

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

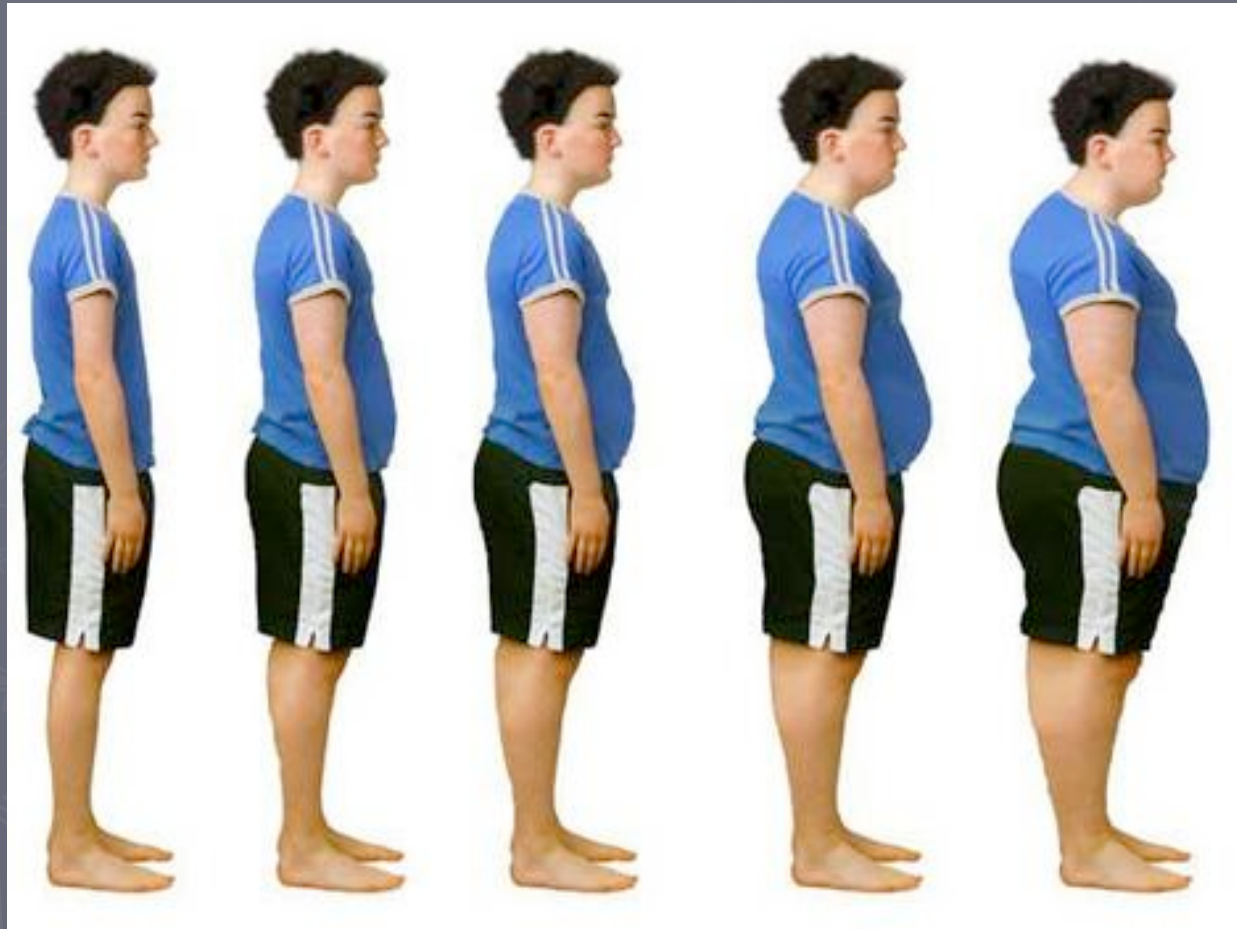
in conjunction with

NAMI NYC-Metro

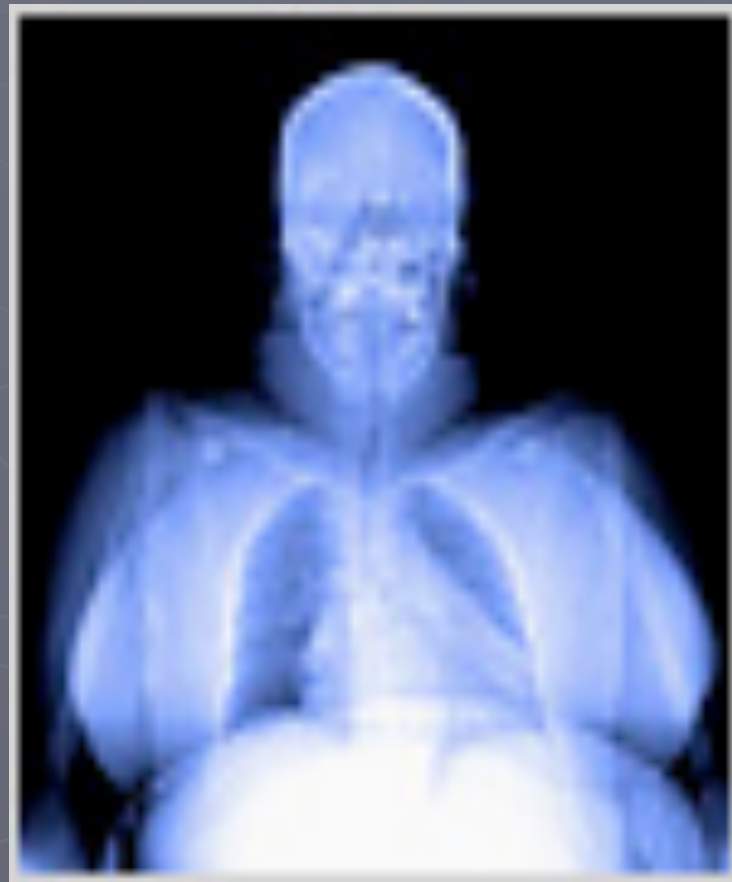
But before we can give the recipe for health and wellness, we need to identify the problem



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

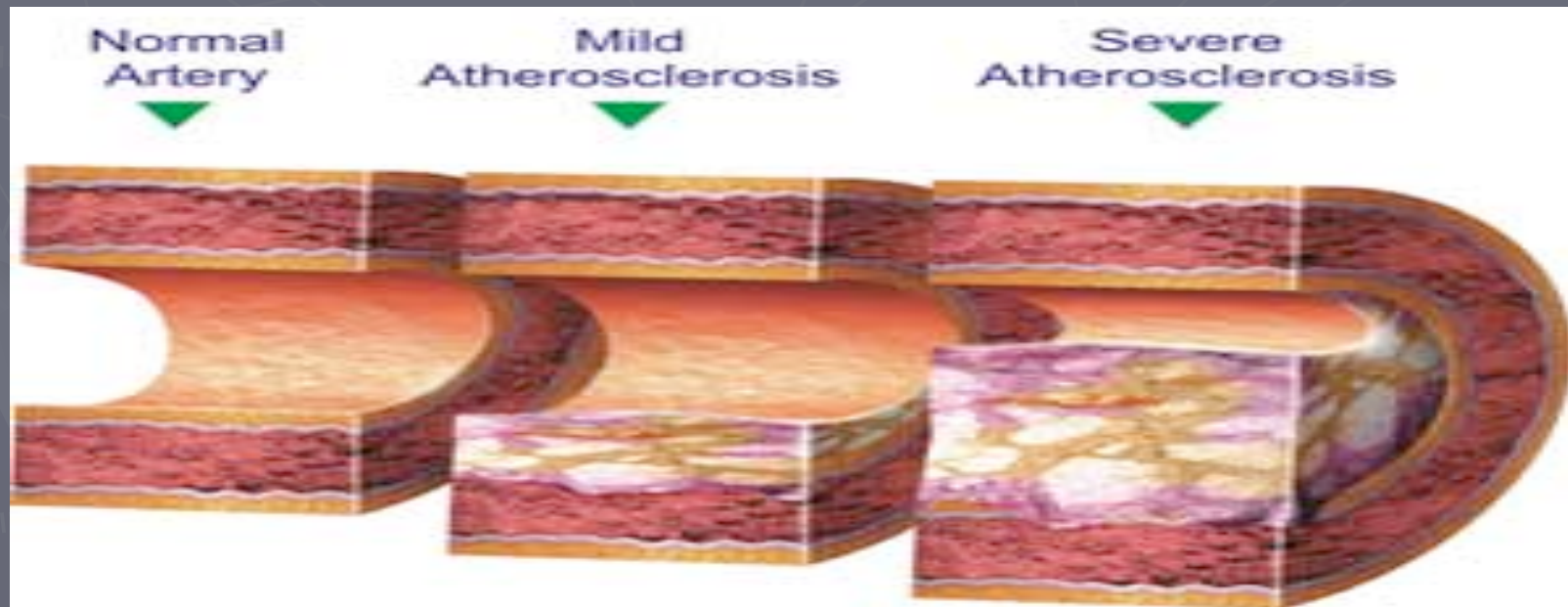


is a complex medical condition, associated with abdominal obesity.

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

prettyontheoutside.com

gilmore



Walk....



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.

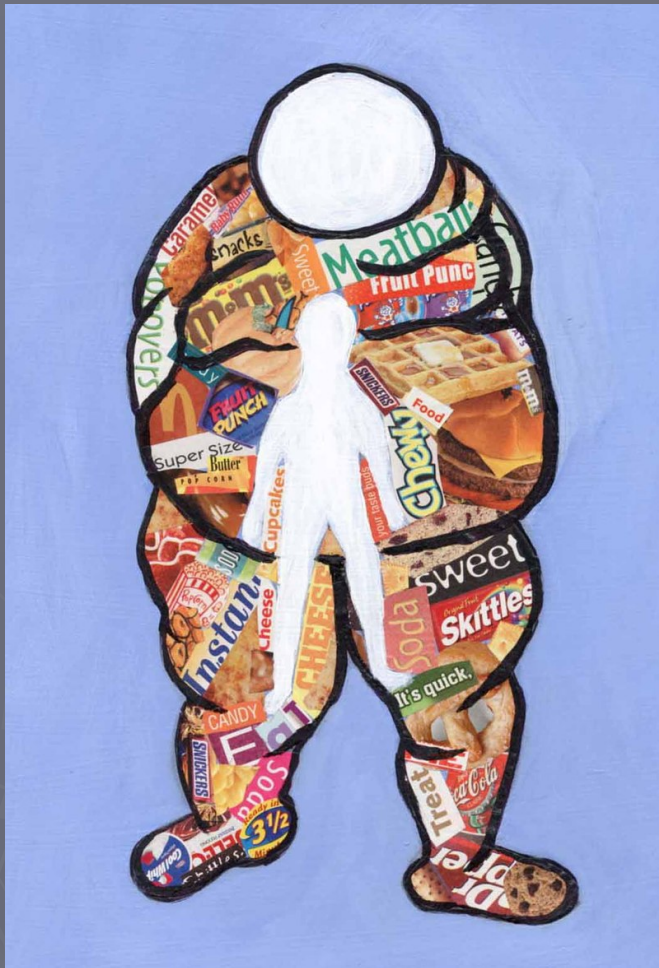
They create euphoria and anesthesia.



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

