

# Voices



written by and for people with Down syndrome



Get up and  
Do Something

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# Voices

Voices is the only North American magazine written by and for people with Down syndrome. The magazine has been in circulation for five years and continues to be a source of information and entertainment for self-advocates. Voices represents inclusion for all people in the human family.

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## **In This Issue:** *Health and Wellness*

### **Statement of Policy & Disclaimer**

This magazine reports items of interest relating to Down syndrome and will provide a forum for others. The Canadian Down Syndrome Society does not promote or recommend any therapy treatment or product. The opinions and views expressed in this publication may not necessarily be those of the organization or its members. We wish to bring together those interested in Down syndrome and create an optimistic outlook and attitude. The editors reserve all rights.

## Letter From the Editor

by Kirk Crowther



I'm going  
bananas  
about my  
health!

Hey everybody and welcome to the 2010 Summer issue of *Voices*. This edition focuses on the importance of health and wellness. Being healthy and feeling good lets everyone do all those things that we enjoy, like playing sports and going on holidays! Being active is not only fun, it keeps you fit and gives you the energy to do everything from going to school to working at a great job.

In this issue we share our magazine with the Canadian Down Syndrome Society Newsletter called "21 Magazine". I hope you enjoy this edition that features articles and artwork from across Canada, along with some good suggestions to help keep you healthy. Stay fit and enjoy life!

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## It's Fun to Stay at the Y-M-C-A

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by Robert Breckon



The YMCA is an important part of my life. The YMCA is a health club that is located in most cities and towns across Canada. You may have a YMCA where you live. I like belonging to the YMCA because I believe in what they stand for and what it does for me. The YMCA believes in helping people, families and communities grow stronger and healthier in mind, body and spirit. I have been a member of this club for many years.

At our YMCA in Prince George, British Columbia, members come from all walks of life and participate in the many different programs. You can exercise in the gym or use the weight room, receive massage therapy for helping sore muscles or just for relaxation. There are lots of different exercise programs for people of different ages.

I volunteer for one hour on Tuesday and Thursday afternoons and then I work out. I use the treadmill most of the time, but sometimes lift weights. It is a lot of fun and keeps me in shape. If you live somewhere that doesn't have a YMCA, look for other places where you can get some exercise.

I think the YMCA is important to lots of people and for me especially; I look forward to being there and being part of such a great group of active people. Stay healthy and keep fit.



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## Get Rid of Your *Anxiety*

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by Andreas Prinz

Staying healthy and not getting sick is important, but have you ever thought about your mental health? What is mental health? It is having the ability for all of us to enjoy our life and have fun. When you enjoy yourself and get excited about things in your life, you have good mental health. Without good mental health, people are often unable to meet their full potential or play an active part in everyday life.

Anxiety is something that happens when you worry about things that have happened a long time ago. Anxiety can also happen when you worry about things that may happen in the future. Everyone feels anxious at certain times. Many people, including me, sometimes worry too much. It makes me feel very alone in the world. When I feel this way I like to talk with my friends about my emotions. Being able to talk about how I am feeling makes me feel better. I read that 1 in every 10 people in Canada sometimes have anxiety. When people have anxiety it can change if they are happy or sad and often it brings up bad things that have happened in the past. Learning to relax helps with my feelings. I try to do deep breathing to help me deal with my anxiety. Another thing that can help is to exercise regularly. It can give you a sense of well-being and help lessen the anxiety.

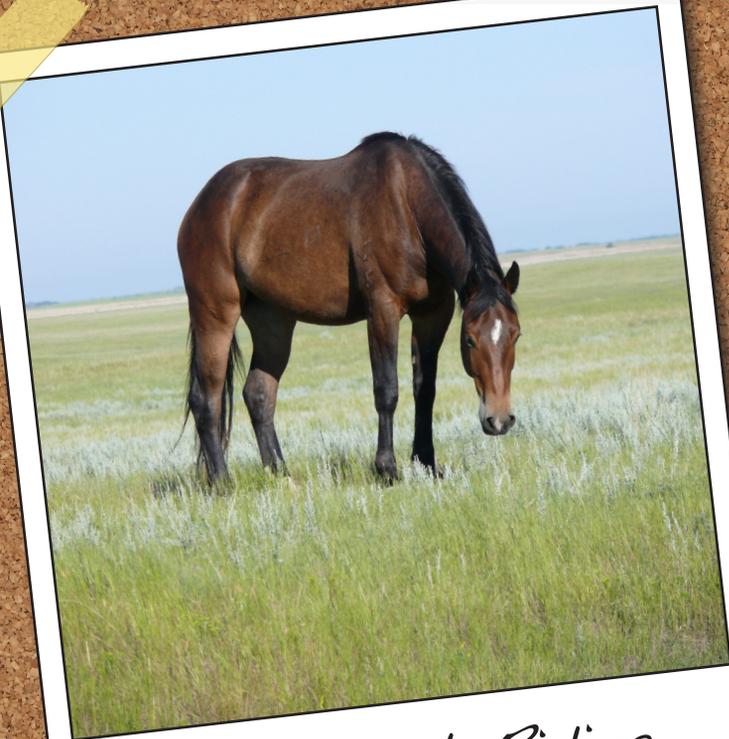
I feel that life is too short to worry all the time. Get out there and enjoy today and don't worry about yesterday. Talk to friends and family when you are feeling sad or anxious. Have a great summer and soak up good mental health.



All writers for Voices Magazine can be reached by email at [voices@cdss.ca](mailto:voices@cdss.ca)

# Activities to Stay Fit

Shown through the art and photography of people with Down syndrome.



*Horseback Riding*

Photograph by Ryan Hermanson



*Hiking*

Art by Claire Beatty



*Camping*

Photograph by Ryan Hermanson

## Ask Jody

by Jody Roll



Alexander from Toronto Ontario writes:

Dear Jody,

I am a busy guy with a fun job and a girlfriend. My mom says my favorite hobby is sleeping! It seems like I am always very tired and don't have much energy. I fall asleep during the day and sometimes even when I am playing video games. At night when I am sleeping I wake up and am always tired in the morning. My mom says I might have a sleeping problem.

-Alexander

Jody replies:

Dear Alexander Sleepy Head,

I think your mom might be right on this one. Many people with Down syndrome have something called sleep apnea (sounds like ap-nee-ah). This means that you wake up a lot during the night because you are having a hard time breathing. When you do not sleep well, it can lead to having no energy and always feeling tired. First thing is to see your doctor and talk about how you are sleeping. To help you sleep you may need something called a CPAP machine. I use this machine and it helps me breathe when I sleep. It is just part of my life, but really helps me do all the fun things I like to do during the day.

-Jody