

Fit for the Future Event

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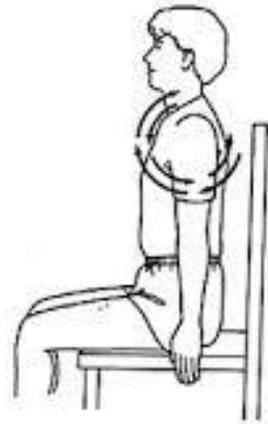
NACAC – October 2015

The Thalidomide Trust





Zzzzzzzz.....



Recipe

“Revitalised Thalidomider Body”

Ingredients:

- 1 x achy despondent Thalidomider
- 1 x accessible and relaxing environment
- 32 x enthusiastic participants
- 4 x interactive and informative workshops
- 6 x knowledgeable experts
- 1 x swimming pool session



Preparation:

Ensure that the achy and despondent Thalidomider is keen to participate and registers their interest in the event on the appropriate booking form.

Method:

Add the achy despondent Thalidomider to the accessible and relaxing environment with the other participants. Stir together, gently.

Add the knowledgeable experts one at a time, continuing to stir to ensure all the ingredients are mixed and then whisk briskly until slightly invigorated.

Divide the ingredients between the 4 interactive workshops and continue to stir gently to achieve a smooth consistency, removing any major concerns or lumps.

Allow the mixture to rest for an hour.

Add the remaining workshops and whisk to a frenzy.

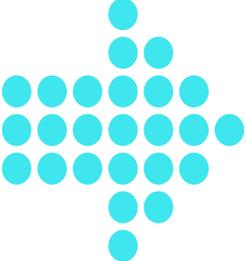
Place all the ingredients into the swimming pool session, and allow all pain to dissolve. At this point, you may want to add a sprinkling of laughter and a dry towel or two.

Remove the ingredients and rinse thoroughly before cooking at 21 degrees until nicely risen.

Allow to relax overnight.

Finish off with a final stir, adding lots of praise, a good dollop of positivity and plenty of knowledge.

On-going mutual support will ensure that this recipe is an all-round success! Make sure you share the recipe with all your thalidomider friends!

Fit for the future 



Yeah!!

Swedish Exercise Project:

**Wellness for Body and Soul
- a lifestyle course for
persons with multiple limb
disabilities**

What?

- 3 year joint project by four organisations, including FfdN and the EX-Center and funded by the Swedish Inheritance Fund.
- Lifestyle course in three stages over the course of a year. Three different areas of Sweden with 11 and 15 participants attending each event.

Why?

- Many individuals with multiple limb disabilities report that they need support with finding a healthier lifestyle, a suitable fitness regime and understanding weight management, in a way that is tailored to suit their particular needs.
- The goal of this project is to – inspiring participants towards a healthier lifestyle, providing the necessary knowledge and tools to achieve better health and wellbeing.
- Aging with disabilities - important to keep a healthy lifestyle to avoid additional complications or problems.

How?

- 3 day long camp, 3 times a year. Residential.
- Group lectures about healthy food and weight management, pain, pain management and stress
- Opportunities to try out fitness training such as: Qi gong*, water aerobics, Tabata**, Strength training, work out, Pilates, X-box Kinect, etc.

** Qi Gong is a gentle form of exercise that helps improve health and overall wellbeing. Integrates physical postures, breathing techniques and focused intention.*

*** Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off intervals.*

How?

- Lifestyle questionnaire. Individual health coaching with a professional coach.
- Personal goals set (for example stop smoking, lose weight etc.)
- Personally tailored training plan
- Group discussions about pain, weight, stress etc.
- Personal goal setting
- Evaluation and follow-up

How?

- Participants find a form of exercise (and a location) that suits them
- Participants exercise and work on their personal goals in between attending the 3 steps of the lifestyle course
- Participants support each other
- Inspiration and knowledge are provided, but the “hard work” has to be undertaken by the participants themselves

Project Results

- Local exercise group (pilates) in Stockholm
- Health promotion implemented as part of the EX-Center rehabilitation plan
- Work of FfdN becomes more Health centered in its approach

Participant Results

- Change in the way they think about food, stress, exercise, pain
- Changing diets
- Using mindfulness
- Lost weight
- Daily fitness routine
- Less pain

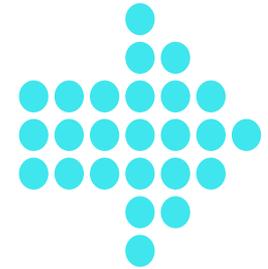
Results!

- Lost 9 kg (1½ stone) and experiences less pain in back and neck. Has realized that a big part of the pain was caused by the extra weight they were carrying.
- Lost over 15kg (2 stone 5lb), after the project health leader, Anna-Carin Lagerström, held an education day for this person's personal assistants, about exercise and healthy diet.
- Participants learned how to exercise safely without the risk of worsening their pain. Made a huge difference to participants' lifestyle. Reduced stress and therefore less pain.

The Alter G Treadmill



Fit for the future



SIGN UP TODAY!