











# FAB

Fun, Advocacy, and Brainpower

## February 2023

February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
		 Michel Zbinden / Calendar 481SS				

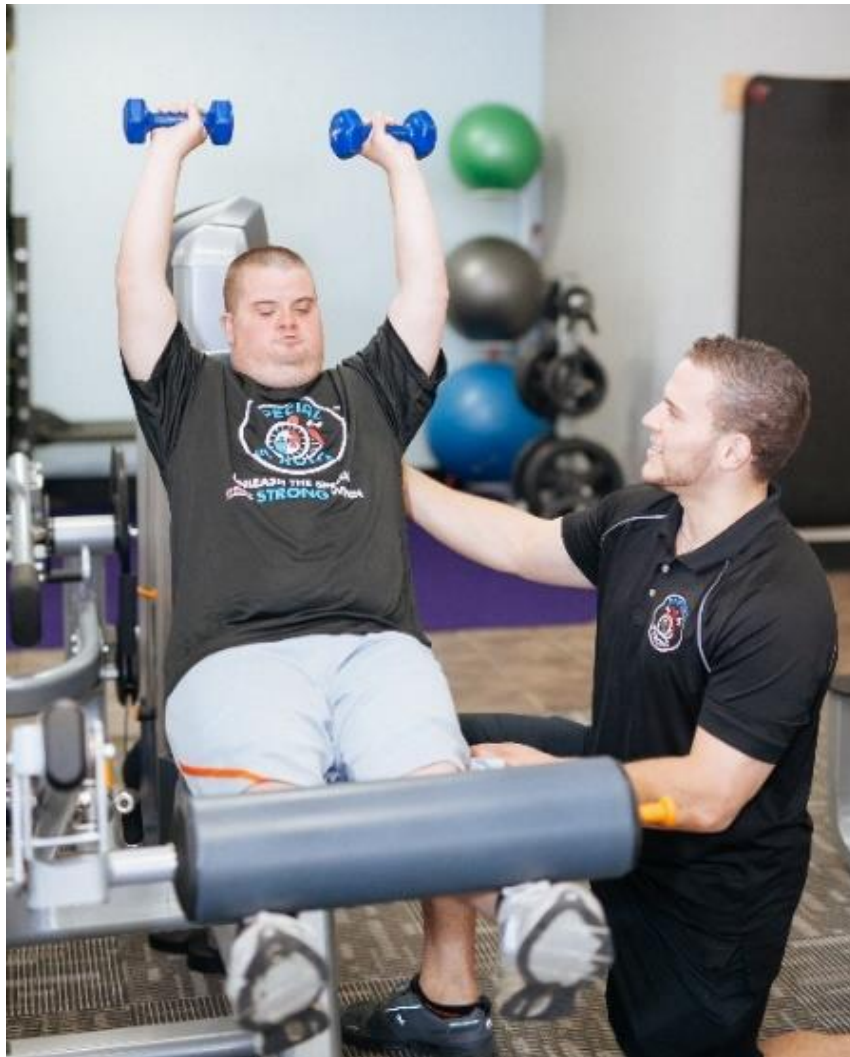
## Introductions:



## Agenda




## Physical and Mental Health Agenda



*I'd rather regret the risks that didn't work out than the chances I didn't take at all.* —Simone Biles, Olympic Champion Gymnast

## Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month. 
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



## Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



## Games

### Game 1

#### Brain Break - True or False

[https://www.youtube.com/watch?v=yb6K11rc\\_3o&t=70s](https://www.youtube.com/watch?v=yb6K11rc_3o&t=70s)

### Game 2

#### Guess The Logo Game

<https://youtu.be/GAvmBEIQb4M>

## Game 3

### Guess the 40 Disney Songs Music Quiz

<https://youtu.be/z741MchyEa8>



## Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



### Music

[https://www.bose.com/en\\_us/better\\_with\\_bose/music-motivates-you.html](https://www.bose.com/en_us/better_with_bose/music-motivates-you.html)



### Walking

[Exercise and Depression: Endorphins, Reducing Stress, and More \(webmd.com\)](#)



### Treat yourself to something special

<https://theeverygirl.com/little-things-you-can-do-for-yourself-right-now/>



### Health Check ups

<https://www.templehealth.org/about/blog/what-health-checks-should-men-get>



### Mental Health

[What causes mental health problems? - Mind](#)



**Mental Health in the Workplace | Improving Mental Health in the Workplace**  
(peoplescout.com)



**Building Social Connections**

[Building Social Connections - YouTube](#)



**The Five Ways to Wellbeing - Boosting Mental Wellbeing**

[https://www.youtube.com/watch?v=\\_gJ5V525Sck](https://www.youtube.com/watch?v=_gJ5V525Sck) .



**6 Reasons to Get a Colonoscopy**

<https://www.youtube.com/watch?v=l5fTNY349po>



**Planned Parenthood Health and Wellness**

<https://www.plannedparenthood.org/learn/health-and-wellness>



**Breast self-exam for breast awareness**

<https://www.mayoclinic.org/tests-procedures/breast-exam/about/pac-20393237>

# Virtual Board



## Cooking Ideas and Exercise

### Recipes

### Jamaican Pepper Steak



Click on this link below



[Jamaican Pepper Steak Recipe | \(jamaicanfoodsandrecipes.com\)](http://jamaicanfoodsandrecipes.com)

## How to make Jamaican Pepper Steak



Sirloin steak





**Bell pepper**



**Browning sauce**



**Powder seasoning Cornstarch**



**Beef broth**



**Green seasoning**



**Cut the steak into strips**



**Add the marinade to the meat**



Leave to marinate for at least half hour to an hour



Separate the marinade



## Prawn Spinach & Garlic Cream Pasta

steps

1



bring water to a boil



add pasta to water



wait 10 mins



drain pasta



put pasta in bowl and set aside

2



wash spinach



chop onion

3



## Black Bean-Quinoa Bowl



<https://www.eatingwell.com/recipe/260726/black-bean-quinoa-buddha-bowl/>

## Exercises



[Beginner exercise video for kids, adults, and people with disabilities \(PART 1\) - YouTube](#)

## 1-Minute Shape Up Exercise Tracker

**Want to shape up but short of time?**

1-minute shape up exercises you can do anytime, anywhere and a tracker to tick off when you've done them. Ideal for getting yourself started if you're a reluctant exerciser.

- You can do these strength exercises in 4 minutes a day and they don't even have to be done together. All you need is a 1-minute gap (think waiting for the kettle to boil) to drop a session in.
- No need to get changed or shower afterwards - they're not going to make you sweat.
- The exercises target muscles in legs, bum, tum, core, arms and shoulders.
- Done consistently every day they will make a difference you'll notice if you've not been doing any strength exercise.
- If you're always thinking you 'should' get some exercise but keep putting it off this is a great place to start.

The chart packs a surprisingly strong motivational punch, don't put off printing it!

Keep it somewhere you'll see it

## 1-Minute Shape Up Exercise Tracker

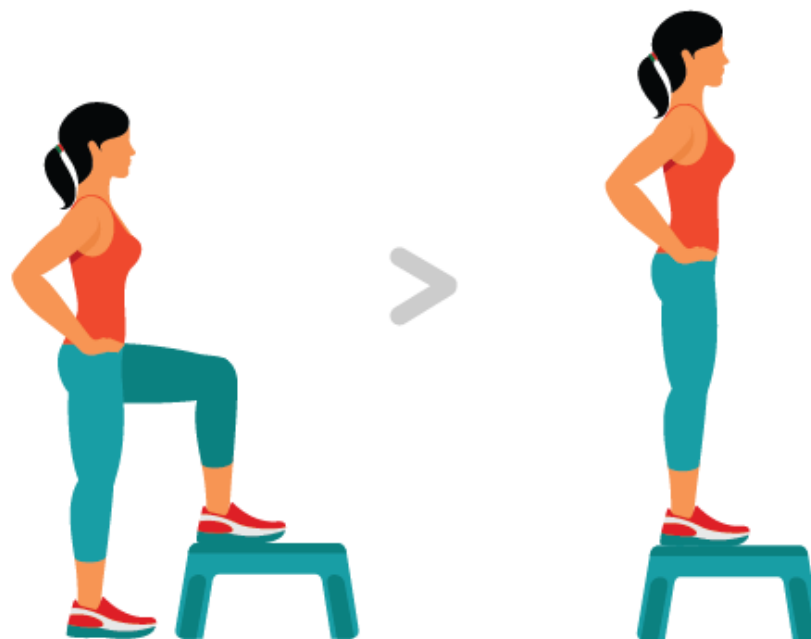
- Regularly - your momentum will build once you got a few ticks.

- Do each exercise in a controlled way for 1 minute and note down how many you can do in a minute on the chart. (Download the PDF below.)
- You should see a satisfying increase as you progress each week.



right away, plus the next issue of our newsletter when it's published.

# 1 MIN Step Ups



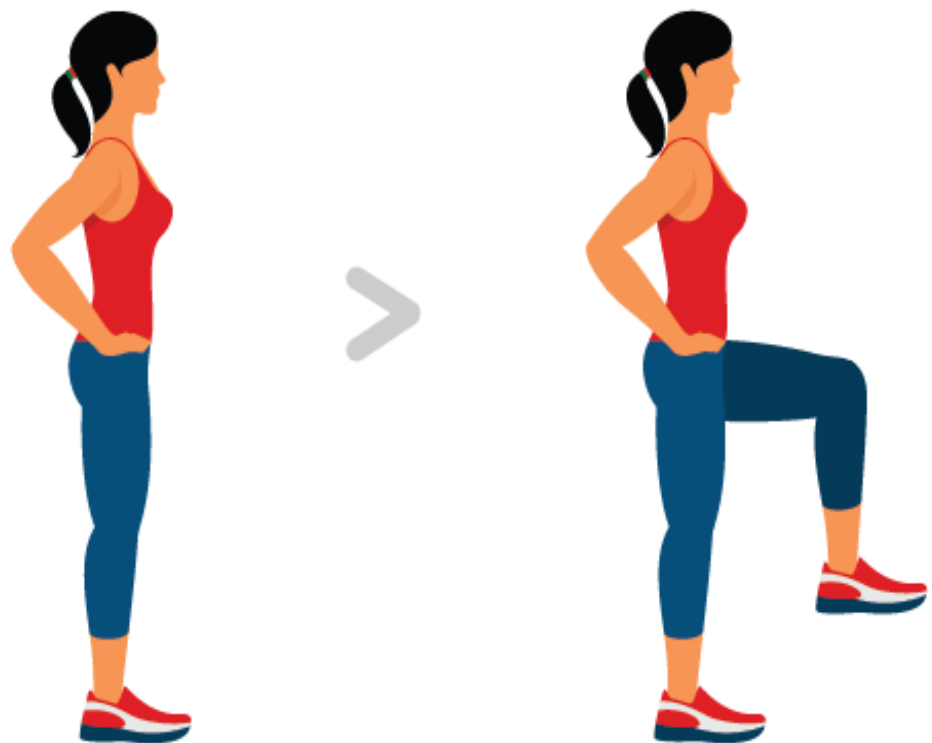
## 1-Minute Shape Up Exercise Tracker

### Step Ups

- Great for your legs and bum, plus an abs boost - especially if you stand up straight and hold your tummy in.
- Stand tall facing a step with your arms on your hips (a small sturdy stool or bottom step of the stairs would work).
- Put the whole of your right foot on the step, then drive up through your right leg and stand on the step with both feet.
- Lead with your left leg as you step back down and return to the starting position.
- Alternate the leg you lead with until you complete 1 minute.
- (If you need extra balance hold onto the handrail or back of a sturdy chair.)

## 1-Minute Shape Up Exercise Tracker

**1 MIN**  
**knee raises**

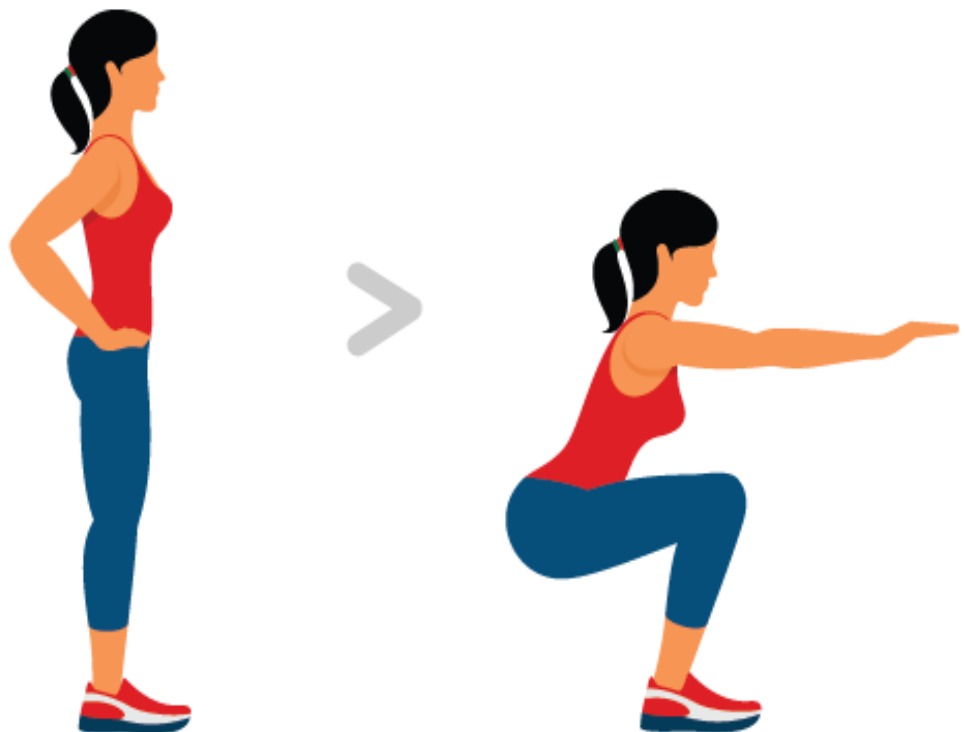


## Knee Raises

- Work out your abs and hips anywhere - no need to get down on the floor.
- Stand with your feet slightly apart and your arms by your sides, palms facing in.
- If you are a little unsteady on your feet, use the back of a chair to steady you.
- Lift your left leg up, bending at the knee, as high as you can, so your knee is out in front of you and your thigh is at a right angle to your body.
- The bottom part of your leg should be pointing down to the floor and foot relaxed.
- Return your foot slowly to the floor and repeat with your right leg.

## 1-Minute Shape Up Exercise Tracker

**1 MIN**  
**squats**



## Squats

- Squats work almost all the lower body muscles, including abs, and they're brilliant for toning and tightening bum and thighs.
- Stand with your feet slightly wider than shoulder-width apart.
- Bending at the hip but keeping your chest up, start poking your bottom out behind you, as if you are going to sit down, bringing your arms straight out in front of you, hands together.
- Keep going until your thighs are parallel to the floor.
- Slowly return to the start position and squeeze your bottom, push out your chest and tilt your pelvis, bringing your arms past your sides and slightly behind you.

## 1-Minute Shape Up Exercise Tracker



## Standing Push Up



- Tone up your arms, shoulders, chest, and core.
- You can do this either as an incline pushup using a windowsill (or bench, table or another solid surface that is about 3 feet high) or wall push up.
- Stand facing the windowsill (or wall). Place your hands on the edge of the windowsill (flat on the wall) just slightly wider than shoulder width.
- Your arms should be straight, but elbows are not locked. Align your feet so that your arms and body are completely straight.
- Bend your elbows to slowly lower your chest towards the windowsill (wall) while inhaling. Keep your body straight and rigid throughout the movement.
- Push your body away from the windowsill (wall) until your elbows are extended, but not locked.
- Exhale as you push up. Keep going with slow, steady repetitions for 1 minute.

## **1-Minute Shape Up Exercise Tracker**

### **[Start a Free Trial Today](#)**

Use the WLR Exercise Diary to log any exercise that you do and how vigorously you do it. See what a difference good music can make to your exercise routines!

[Try the Exercise Diary free for 24 hours.](#)

<https://www.weightlossresources.co.uk/exercise/plans/shape-up-exercise-tracker-pdfs.htm>

## **Tae Bo Basics Workout**

<https://youtu.be/GKmaZa3hiNo>