



Family Guide to Encouraging a Healthy Lifestyle with 321go!®

The National Down Syndrome Society (NDSS) designed the 321go!® program to promote healthy lifestyle choices in physical activity, balanced nutrition, and emotional wellness among individuals with Down syndrome and their families.

The foundation of the 321go!® program is a set of 3 goals and 21 challenges that encourage a daily focus on overall wellbeing. Resources for the program provide education, support goal setting, and foster independent skills. NDSS recommends a minimum of 8 weeks for your 321go!® journey.

321go!® resources:

- Program Guide
- Exercise Cards
- Fitness Kit
- Year of Family Health Calendar



Supporting your loved one's 321go!® journey:

All family members can play a role in encouraging a healthy and active lifestyle. There are several ways family members can support their loved one with Down syndrome through the 321go!® program.

1. Read the guide together and discuss what you learn.
2. Track your progress on the 321go!® goals and challenges as a family. Work on your goals every day and try one challenge per section each week.
3. Use the 321go!® exercise cards and equipment to complete workouts together.
4. Encourage your loved one to practice the strategies in the guide like the healthy weight tips on page 21 and the positive talk activity on page 31.
5. Show your loved one that a healthy life is important to you. Role model an active and healthy lifestyle and discuss how this fits with the goals of 321go!®
6. Enroll in the 321go!® program through a participating affiliate organization.
7. Use the *Year of Family Health* calendar to make health fun through the year.

You can find more information about the 321go!® program and resources at:

<https://www.ndss.org/321go/>



Physical Activity



Balanced Nutrition



Emotional Wellness



A HEALTHY US!