

## Health & Well-Being Newsletter

We have been given funding from 'NHS Berkshire West' to improve access & monitoring of Health & Well-Being in families affected by autism.

### GETTING STARTED:

1. All you need to do is visit our website – [www.asdfamilyhelp.org](http://www.asdfamilyhelp.org) then go to the 'Health & Well-Being' tab or directly from this link.....  
[www.asdfamilyhelp.org/healthandwellbeing.html](http://www.asdfamilyhelp.org/healthandwellbeing.html)
2. Complete the survey. (Completely anonymous, just lets us know how families are doing.)
3. Download the monitoring forms. (These are for personal use only) and use them to track your diet/exercise, doctors/dentist appointments etc.
4. Download our easy to read information booklets for helpful tips & advice.
5. Contact Jayne- [admin@asdfamilyhelp.org](mailto:admin@asdfamilyhelp.org) to let us know you are starting and we will keep you updated with information as it becomes available.

Did you know Pedometers, are a fun way to keep track of your walking and help you increase your activity levels gradually. Clip the pedometer to your belt and it will measure every step you take: around the house, at work, out and about, on the school run or the park. Use the pedometer to work out your average daily steps and then start adding extra steps.

Get yours **FREE** Now!

Email: [admin@asdfamilyhelp.org](mailto:admin@asdfamilyhelp.org)

**For more information go to  
our website:**

<http://www.asdfamilyhelp.org>

### Our Success stories:

#### Michael's Pedometer News

"Hello I am Michael and I am 15 years old and have Autism and go to a Special School.

For 4 years I have not been able to walk properly until summer 2012 when I had an operation to remove lumps and growths from my knee area. I was in a wheelchair for 4 months afterwards and not able to do a lot. I put on some weight and was not very fit.

In April this year at the Big Bowl event by ASD Family Help I got a Pedometer (from the NHS Berkshire West money) to help me monitor my walking exercise. It is now near the end of June and my Pedometer says that I have walked over 100, 000 steps (1 step means both feet - left & right steps) as I now walk most days after school for about 20 minutes to 59 minutes just in my cul-de-sac. I didn't do this before I got the pedometer. I have lost quite a lot of weight, and my mum has had to buy me new school trousers twice (a smaller size each time). My knee is all stronger than it was.

Everyone can do this.... it costs nothing..... doesn't mean I have to make a special trip to go somewhere.... and I can listen to my headphones to block out other noises!

I would like to hear how good other people are doing with their pedometers too!  
Michael :)) "

Tell us your stories- email: [admin@asdfamilyhelp.org](mailto:admin@asdfamilyhelp.org)