

# WE'RE STILL HERE! WEEK: October 10-16, 2021

## PHI's 15th annual awareness campaign will run October 10-16, 2021.

Over the past year and a half, the pandemic has upended many of our normal routines. For many, the result has been a more sedentary lifestyle. Over the past year, we've heard from many of you seeking advice on exercise and nutrition.

Daniel Ryan, MD, Center for Physical Medicine and Rehabilitation, Warren, Michigan, attests:

“Since the outbreak of the COVID-19 pandemic, there have been a number of issues that the post-polio patient has experienced. Many of these issues are similar to the population in general, including weight gain, lack of exercise and psychological stress due to reduced social interaction and not being able to follow the usual life pattern. Oftentimes post-polio patients have dealt with additional stress because it brings back the experiences of their own personal history of poliomyelitis and dealing with that illness. The information brought out in the social media brings back memories within the polio patient to the forefront creating more anxiety and depression.”

This “We’re Still Here!” campaign, PHI wants to hear from those of you who’ve found ways to break out of your pandemic ruts and stay active and healthy. We’re asking you to submit a photograph and a descriptive paragraph or two about changes you’ve made to your routine or diet in order to lead healthier, more balanced lives.

Post-Polio Health International will select a grand prize winner (\$100 USD) and four runners-up (free PHI Membership for one year). The winning entries will be published in the fall issue of *Post-Polio Health*.

The runners-up will be announced October 11-14 with the announcement for grand prize to follow on October 15th.

### Contest Rules

- ◆ Email your submission to [info@post-polio.org](mailto:info@post-polio.org) (Subject: WSH 2021 Contest) or mail it to our office at 50 Crestwood Executive Ctr, Suite 440, St. Louis, MO 63126.
- ◆ Include your name, mailing address, phone and/or email.
- ◆ Each person is limited to submitting one entry.
- ◆ Deadline to submit an entry to [info@post-polio.org](mailto:info@post-polio.org) is Friday, October 1, 2021.

