limit yourself to three meals each day. If you need a snack,



avoid junk food and be mindful of portion sizes.



Stick to serving sizes (on page 26) even at restaurants! You can always eat leftovers at another meal.

# Ask your Doctor

People with Down syndrome are more likely to be overweight or obese. This increases your risk for chronic diseases like diabetes. Ask your doctor if you are at a healthy weight for your height.

You can get to a healthy weight by eating healthy, staying active, getting enough sleep, and reducing stress.



## LISTEN to your body



Stop eating when you are no longer hungry, not stuffed.

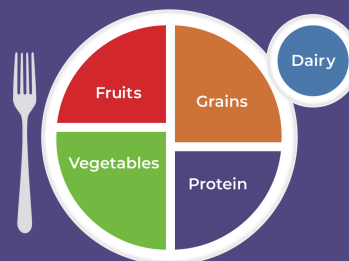


Take small bites and chew your food well.



Avoid electronics while eating. They distract you from feeling full.

## CHOOSE healthy foods



MyPlate.gov

Choose foods from all food groups. The fiber and protein in these foods will help you stay full longer.

Save sweets and junk food for special occasions. These foods do not give your body nutrients.



# Avoid Added Sugar

Some foods have natural sugar in them, like fruit and milk. **Added sugar** is sugar and syrup that are added to food and drinks when they are made.

Added sugar causes unhealthy weight gain and is bad for your teeth. Learn to look for added sugar in your foods and drinks.

Adults should have less than 50 grams of added sugar per day.



That's equal to about 13 teaspoons.

## Watch out for drinks high in added sugar.

Many drinks have very high amounts of sugar. Cutting these drinks from your diet can help you maintain or lower your weight.



## Find Hidden Sugar

Look for added sugar in a food or drink on the nutrition label. Find where it says "Includes \_\_g Added Sugars."

**This food has 10 grams of added sugar.**

| Nutrition Facts               |               |
|-------------------------------|---------------|
| 8 servings per container      |               |
| Serving size                  | 2/3 cup (55g) |
| Amount per serving            |               |
| <b>Calories</b>               | <b>230</b>    |
| % Daily Value*                |               |
| <b>Total Fat</b> 8g           | <b>10%</b>    |
| Saturated Fat 1g              | 5%            |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | <b>0%</b>     |
| <b>Sodium</b> 160mg           | <b>7%</b>     |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>    |
| Dietary Fiber 4g              | 14%           |
| Total Sugars 12g              |               |
| Includes 10g Added Sugars     | 20%           |
| <b>Protein</b> 3g             |               |
| Vitamin D 2mcg                | 10%           |
| Calcium 260mg                 | 20%           |
| Iron 8mg                      | 45%           |
| Potassium 235mg               | 6%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Smart Servings

The amount of food is called a serving. The serving amount is different for different types of food. You can use your hands to remember how much to eat. Eating the right serving size will help you avoid eating too much food.



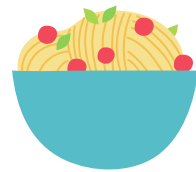
Fist



Fruit



Vegetables



Rice, Pasta  
or Oatmeal



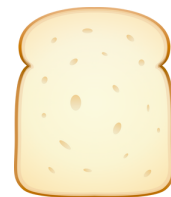
Palm



Meat  
and Fish



Nuts and  
Dried Fruit



Bread



Thumb



Cheese



Nut Butter

Try these challenges to make healthy eating a part of your life.

- 1** Choose a new fruit or vegetable to try. Try to eat it at least five times before you decide whether you like it.



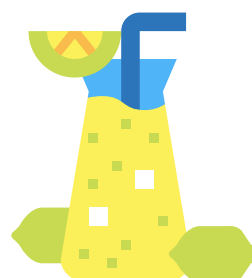
- 2** Learn to make a new healthy recipe that includes at least three food groups. Eat this new recipe with family and friends.



- 3** Write a list of all your favorite healthy snack options. Reach for these snacks first at home, and pack them when you go out.



- 4** Try a spritzer instead of soda. Add fruit or a splash of fruit juice to a glass of sparkling water.





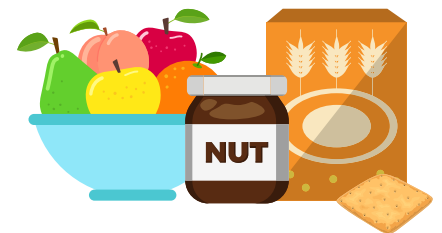
5

Make your favorite meals healthier. Use whole grain pasta in spaghetti or put peppers on pizza.



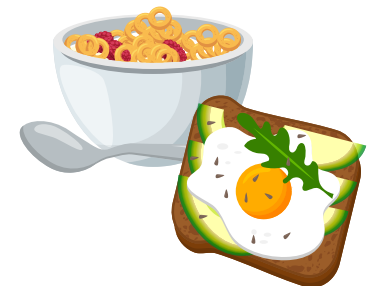
6

Organize your kitchen and make sure healthy foods are easy to see and make. Get rid of tempting sweets and junk food.



7

Choose a fruit or vegetable to eat with your breakfast every day. This helps you stay full and focused all morning long.



# Emotional Wellness



**Emotional Wellness is the ability to understand and deal with your emotions.**

Emotional wellness can help you cope with stress, be happier, and have good relationships with others.



Practice at least 1 emotional wellness strategy each day

**1**  
strategy  
a day

# Emotional Wellness Strategies



**Emotions** are how you react to things that happen to you. There are many things you can do to deal with stress and stay in a good mood even when life is hard.

**1 Identify Your Emotions and Feelings**



**2 Manage Your Stress**



**3 Think Positive Thoughts**



**4 Connect with Others**



**5 Get a Good Night of Sleep**



**Practice at least 1 of these strategies each day to have good emotional wellness.**

We will describe each strategy on the next few pages.



# Identify Your Emotions and Feelings

Emotions are how you react to things that happen to you. Feelings are how your mind and body show your emotions.

You can have more than one emotion at a time.



All emotions are important. They can affect the way you think and what you do.

When you know what emotions you are experiencing, it is easier to cope.

## Examples of Emotions:



### HAPPINESS

Feelings: smiling, relaxed, energetic  
Describing words: joyful, proud, peaceful, content, calm, cheerful

.....



### ANGER

Feelings: want to yell, turning red, gritting teeth, making fists  
Describing words: mad, frustrated, annoyed

.....



### FEAR

Feelings: wide eyes, fast heartbeat, want to hide, upset stomach  
Describing words: scared, worried, anxious, nervous

.....



### SURPRISE

Feelings: gasping, fast heartbeat, jumping back  
Describing words: amazed, confused, shocked

.....



### SADNESS

Feelings: crying, quiet, tired, want to be alone  
Describing words: lonely, hurt, disappointed, embarrassed



### DISGUST

Feelings: wrinkled nose, want to turn away, sick to your stomach  
Describing words: dislike, boredom, judgmental, "grossed out"

## Ways to identify your emotions and feelings:



point to pictures of how you feel



write how you feel in a journal or diary



draw or paint how you feel



talk to a friend or family member about how you feel

# Manage Your Stress

Stress is the worry or tension you feel when you experience changes or challenges. You might feel stressed about good or bad events.

Use these tips to manage your stress so you feel calmer and happier even when life is hard.

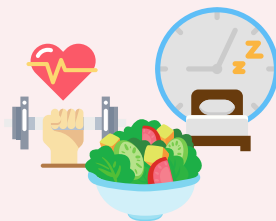


## Examples of stressful times:

- Starting a new job or school
- Moving to a new place
- Starting or ending a relationship
- Major illnesses
- A family member moving
- Death in the family
- Very busy schedule

### Make healthy choices

Staying physically active, eating healthy foods, and getting enough sleep can help you deal with stress.



### Talk to a someone

Talk with family, friends, or a therapist about stress. They can listen to how you feel and give you some advice.



### Set goals and make plans

Goals and plans can give you direction. This can help make changes feel less overwhelming.



### Find time to relax

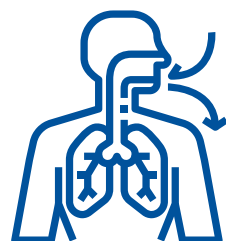
Relax to take a break from your stress. You can read, stretch, go out in nature, or draw. Do whatever relaxes you.



## Quick Stress Release Activities

### 321go!® Breathing

1. Inhale slowly while thinking "3-2-1."
2. Hold while thinking "3-2-1."
3. Exhale slowly while thinking "3-2-1."



Practice 3-2-1 Breathing for at least one minute to feel more relaxed!

### Squeeze and Release

1. Hold a stress ball in the palm of your hand.
2. Squeeze the ball tightly while you inhale.
3. Relax your hand and exhale.



Practice squeezing and releasing for at least one minute to feel more relaxed!

# Think Positive Thoughts

Positive thinking means thinking good thoughts about yourself and your life. Thinking good thoughts can help you deal with stress and emotions.



strong!



creative!



a good friend!

## Positive Talk

**Positive talk statements remind you of all the good things about yourself.**

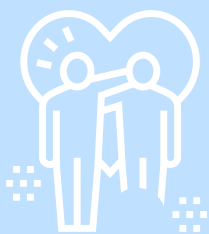
1. Choose three things you love about yourself.
2. Say out loud, "I am \_\_\_\_\_" for each of the three things you like about yourself.

***It can be helpful to say your positive talk statements in a mirror so you see yourself when you say them.***

## Be Thankful

*Being thankful for the people and things in your life can help you be happy. Being thankful can remind you that even when things are hard, you still have a great life.*

**Ways to practice being thankful:**



say "thank you" to people who help you



pray or think about what you're thankful for



write or draw about what you're thankful for

# Connect with Others

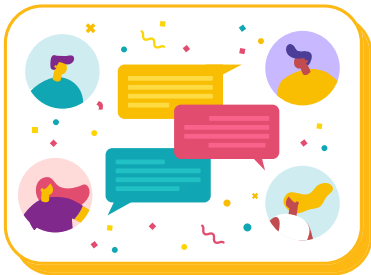
Spending time with friends and family can help you deal with stressful times and negative emotions. There are lots of ways you can connect with others.

Surround yourself with friends and family who make you feel good about yourself.

These people will make it more fun to celebrate good times and get through hard times.



## Ways to connect with family and friends:



call, text, or video chat



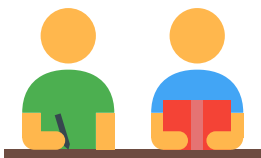
be active together



share a healthy meal

## Make New Friends

It's important to keep making new friends throughout your life. Here are some ideas for meeting new people:



talk to people at school or work



volunteer for activities in your neighborhood



join a sports team and make friends with your teammates



take a class and talk with your classmates

# Get a Good Night of Sleep

Sleep is important for your overall health, but it can be especially helpful for managing stress and emotions.

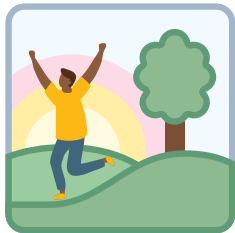
Getting enough sleep and having a sleep routine will help you be at your best.



You need **7-9 hours of sleep** every night.

## Sleep Routine

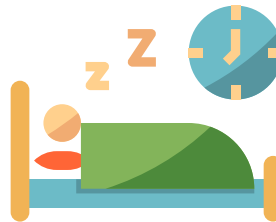
Following the same steps every night can help you fall asleep faster and stay asleep longer. Plan these sleep habits in your routine:



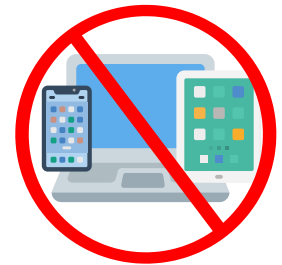
exercise or be active earlier in the day



avoid caffeine 4-6 hours before you go to bed



get ready for bed at the same time every night



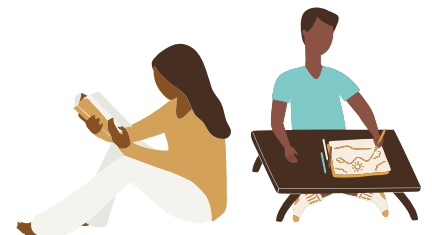
turn off electronics 30-60 minutes before bed



make a plan for brushing your teeth, washing your face, and taking a shower



make your bedroom dark and cool



do something that relaxes you like reading, drawing, or stretching

# Sample Sleep Routine

This is an example of how you might set up your sleep routine.

*Writing down your routine makes it easier to remember.*



Turn off the TV and put your phone away.



Take a shower and get dressed for bed.



Listen to music and draw a picture.



Do five relaxing stretches.



Brush and floss teeth. Go to the bathroom.



Turn your lights out and go to sleep.

Many people with Down syndrome have sleep apnea, a condition that makes it hard to breathe when you are sleeping. If you regularly get 7-9 hours of sleep but still feel tired, you should talk to your doctor to see if you have sleep apnea.

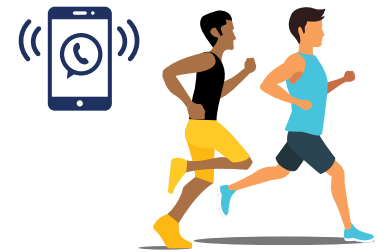


# Emotional Wellness Challenges

Try these challenges to make emotional wellness a part of your life.

1

Plan at least one phone call and one activity to do with your family or friends each week.



2

Spend time in nature every day. Nature can help you be calm and happy. You can walk in a park, garden, or watch the sunset.



3

Look in the mirror every morning and say one thing you like about yourself.



4

Write or draw a picture of how you feel in a journal every night for a month. Then, write or draw one thing that makes you happy.





- 5 Create a sleep routine that helps you relax. Practice your sleep routine every night.



- 6 Practice your 3-2-1 Breathing in the morning for one minute. This will make it easier to do your breathing when you are stressed.



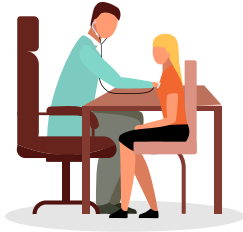
- 7 Say out loud at least three things you are thankful for each day. Add it to your sleep routine to end the day in a positive way.





# Ask a professional

This guide gives you tips for living healthy. Sometimes you need more help. This is a list of professionals who can help you.



## DOCTOR

*Visit or call your doctor:*

- to track your health at your regular visits.
- if you feel sick, hurt, or "off."
- if you have questions about your health.



## FITNESS INSTRUCTOR

*Visit a fitness instructor:*

- if you have specific fitness goals.
- if you need help learning new exercises.
- if you want to learn how to use new equipment.



## PHYSICAL THERAPIST

*Visit a physical therapist:*

- if you are injured and returning to activity.
- if you have pain when moving.
- if you have major concerns about falling.



## DIETITIAN

*Visit a dietitian:*

- if your doctor recommends you visit a dietitian.
- if you have food allergies or celiac disease.
- if you have diabetes, kidney disease, or heart disease.
- if you need to lose or gain weight.



## THERAPIST

*Visit a therapist:*

- if you are going through a stressful time in your life.
- if emotional wellness strategies aren't working.
- if you are sad or worried very often.

# Additional Resources

## National Down Syndrome Society

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

The National Down Syndrome Society (NDSS) Health and Wellness Program promotes improved health and wellbeing for all individuals with Down syndrome. Through collaboration, NDSS develops tailored and accessible resources for individuals with Down syndrome, families, and caregivers across the lifespan. Please visit our webpage for health and wellness resources as well as education, employment, and financial information.

## American Council on Exercise: Exercise Library

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

The American Council on Exercise is a website for fitness professionals. This exercise library has several additional exercises for you to try at home or at a gym.

## NCHPAD: 14 Weeks to a Healthier You

<https://www.nchpad.org/14weeks/>

The National Center on Health, Physical Activity, and Disability (NCHPAD) has several great resources for physical activity including a beginner exercise program.

## U.S. Department of Agriculture: MyPlate

<https://www.myplate.gov>

MyPlate is a healthy way of eating based on the United States dietary guidelines. Elements of MyPlate are discussed in the nutrition section.

## Accessible Chef

<https://accessiblechef.com/resources/>

Reading a recipe can be hard. The Accessible Chef's website has a database full of easy-to-read visual recipes. You can even create your own recipe!

## Black Dog Institute: Healthy Mind

<https://www.healthymind.org.au/>

The Black Dog Institute created a fun online platform to learn more about emotional wellness. Visit this site to get more tips on managing emotions and stress.

## Advocate Medical Group: Adult Down Syndrome Center

<https://adsresources.advocatehealth.com/search/people-with-down-syndrome/>

The Adult Down Syndrome Center at Advocate Medical Group has a great library of videos and pamphlets that discuss a variety of health and wellness topics.

## Down Syndrome Clinic to You

<https://www.dsc2u.org/>

Down Syndrome Clinic to You (DSC2U) is a way for families to get up-to-date, personalized health and wellness information for their loved one with Down syndrome.

| <p>Fill in the stars when you reach your goal for each day of the week.</p> <p>Aim to get your physical activity, nutrition, and emotional wellness goal every day.</p> | Physical Activity   | Nutrition  |   |
|---|---|--|---|
|   | Complete at least 30 minutes of physical activity each day.                         | Fruit  | Vegetables  |
|   |    |   |    |
| <b>Sunday</b>   |   |   |   |
| <b>Monday</b>   |  |  |  |
| <b>Tuesday</b>  |  |  |  |
| <b>Wednesday</b>  |  |  |  |
| <b>Thursday</b>   |  |  |  |
| <b>Friday</b>   |  |  |  |
| <b>Saturday</b>   |  |  |  |

# Goal Tracker

## Balanced Nutrition

Eat at least 2 servings of each food group every day.

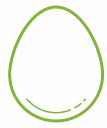
## Emotional Wellness

Practice at least 1 emotional wellness strategy each day.

Grains

Protein

Dairy



## Challenge Checklist Instructions

Try these challenges to make physical activity, balanced nutrition, and emotional wellness a part of your life. These fun challenges can help you to be healthy.



Check-off challenges as you complete them. Go at your own pace. It's best to work on one to three challenges at a time so you can gain new healthy habits.



- Use the 321go! Exercise Cards to create a routine. Pick 10 exercises and practice your routine for one month.
- Try a new type of physical activity! Sign up for a class, search for videos online, or learn a new exercise.
- Time yourself on a walk or jog around the block. Write down your time. Practice for a month and watch your time improve.
- Organize a weekly trip to the park with family or friends. Go on a walk, run, bike ride, or hike together.
- Use an activity tracker or pedometer to count your steps every day. Aim for 7,000 steps every day.
- Start your day in an active way. Choose five flexibility exercises that you can do every morning after you wake up.
- Dancing is a great way to stay active. Build a playlist with five fast songs. Play these songs and don't stop dancing until they're over.

# Challenge Checklist



## Balanced Nutrition

- Choose a new fruit or vegetable to try. Try to eat it five different ways before you decide whether you like it.
- Learn to make a new healthy recipe that includes at least three food groups. Eat this new recipe for dinner with family and friends.
- Write a list of all your favorite healthy snack options. Reach for these snacks first at home, and pack them when you go out.
- Try a spritzer instead of soda. Add fruit or a splash of fruit juice to a glass of sparkling water.
- Make your favorite meals healthier. Use whole grain pasta in spaghetti or put peppers on pizza.
- Organize your kitchen and make sure healthy foods are easy to see and make. Get rid of tempting sweets and junk food.
- Choose a fruit or vegetable to eat with your breakfast every day. This helps you stay full and focused all morning long.



## Emotional Wellness

- Plan at least one phone call and one activity to do with your family or friends each week.
- Spend time in nature every day. Nature can help you be calm and happy. You can walk in a park, garden, or watch the sunset.
- Look in the mirror every morning and say one thing you like about yourself.
- Write or draw a picture of how you feel in a journal every night for a month. Then, write or draw one thing that makes you happy.
- Create a sleep routine that helps you relax. Practice your sleep routine every night.
- Practice your 3-2-1 Breathing in the morning for one minute. This will make it easier to do your breathing when you are stressed.
- Say out loud at least three things you are grateful for each day. Add it to your sleep routine to end the day in a positive way.

national down syndrome society  
**321go!**<sup>®</sup>

national down syndrome society  
**ndss**<sup>®</sup>

**Production/Printing Notes: DO NOT PRINT.**



**Flood the inside of pocket folder with Red.**  
**Outside of pocket should print Navy w/ndss Logos.**

