Peer Program Embraces Healthy Lifestyles Training

Center for Persons With Disabilities

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The CPD’s Healthy Lifestyles training encourages a healthier way of life for young adults with developmental disabilities. People from different parts of the state received the training in group homes and transition programs, but we got a fun opportunity to see it in action here as well. Students at the CPD’s own PEER (Post-secondary Education, Employment and Research) program went through the healthy lifestyles training sessions, then reinforced what they learned in follow-up classroom activities.

“I’ve noticed that fewer of the kids drink soda pop,” said Kerry Done, the PEER project supervisor. The students can use money they have earned to purchase soda at the program now and again, and it’s been available to them, but they’re choosing not to buy it.

Another benefit is a better attitude toward physical activities. And when the students cook, they want to make nutritious foods more often. Kerry has seen fewer cookies and desserts, more main dishes and sides. The students also love the cookbook they’ve used in conjunction with the program.

The Healthy Lifestyles training encourages more than just eating right and exercise. Social engagement and meaningful activities are also encouraged--and PEER is a great place for all those things to happen.

The slideshow at the top of this post shows some PEER students applying what they've learned. For a transcript, read the first comment.

The Healthy Lifestyles training is made possible through the Interagency Outreach Training Initiative.