

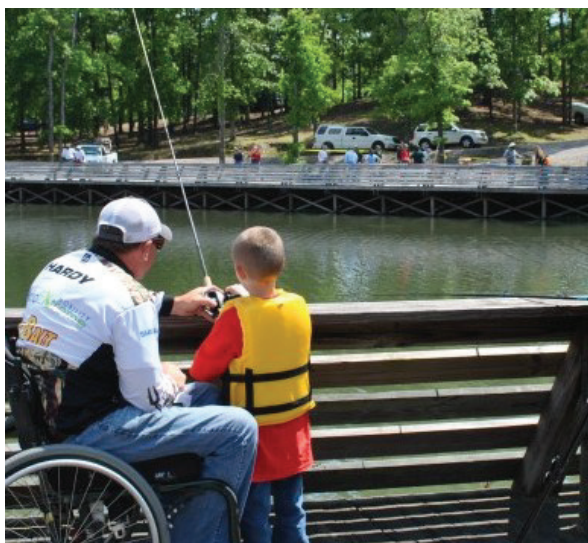
Choose Health

When it comes to choosing your rewards, try to choose something that will help your health and fitness.

Choosing non-food based rewards can help break the habit of treating yourself with food. Talk to your family and friends about how they can support you.

Have you got any ideas for 'rewards' or non-food based treats that you would like to share? Why not share them in our Comments And Suggestions box or email the Health Hub at:

SCI.health.hub@nrh.ie



Contact details:

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The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



An tOspidéal Náisiúnta Athshlánúcháin

Treat Yourself: healthy alternatives



**Choosing treats
that will help you
Stay fit and healthy**

Avoiding Weight Gain following Spinal Cord Injury

During rehabilitation, people can begin to notice changes in their weight.

Maintaining a healthy weight is important for good health for everyone. Gaining too much weight is bad for your health as it can increase your risk of heart disease and diabetes, so it is important to eat a healthy, well balanced diet.

If you have a spinal injury, being overweight can also affect the fit of your wheelchair, it can make transfers to and from a sitting position more difficult and can put you at greater risk of developing a pressure ulcer.



How Your Friends and Family can Support Your Health and Wellbeing

When you are in hospital, friends and family often want to bring you treats such as sweets, crisps, cakes and sugary drinks. This can make it difficult to keep to a healthy diet and these foods can cause your weight to increase.

Ask family and friends not to bring in these foods to help you maintain a healthy diet.

Why not suggest that instead of bringing in food you do something fun together? This can also be a nice way to reward or treat yourself without gaining weight.

Enjoyable Non-Food Based Treats

Some alternative ideas to try:

- ◇ Spend time outside in the garden
- ◇ Listen to new music
- ◇ Buy something new to wear
- ◇ Read a new book or magazine
- ◇ Take a trip to the cinema – ask your OT (Occupational Therapist) about this.
- ◇ Visit Dun Laoghaire Pier. You can get to the pier by car or taxi. Wheelchair parking spaces are available there.
- ◇ Visit Cabinteely Park—it has dedicated wheelchair parking spaces. There are some hills in the park, so ask your OT, Nurse or Physiotherapist about this before leaving the hospital.
- ◇ Attend a sports event. The Aviva, Croke Park and Tallaght football stadia are all wheelchair accessible. If you would like further information about events, ask a member of your Team to contact the NRH Therapeutic Recreation Service or Spinal Injuries Ireland
- ◇ Make a 'Family and Friends' Photo Album

The **Mobility Mojo** App gives you information about public buildings with wheelchair access. It can be downloaded from:

www.mobilitymojo.ie