

# WHY ALL THE FUSS about Wellness?

1

75% of adult Canadians have at least 1 of the 4 major, modifiable\* risk factors for heart disease:

SMOKING

HIGH BLOOD PRESSURE

ABNORMAL CHOLESTEROL

INACTIVE LIFESTYLE

*\*MODIFIABLE means that these risk factors may be reduced through healthy lifestyle changes.*

2

5% of Canadians have been diagnosed with diabetes and many more remain undiagnosed. It is a major cause of heart disease and contributes to many other health concerns. Regular exercise may help prevent the development of Type 2 diabetes.

3

Close to 40% of all Canadians are overweight, putting them at an increased risk for heart disease, high blood pressure, diabetes, or other health concerns.

## Partners in FIRST STEP

SASKATOON HEALTH REGION

*Live Well™ Chronic Disease Management Program*

*Physical Therapy*

*Public Health Services*

*Chronic Renal Insufficiency Unit*

CITY OF SASKATOON  
COMMUNITY SERVICES DEPARTMENT

## Supporters of FIRST STEP

CORONARY ARTERY REHABILITATION GROUP

KIDNEY FOUNDATION OF CANADA  
*Saskatchewan Division*

CANADIAN DIABETES ASSOCIATION  
*Saskatchewan Division*

ARTHRITIS SOCIETY

UNIVERSITY OF SASKATCHEWAN  
*College of Kinesiology*  
*School of Physical Therapy*  
*Cardiovascular Risk Factor Reduction Unit*



If you would like to know more about FIRST STEP, call:

975-3121 or 655-6929

## SUPERVISED EXERCISE



THE FIRST STEP  
PROGRAM

*a prevention/rehabilitation program for people with*

PRE DIABETES

DIABETES

HIGH BLOOD PRESSURE

ARTHRITIS

INCREASED BODY WEIGHT

ABNORMAL CHOLESTEROL

CHRONIC KIDNEY DISEASE

# Take the **FIRST STEP** TOWARDS *Healthy Choices* & **Active Living**

If you have pre diabetes, diabetes, high blood pressure, arthritis, increased body weight, abnormal cholesterol levels and/or chronic kidney disease, **FIRST STEP** can improve your quality of life and help reduce your risk of developing future health concerns.

**FIRST STEP** is a partnership between Saskatoon Health Region, Live Well™ Chronic Disease Management Program and the City of Saskatoon Community Services Department. The program's aim is to provide a high quality prevention/ rehabilitation program to people with health concerns in the Saskatoon Health Region.

Even if you're not familiar with regular exercise, or if your health concerns have discouraged regular exercise, you'll find **FIRST STEP** an important move towards improving your quality of life.

## A Two-Point Approach to Wellness:

First Step provides a two-point approach to wellness: education and exercise. In each session, trained instructors will assess your individual needs and help you develop healthy lifestyle habits.

### Education

You will learn about goal setting, the benefits of activity, individualized exercise programs, risk factors for heart and blood vessel disease, nutrition, weight control, stress management, stages of behavior change, arthritis, footwear/foot care and back care.

### Exercise

Your instructor will help develop your own individualized exercise program. Walking is the key activity. It is simple, yet effective exercise. Your exercise program may also include stationary biking, rowing, upper body exercise, resistance and stretching exercises.

## Improve Your Quality of Life

Can a simple exercise like walking really improve your quality of life? Even if you have arthritis, diabetes, or other health concerns? **YES!**

**WALKING** gives you more energy, helps you lose weight, helps control your blood pressure and blood glucose, and helps to lower your risk of heart disease.

**RESISTANCE EXERCISE** increases your muscle strength, helps to improve your posture, reduces fatigue, and increases your metabolism.

**STRETCHING EXERCISE** increases your flexibility, improves your balance and posture, and reduces your risk of injury, including lower back pain.

## If You Have:

### PRE DIABETES

Regular exercise may help control the abnormal blood sugars associated with these conditions and may help prevent or delay the development of Type 2 Diabetes.

### DIABETES

Exercise and healthy lifestyle choices may help to control your blood glucose levels and help prevent long-term complications.

### HIGH BLOOD PRESSURE

Regular exercise may help reduce or control high blood pressure levels.

### ARTHRITIS

Exercise may help to reduce your joint discomfort and stiffness, and may help to prevent disability.

### INCREASED BODY WEIGHT

Exercise and healthy lifestyle choices may help you with weight loss or with weight maintenance, thus decreasing your risk for developing diabetes, high blood pressure, abnormal cholesterol and/or other health concerns.

### ABNORMAL CHOLESTEROL

Regular exercise may help control or improve cholesterol levels.

### CHRONIC KIDNEY DISEASE

Regular exercise may help to control some of the factors that cause kidney disease, such as diabetes and high blood pressure.

*The result? You stay independent longer, and it is easier to do your tasks of daily living, from cooking meals to visiting with friends.*



## PROGRAM DATES & TIMES

All classes are held at the Saskatoon Field House.

### Tuesday & Thursday

#### EXERCISE

8:30 - 09:30 am  
9:30 - 10:30 am  
5:45 - 06:45 pm\*  
6:45 - 07:45 pm

#### EDUCATION

10:45 - 11:45 am  
5:30 - 06:30 pm

### Saturday

#### EXERCISE

9:30 - 10:30 am  
10:00 - 11:00 am  
10:45 - 11:45 am\*

REGISTER AT THE SASKATOON FIELD HOUSE.

\*November to April Only