A Recipe for Health and Wellness

Creating a way to Prevent and Reverse Metabolic Syndrome
Created by Eileen LaMourie, OT graduate student

at SUNY Downstate Medical Center for

OTs Walk with NAMI

A health initiative by

Occupational Therapists

of the

Metropolitan New York District

Mental Health Task Force

in conjunction with

NAMI NYC-Metro
But before we can give the recipe for health and wellness, we need to identify the problem.
People in the U.S. are getting fatter, fast
Can you see the difference between the inner bones and the outer shadows in this X-ray?—that is fat.
All Americans, consumers and non-consumers alike...

are suffering major health problems from lack of exercise, poor diet, and a list of chronic illnesses.
Metabolic syndrome is a complex medical condition, associated with abdominal obesity.
Abnormalities in

- Glucose
- Fat
- Cholesterol metabolism, and
- Elevated blood pressure

increase the risk of heart disease and type 2 diabetes.
It is widely believed that those with mental illness have a higher risk of developing metabolic syndrome than the general population.
So...

Do you believe that health and vitality are worthwhile pursuits?

What is one small thing we could do today to move our thoughts toward health?

Kristen Mermagen, M.S., Project Transition
Want to know the Secret Recipe for Health and Wellness?
It’s simple...

Move More
Walk...
Walk...
Walk!
Do you ever wonder why you feel better after a long walk, having sex, or a good laugh?

This elated feeling has a scientific explanation. It comes from a release of Endorphins.
What are “Endorphins”? 

Endorphins are hormone-like substances produced in our brain. They create euphoria and anesthesia.
And best of all... They’re free.
So...

Are we ready to start taking control?
Walking is one way to start...

Just... think about it...
There is no recovery without wellness.
There is no wellness without positive mental health.

Wendy Brennan, M.S., Executive Director,
National Alliance on Mental Illness
New York City Metro
Wellness means

Shifting our awareness...

Working to improve our habits while focusing on our purpose in life, hope, and recovery.

Kristen Mermagen, M.S., Project Transition
Think about it!

Keep on Truckin'

R. Crumb