



## Brooke's Health Profile

### Things I want to change about my health

For 35 years I have lived with Cerebral Palsy.

It has been a big health problem for me because people look at me differently.

I want to change how people look at me.

### The things I do well, feel good about regarding my health

- I work well with people in a calm environment
- Good bowler!
- Very athletic – Special Olympics – boccia, track and field, swimming, bowling, t-ball
- I get exercise!

### The things that are important to me about my health

- I want to get married by 2013 to my fiancé; I want to be healthier when I get married.
- My mom and dad are really important to me – they support me to be healthy. I want them to tell me I am doing a good job.
- I want to lose 25 pounds – I want to weigh 125 lbs. This is a healthy weight for me.
- I want people to appreciate how I look and tell me “I'm proud of you” because right now people (my staff and friends) look at me as “poor little Brooke, can't do much – she wears braces.” I don't want people to feel sorry for me!

### The things I want to try to be healthier

- More exercises by myself – I will do them
- I want to learn how to cook meals by myself
- Losing weight
- Try to cut back on fast food; eat at home more – when I do go out to eat, I want to eat more salads.

### How best to support me with my health goals

- Provide positive encouragement to me to lose weight, don't try to scare me.
- Realize, that I do want to lose weight. I do want it as a goal.
- I want people to recognize me as beautiful and I want to feel better about myself – losing weight is the way I will accomplish this. Respect that I am on a diet and really want to eat healthy.
- If we go out to fast food, remind me to eat salads.
- I don't have my gall bladder – I shouldn't eat fatty foods.