

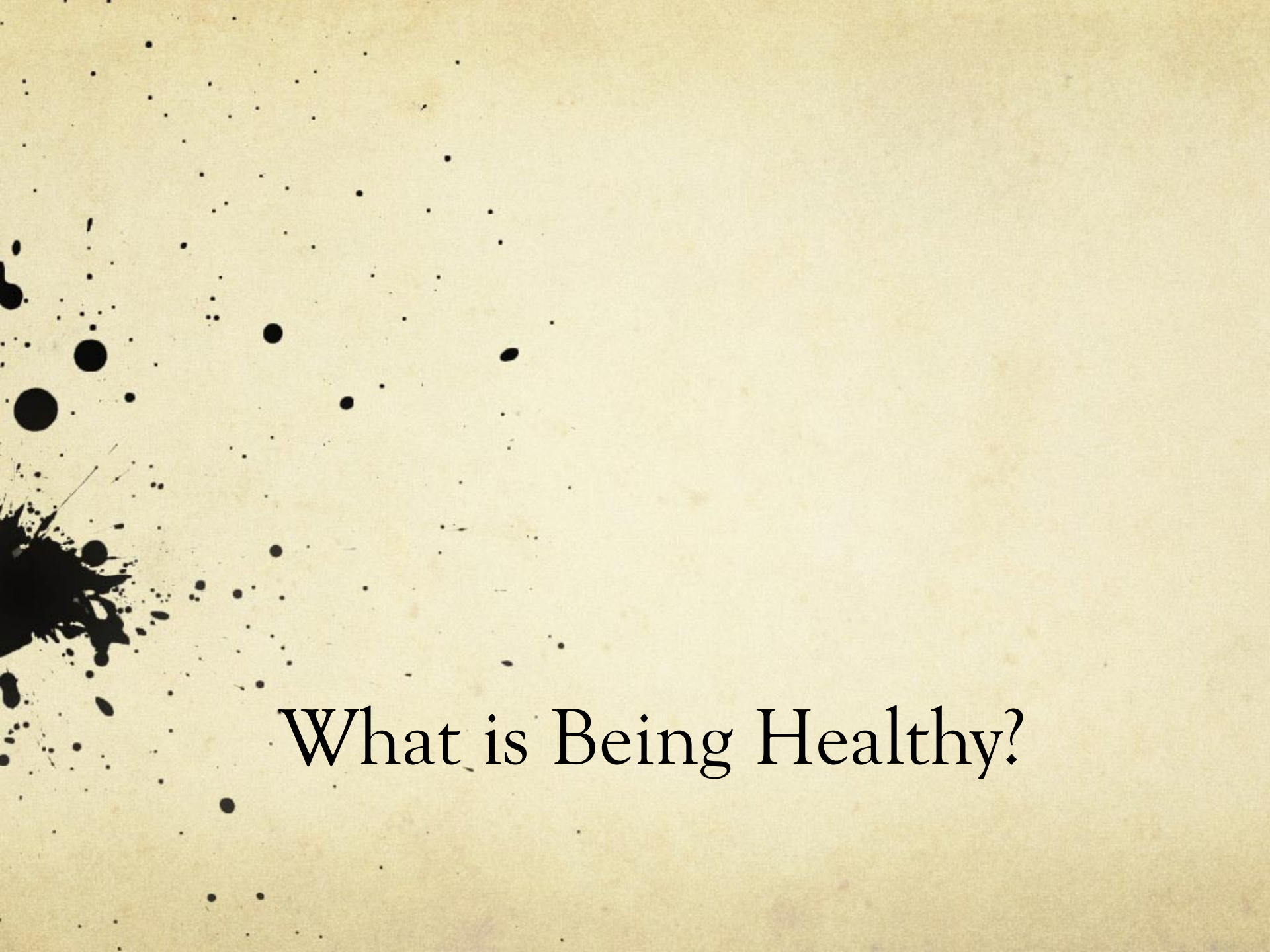
You Got to Move it! Move It!

Becoming a Healthier Macy





What is independence?



What is Being Healthy?

What are the answers for me?

Independence

- Not having to depend on others
 - Working
 - Getting to work
 - Cooking
 - Cleaning
 - Paying the Bills
 - Self-Care
- Freedom of thought

Healthy

- Emotional well being
 - How I feel about my body
 - How confident am about my capabilities
- Exercise
- Eating Healthy



My Practice

- Started Off doing
 - 2 days, 1 hour each of walking exercise
 - Cook one vegetarian and one non-rice meal a week
 - Journal about my experience and emotional state once a week for 30 minutes
 - Peer FactTime call talking through our respective reflective practice progress and feelings
- Added later on
 - Adding an additional 1 hour of walking exercise weekly
 - Eating Ramen noodles only twice a week
 - Drinking enough/more water throughout the day



Creating A Safer Cooking Environment

- Journaling
- Creative Problem Solving Model
- Implementing a Solution



Journaling/Peer-FaceTime

- Went from negative to positive
- Breaking of cultural traditions
- Outside exercise to treadmill
 - External motivation and stimulus to external
- Walking home from work
- Started journaling about COVID 19 and my feelings about it



Plan For the Future


- Continue
 - Exercising 3 times a week
 - Cook 2 meals a week
 - Journal weekly about progress
- Addition:
 - One more exercise day a week
 - Cook 2 additional meals a week
- Subtraction
 - Specific criteria for meals being cooked
 - Drinking more water



Future Use of Reflective Practice

- Interactions with constituents
- COVID 19 and the continual changes
- Implement new gardening practice
- To find a creative solution to a problem





Any Questions or Comments?