

Let's Go!

Let's Go! is an obesity prevention initiative working with communities to create environments that support healthy choices. Bringing evidence-based strategies for healthy living into schools, early care and education, out-of-school programs, health care practices, and workplaces, Let's Go! reaches children and adults where they live, learn, work, and play.

One of the guiding principles of Let's Go! is the belief that all individuals deserve equal opportunities to lead healthy lives. To put that belief into practice Let's Go! develops tools, strategies, and trainings to help educators, health care providers and community service providers to promote healthy habits for individuals with Intellectual and Developmental Disabilities (IDD).

Below are links to videos to help agency professionals and the individuals they support to eat well, be active and reduce their level of stress. While some videos are geared towards school-age children they can be enjoyed by people of any age or ability. Please contact Diane Boas at dboas@mmc.org if you have any questions.

Healthy Eating

The American Heart Association: <https://recipes.heart.org/>

Healthier Generation:

<https://foodplanner.healthiergeneration.org/recipes/baller-bean-salsa/>

<https://foodplanner.healthiergeneration.org/recipes/fast-break-hummus/>

<https://foodplanner.healthiergeneration.org/recipes/chili-con-carne/>

<https://foodplanner.healthiergeneration.org/recipes/beans-and-rice-black-red/>

Accessible Chef: <https://accessiblechef.com/recipes/>

NCHPAD: <https://www.nchpad.org/288/1804/Eating~Well~for~Diabetes>

EatRight: <https://www.eatright.org/search-results?keyword=videos>

Physical Activity

Walking

<https://www.nchpad.org/453/2306/Walk~Your~Way~to~Fitness>

Balance

<https://www.nchpad.org/579/2521/Video~Review~~~Fitness~1-2-3~~8482~~Video~on~Balance~Core~Training>

Hip Hop Dance

https://video.search.yahoo.com/yhs/search?fr=yhs-sz-002&hsimp=yhs-002&hspart=sz&p=youtube+Mihran+kirakosian+simple+dances&guc_consent_skip=1585752625#id=1&vid=a4516f8680c7136a76d64b81dcc73781&action=click

Hip Hop Public Health: <https://hhph.org/h-y-p-e-at-home/>

<https://hhph.org/resources/cross-dip/>

<https://hhph.org/resources/slide-up-back/>

<https://hhph.org/resources/side-bounce/>

<https://hhph.org/resources/dribble-bounce/>

<https://hhph.org/resources/can-ya-kick-it/>

<https://hhph.org/resources/up-down-now/>

Seated or Standing Hip Hop

<https://hhph.org/resources/show-em-how-now/>

<https://hhph.org/resources/knees-up/>

<https://hhph.org/resources/yaaas-bounce/>

<https://hhph.org/resources/round-the-world/>

<https://hhph.org/resources/flow-the-wave/>

Other Dance

DANCEPL3Y: <https://www.dancepl3y.com/>

https://www.youtube.com/watch?v=Up9_9WIScPM

African Dance

<https://www.youtube.com/watch?v=Ewqq-3xJFdl>

Seated Dance

<https://www.youtube.com/watch?v=4zww0h9cHu0>

<https://www.youtube.com/watch?v=cgDppkLnImI>

Fitness

YMCA: <https://ymca360.org/>

American Heart Association: <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>

Special Olympics: <https://www.specialolympics.org/school-of-strength/fitness-movies/video-1-welcome-and-warm-up>

Online Physical Education: <https://openphysed.org/activeschools/activehome>

<https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/MMNOW06-TabataStationspdf.pdf>

<https://darebee.com/video.html>

<https://www.healthiergeneration.org/app/resources/169> (stand 6 feet apart)

<https://www.youtube.com/watch?v=LI0UCPRff98>

Standing or Seated Fitness

<https://www.nchpad.org/1723/6844/8~Minute~Workout~Video>

Tao Bo

<https://www.healthiergeneration.org/app/resources/185>

<https://www.healthiergeneration.org/app/resources/226>

Yoga/Adapted Yoga

<https://www.downdogapp.com/healthcare> (register to access free resource.)

<https://www.nchpad.org/1718/6838/Adapted~Kids~Yoga~Video~Series>

<https://secure.dailyom.com/cgi-bin/courses/courseoverview.cgi?cid=877&aff=&co=>

<https://www.youtube.com/watch?v=U7NygqiAThc>

Activity Planning/Tracking Tools:

<https://health.gov/MoveYourWay/Activity-Planner/activities/>

<https://openphycsed.org/wp-content/uploads/2020/03/AH-X8-ActiveHome-ActivityLogPage-English.pdf>

Relaxation

[Check out this calendar from health. moves. minds. for daily ideas to help your mind-body connection.](#)

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

Apps

<http://www.exercisebuddy.com/app.html>