Saskatoon Health Region – Forever… in motion
Physical Activity and Healthy Eating
Resource Guide

Acknowledgements

The contributions made to this resource guide were made possible through the efforts of Therapeutic Recreation, Community Older Adult, Forever…in motion, Older Adult Wellness—Population Health Promotion, Public Health Services of the Saskatoon Health Region and its partners including the Saskatoon Council on Aging.

Partners

Saskatoon Health Region

City of Saskatoon (Community Services Department)

Saskatoon Council on Aging

Therapeutic Recreation Services
Introduction to…
Physical Activity and Healthy Eating Resource Guide
For Older Adults

Welcome to the Forever…in motion Physical Activity and Healthy Eating Rural Resource Guide for Older Adults. This guide is a reference for local physical activity programs to get you “in motion”.

Saskatoon Health Region’s in motion, Public Health Services – Older Adult Wellness Program and the Saskatoon Council on Aging have worked together to produce this guide. It is our hope that you will use it to find enjoyable activities in our community; activities that will meet your needs to improve your health and wellbeing in all areas of your life.

Regular physical activity is good for everybody!

No endorsement is made nor intended for any of the entries, nor are the listings necessarily comprehensive. Every effort has been made to ensure their accuracy as of Dec 2013.

In motion is a health promotion strategy led by the Saskatoon Health Region with a focus on physical activity. Our vision is that all citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The Older Adult Initiative was established to improve the health of older adults (50 years and over) through physical activity and healthy eating. As one component of this initiative, the Forever…in motion program was implemented in the spring of 2002 as a pilot project in eight congregate housing facilities. This program has continued to expand and now is implemented in many congregate housing facilities, churches, condominiums, community centers, seniors clubs and organizations in the Saskatoon Health Region. If you are interested in becoming a volunteer leader for a Forever…in motion program and would like to partner with Forever…in motion we can assist you in starting up or enhancing your physical activity programs for older adults.

Contact information:
3602 – 103 Hospital Drive
Saskatoon, SK S7N 0W8
Kimberly Willison Phone: (306)655-2286
Email: kimberly.willison@saskatoonhealthregion.ca
Kereen Lazoroko Phone: (306)655-2285
Email: kereen.lazoroko@saskatoonhealthregion.ca
Website: www.in-motion.ca
Older Adult Wellness – Public Health Services promotes the optimal health and independence of older persons in the Saskatoon Health Region. Health education presentations promote healthy lifestyle choices on a variety of topics of importance to older adults. Older Adult Wellness staff work together with community members and agencies on projects to enhance the quality of life, health, social support and independence for older persons and family caregivers.

Contact information:
Older Adult Wellness – Population Public Health
Westwinds Primary Health Centre
3311 Fairlight Drive
Phone: (306) 655-4299

Saskatoon Council On Aging Inc.
Address: Saskatoon Field House
2020 College Drive, Saskatoon, SK, S7N 2W4
Contact: June Gawdun - Executive Director
Phone: (306) 652-2255
Fax: (306) 652-7525
Email: admin@scoa.ca
Website: www.scoa.ca
Hours of Operation: Monday-Friday: 8:30am-4:30pm (closed over noon hour)
Details:
• Community based organization dedicated to the promotion of dignity, health and independence of older adults through services, programs, education, and advocacy
• Positive Aging Resource Information Centre
• Lifelong learning programs
• Blood Pressure Clinic first Tuesday of each month from 9:00am-12 Noon
• Coming of Age publication distributed 3 times/year
• Spotlight on Seniors
• Drop-in program for older adults the third Wednesday of each month except July and August
Fees: No Membership Fees
# Table of Contents

## Physical Activity

**Canadian Physical Activity Guidelines** ................................................................. 6

**Improve Your Health Through Physical Activity** ............................................... 7
- Benefits of Physical Activity .................................................................................. 7
- General Guidelines for Safe Exercise ..................................................................... 8
- Safety Guide .......................................................................................................... 11
- Types of Exercise Important For Improving Health and Wellness ..................... 12
  - Strength Exercises ............................................................................................. 12
  - Endurance Exercises ......................................................................................... 14
  - Balance Exercises ............................................................................................... 16
  - Flexibility Exercises ......................................................................................... 17
- Tips For Becoming More Physically Active ......................................................... 18

**Top Physical Activities in Canada** ...................................................................... 20
- Walking .................................................................................................................. 20
- Warm-up Stretches ............................................................................................... 23
- Gardening ............................................................................................................. 27
- Container Gardening ............................................................................................. 28

**Where to Exercise** ............................................................................................. 30
- Things to Consider When Choosing a Fitness Facility .......................................... 30
- Circuit Training ..................................................................................................... 30
- Purchasing Home Exercise Equipment ................................................................ 31
- Using Home Exercise Equipment and Videos ..................................................... 32
  - Pedometers ........................................................................................................ 32
  - Resistance Bands/Tubing/Weights ..................................................................... 33
  - Home Exercise Videos ....................................................................................... 36
  - Urban Poling/Nordic Walking .......................................................................... 36
  - Nintendo Wii ....................................................................................................... 39

**Goal Setting** ....................................................................................................... 41
- Tracking Your Steps—Weekly Log .......................................................................... 42
- Physical Activity Log ............................................................................................. 43

**Reducing Falls and Preventing Injuries** ............................................................. 44
- How Can You Prevent a Fall? ................................................................................. 45
- Hip Protectors ........................................................................................................ 46
- What to do if you fall ............................................................................................. 47
- Self-assessment Checklist For Falls ...................................................................... 48
- Home Safety Checklist ......................................................................................... 48
- Vitamin D .............................................................................................................. 50
- Before You Begin .................................................................................................. 52
- Staying on Your Feet – Home Exercise Program ............................................... 54

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If you live in rural Saskatchewan, find out about the programs available in your community through the recreation department, senior’s centre, recreation director, town office, public health nurse or wellness center. They are great resources to find activities in your community.
Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Those with poor mobility should perform physical activities to enhance balance and prevent falls.

More physical activity provides greater health benefits.

Let’s Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be ‘out of breath’. Activities like:

- Cross-country skiing
- Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity.
- Take up a favourite sport again.
- Be active with the family! Plan to have “active reunions”.
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

Now is the time. Walk, run, or wheel, and embrace life.
Improve Your Health Through Physical Activity

“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

*Robert N. Butler, M.D., Former Director, National Institute on Aging*

**Benefits of Physical Activity**

- Live independently longer
- Weight maintenance
- Reduced cholesterol
- Move with fewer aches and pains
- More energy
- Better quality of sleep
- Improved flexibility
- Improved fitness
- Stronger muscles, bones and joints
- Improved alertness and reaction time
- Better ability to fight off colds and other illness
- Improved posture and balance
- Reduce falls & prevent injuries

**Regular physical activity can reduce the risk of:**

- Breast Cancer
- Type II Diabetes
- Premature Death
- Obesity
- Depression
- Kidney failure
- Alzheimer’s disease
- Falls and injury
- Colon Cancer
- Lung Cancer
- Heart Disease
- High Blood Pressure
- Osteoporosis
- Stroke
- Anxiety

**Physical activity can also improve mental health because:**

- Physical activity is often done with others, and it can increase social activity and interaction.
- Connections to people in your community can improve as you increase your participation in groups.
- As little as 10–15 minutes of exercise can improve mood and decrease anxiety.
- It helps to manage and protect against stress.
- It improves self-confidence.
- Being in better shape improves the efficiency of the cardiovascular system (your heart and blood vessels) so when you get stressed or feel anxious, your body responds much better.
General Guidelines for Safe Exercise

The following are suggestions to help you get the most from your favorite physical activities. Here are some general guidelines. Check with your doctor before beginning a new physical activity program.

- **Always warm-up**
  Spend 5-10 minutes preparing your heart and muscles for action. Start out slowly and gradually increase the intensity of the activity.

- **Wear comfortable clothing**
  Wear loose, comfortable clothing. Shoes should fit well, provide support and have a non-slip sole. Dress in layers so you can remove or add items as you warm-up or cool-down.

- **Avoid temperature extremes**
  Exercise in a comfortable place where there is enough space and good ventilation. Mall walking and indoor tracks are a good choice during cold winter months and hot summer days.

- **Eat moderately**
  Eat moderately if you plan to exercise within the next two hours. Never exercise vigorously after a full meal.

- **Stay hydrated**
  Drink plenty of fluids before, during and after your activity. Drinking enough water is especially important because with age, the body is less able to regulate its temperature, thereby putting you at increased risk of a heat-related illness. Age also affects the body’s ability to stay hydrated during exercise and the ability to recognize when it needs more water.

- **Safety first**
  Be aware of fall risks on your route or in your activity area. For example, uneven sidewalks or speed bumps. Be cautious when walking at dusk or in the dark.

- **Protect your joints**
  Try not to lock your joints during any exercise movement. It is best to keep all joints slightly bent during each move, and make your moves smooth and controlled.

- **Work and rest**
  Do not exercise continuously for long periods. It is better to begin with short work-outs followed by rest intervals.
Talk Test
Test your level of exertion during cardiovascular/endurance physical activity by doing the “Talk Test” — A person should be able to talk but not sing. Slow down if you are unable to catch your breath when talking.

Rate of Perceived Exertion
Another option for making sure you are working at a safe level during cardiovascular/endurance physical activity is to use Rate of Perceived Exertion (RPE). Rate yourself on a scale of 1-10 as to how hard you are working.

<table>
<thead>
<tr>
<th>Rate of Perceived Exertion Scale (RPE)</th>
<th>Max Effort Activity</th>
<th>Very Hard Activity</th>
<th>Vigorous Activity</th>
<th>Moderate Activity</th>
<th>Light Activity</th>
<th>Very Light Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Feels almost impossible to keep going. Completely out of breath, unable to talk.</td>
<td>Very difficult to maintain exercise intensity. Can barely breathe &amp; speak a single word.</td>
<td>On the verge of becoming uncomfortable. Short of breath, can speak a sentence.</td>
<td>Feels like you can exercise for an extended period. Breathing heavily, can hold short conversation.</td>
<td>Feels like you can maintain for hours. Easy to breathe &amp; carry a conversation.</td>
<td>Anything other than sleeping. Watching TV, riding in a car, etc.</td>
</tr>
<tr>
<td>9</td>
<td>Very Hard Activity</td>
<td>Vigorous Activity</td>
<td>Moderate Activity</td>
<td>Light Activity</td>
<td>Very Light Activity</td>
<td></td>
</tr>
<tr>
<td>7-8</td>
<td>Vigorous Activity</td>
<td>Moderate Activity</td>
<td>Light Activity</td>
<td>Very Light Activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-6</td>
<td>Moderate Activity</td>
<td>Light Activity</td>
<td>Very Light Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-3</td>
<td>Light Activity</td>
<td>Very Light Activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Maintain breathing
Sometimes people tend to hold their breath when they are doing a strenuous activity. It is important to remember to continue taking slow, deep breaths. If not, you could become dizzy, cause damage to blood vessels, or increase your blood pressure.
Always cool down
Your body must adjust from exercise to rest. Never sit down or lie down immediately after vigorous activity. Stopping abruptly can cause dizziness. Instead, walk slowly for 5-10 minutes and stretch.

Listen to your body
Watch for signs or symptoms that you are overdoing it, such as:
- Pain or pressure in your chest, neck, shoulder or arm during or just after activity
- Sudden dizziness, lightheadedness or fainting
- Shortness of breath that prevents conversation during your activity
- Cold sweat or nausea
- Palpitations, fluttering or any other irregular heart beat
- Feeling very tired immediately after activity
- If you notice any of these signs stop and rest immediately! If symptoms persist for longer than 10 minutes, consider your symptoms a medical emergency.
- Call 9-1-1
Safety Guide

When you are walking on any road remember to use the crosswalks and be aware of the traffic around you. It is important to be as safe as possible when participating in outdoor activities.

➢ Be aware
   It is important to wear reflective clothing in order for motorists to spot you. Also, if you are wearing headphones to listen to music, make sure you can still hear someone coming down the road behind you.

➢ Be prepared
   If you plan to walk a long way, consider using walking poles or carrying a bag with a lightweight folding chair or stool, water bottle, snacks, cell phone, flashlight, whistle or anything else that may come in handy along the way. Before you leave, tell someone what route you are taking or leave a note for them.

➢ Footwear
   Consider buying shoe or boot grips. There are grips for better traction on ice and snow. They can be purchased at your local sporting goods or department store. **Always remember to remove the shoe or boot grips when indoors.** Try using men’s toe rubbers or curling grippers over your shoes as other options.

➢ Dress for the weather
   Make sure you are wearing layers. If you get too warm, you can always take something off. Make sure to wear sunscreen in both summer and winter.

➢ In the winter
   Keep your ears, head and fingers covered to avoid frostbite. Choose cotton or wool socks to allow your feet to breathe. Don’t be afraid to go outside in the winter because of the cold, just dress warm and stay active! The fresh air and activity will make you feel good and it will be worth the effort.

➢ In the summer
   Protect yourself from insects and West Nile Virus by wearing long sleeves and mosquito repellent. Wear a hat and be sure to bring a water bottle and extra sunscreen along. Try to plan a route where you can find shade if needed.

➢ Walking poles
   Try using walking poles any time of the year. Using walking poles combines the aerobic and strength-building benefits of cross-country skiing with walking, and also provides you with more stability. You can buy walking poles from sporting goods stores or medical supply chains. It is important to purchase quality walking poles to ensure stability and support.

➢ Learn ways on how to get up if you fall outside and haven’t injured yourself
   See Reducing Falls and Preventing Injuries—Page 44
Types of Exercises Important for Improving Health and Wellness

An exercise class will generally have four components: strength, endurance, balance and flexibility. It is also possible to do exercises in these categories on your own. Remember to always do a 5-7 minute warm-up at the beginning of every exercise session.

*If you have not been physically active for some time, you may want to talk to your family doctor first.

Strength Activities

What are they?

Strengthening activities are those which use resistance to improve both muscle and bone mass. There is a great deal of overlap between strength and balance activities, and often you can do one exercise to improve both. In all exercise programs, whether in the water (an aquafitness class) or on land (a Tai Chi or gentle exercise program), you will be doing balance and strength exercises as part of the routine.

To do strength exercises, you will need to lift or push light weights, your own body weight or use resistance bands.

A simple and cost effective alternative would be to use jugs filled with water, pop bottles filled with sand, soup cans, or socks filled with beans and tied shut at the end. (NOTE: Weights are NOT recommended for endurance/cardio, flexibility or balance activities.)

Benefits:

- Improves your ability to get up from a chair, out of the bathtub, or carry groceries.
- Helps to improve or maintain your ability to remain independent.
- Keeps muscles and bones strong and improves posture.
- Less likely to fall or to have accidents that cause injuries.
- Builds strength and improves balance.
- Increases metabolism.
- Relieves stress.
- Reduces injuries.

How to start:

- Start out with a weight that is challenging for you to lift about 8-10 times, but no more. (This may be as light as 1-2 pounds or up to 8-10 pounds.) In other words, it should be difficult for you to perform the last two repetitions with this weight.
- Once you can lift the weight easily 15 times in a row, then it’s time to choose a heavier weight.
- Your physical activity goal should be to do these types of activities at least 2-3 times per week leaving at least one day in between to let your muscles rest and repair.
Safety tips:

- Do not attempt to add weights to your workout until you feel completely comfortable that you are doing the exercise correctly.
- Do all repetitions slowly and concentrate on using proper technique and posture.
- When you are done with your weights, put them in a container, under a chair or in some other spot that is out of the way so they are not a tripping hazard.
- Remember to breathe through the exercises. You do not want to hold your breath as it can increase your blood pressure.
- Breathe out as you lift or push the weight; breathe in as you lower the weight (i.e. exhale on exertion, inhale on release)
- Use slow, smooth and controlled movements to lift the weights. Lifting quickly uses momentum more than your muscles and does not help you build muscle. Take three seconds to lift or push the weight then take another three seconds to lower the weight.
- Do not use jerking or thrusting movements.
- Do not lock joints in your arms or legs.
- Slight muscle soreness and fatigue may occur and last a few days, but exhaustion, sore joints or painful muscle pulls are not normal.
- Be sure to work all major muscles and, if possible, biggest to smallest (i.e. back → chest → legs → shoulders → biceps → triceps → 2nd set of leg exercises → core).
- Also, remember to be symmetrical with your workout (i.e. work right/left sides, front/back and upper/lower body).

Activities that can help:

Carrying the laundry  Golfing
Lifting weights or soup cans  Vacuuming
Climbing stairs  Tai Chi
Wall push-ups  Aquafitness
Piling wood  Dancing
Endurance Exercises

What are they?
- Physical activities that increase your breathing and heart rate.
- Activities using large muscle groups in rhythmic and repetitive movements (i.e. walking, swimming, aquafit, dancing, etc.)

Benefits:
- Increased energy to keep moving for longer periods.
- Helps to do daily activities such as climbing stairs, shopping, and cleaning your home.
- Good for your heart, lungs, circulation and muscles.
- Increases flow of oxygen to your body—including your brain.
- Can help with weight loss when combined with a healthy diet.
- Helps improve reaction time.

How to start:
- If you have been inactive, you might need to start with five minutes at a time.
- Be persistent. Add on one minute of activity to your five minutes until you reach ten minutes of activity at a time.
- Once you can do ten minutes of activity start to work on doing a second session of ten minutes of activity, at a different time of day.
- The goal is to be able to do a 10-minute session of activity at three different times in one day. For example, take a walk in the morning, do some yard work in the afternoon, and go on another walk in the evening.
- Three 10-minute sessions of activity will add up to 30 minutes in one day and the health benefits are the same as a single 30-minute session. You should try to get 30 minutes of physical activity most days of the week.
- If you are able, you can do 30 minutes of activity in one session. Activities such as an exercise class or going for a walk are great options. If you do these activities most days of the week, you are reaching your physical activity goal.
- If you are too busy or unable to do 30 minutes of exercise at one time, try breaking your exercise into three 10-minute sessions.
Safety tips:
- Do not exercise so hard that you are short of breath, dizzy or have chest pain.
- Stretch after exercising, while your muscles are warm.
- Drink water before, during and after activity.
- Dress for the heat or cold of the day.
- Wear comfortable footwear that supports your feet and ankles, as well as boots that provide grip on snow and ice in winter.
- Use walking poles to help with balance and support or to increase the intensity of your workout.
- Remember to monitor your level of intensity by using either the Talk Test or Rate of Perceived Exertion Scale (page 9).

Activities that can help:
Walking      Raking
Hiking       Jogging
Cycling      Aquafitness
Dancing      Urban Poling
Balance Exercises:

What are they?
- Balance is the body’s ability to maintain its center of mass within the body’s base of support.
- Balance exercises are those which challenge you to maintain your balance while varying your base of support and/or sensory input.

Benefits:
- Strength: Create improved torso and leg strength to increase you stability.
- Safety: Increase your ability to rise from a chair, walk and exercise.
- Mobility: Achieve a lasting ability to get around more easily.
- Activities: Enjoy dancing or golfing again.
- Social: Get out and enjoy your friends and family.

How to start:
- To practice your balance exercises, place your back into the corner of a wall, have a table or chair in front of you and hold onto it if you are unsteady or use the lip by the kitchen sink.
- As you feel more secure, try to hold onto the chair, wall or counter with only one fingertip.
- Next, try to do balance exercises without holding on at all.
- Once you are comfortable doing the balance exercises without holding on, you may increase the challenge by using your vision. Begin by turning your head slowly and looking from side to side. You may then progress to doing the exercise with one eye closed and eventually closing both eyes on occasion. Have someone close by if you are unsteady.
- Do your exercises slowly and alternate sides.

Safety tips:
- When doing balance exercises, always make sure you have a chair, wall or support person nearby in case you lose your balance.
- Ensure all clutter is cleared away to avoid tripping hazards.

Activities that can help:
- Tai Chi
- Dancing
- Reaching
- Golfing
- Window shopping
- Yoga
- Riding a bicycle
- Washing windows
Flexibility Exercises

What are they?
- Range of motion exercises are the easiest level of flexibility exercises. Range of motion is the normal distance your joint can move in each direction. To do these exercises, you need to stretch and move all your joints and muscles in their full range of motion.

Benefits:
- You will be able to move and do day-to-day activities such as dressing, bathing, and driving more easily.
- Improves posture
- Improves circulation
- Improves mental and spiritual health
- Decreases back pain and muscle tension

How to start:
- Move all your joints and muscles each day from your neck down to your toes.
- Do each movement smoothly and hold for 30-60 seconds.
- Stretch until you feel mild discomfort in your muscle.
- To keep or improve your flexibility, do stretching exercises after your endurance or strength exercises.
- If you can’t do endurance or strength exercises, do stretching exercises three times a week for 20 minutes. (i.e. For beginners or frail older adults, once they’ve completed their warm-up, it may be good to start with flexibility exercises and add the other components as they progress. For example, someone with arthritis can do 15 minutes of continuous range of motion or flexibility exercises, then add strengthening, balance and endurance exercises to their routine when they feel they are able to do so.)

Safety tips:
- Always warm up your muscles before stretching by easy walking or arm-pumping.
- Mild discomfort is normal but exercises should never cause pain, especially not joint pain.
- Always use slow, steady and controlled movements. Do not bounce in the stretch.

Activities that can help:
- Stretching
- Gardening
- Washing the car
- Yoga/Tai Chi
- Bowling
Tips for Becoming More Physically Active

Being physically active means fitting more intentional activity into your life. Walk to the store instead of taking your car. Use the stairs rather than the elevator, or do some work in the garden. Doing these simple activities adds up. Once you start, you may even find that you crave more activity, so go for a brisk walk or participate in a class. Here are some tips to help you start and stay being physically active:

- **Check-up first**
  If you have any health concerns, see your doctor before starting or increasing your level of physical activity. For example, if you have arthritis, your doctor may tell you if there are any exercises or activities you should not do.

- **Consider: Why do you want to improve?**
  You don’t need to wait for a crisis to happen to you. Think about making change before that happens. Know the benefits of physical activity and how they can improve your own life. Also, be aware of your own habits and what you would like to change about your lifestyle.

- **Plan ahead**
  Pick a time of day that is best for you—morning, afternoon or evening, it really doesn’t matter. Experiment and find a time of day and a routine that works. Write the time onto your calendar as you are more likely to remember and be committed to be active. Make physical activity a priority just as you do with your doctor or dentist appointments.

- **Your routine should be regular, but simple**
  Do some bending and stretching throughout the day. Put some “gusto” into your chores in and around the house. Leave the car at home. Walk for short trips, or walk one way and take the bus for the return trip. Choose active hobbies to do with your family.

- **Make haste slowly**
  When starting a routine, focus on regular participation and fun. Don’t rush through the activity…remember it is for your recreation and pleasure.

- **Keep the costs down**
  Costs of an activity include the time needed to participate and expenses for registration, equipment and transportation. If time is a cost, look for activities that are convenient, and easy to do. Walking is a good activity because you can get started right from your front door. In poor weather, walk in your local mall or community center. Look for activities that require little or no equipment and special facilities, and ones that are close to home. Start slowly and do gentle activities to avoid injuries. Riding a stationary bike, swimming and walking are all gentle activities. Start slowly with a good warm-up before the activity, build up gradually and end with a cool down.
Look for “the lift”
People who are physically active often say that after they have gone for a walk or taken a class, they feel refreshed, relaxed and more energetic. They also feel happier and less tense.

Don’t get down on yourself
When you miss a session, don’t feel as though you have failed. It is natural to miss once in a while. If you have been more tired than usual or are not feeling well, it might be better to take the day off. When you do miss a session, start planning how to get active again. Keep focused on the positive reasons for being active.

Be positive
If you find it difficult to be active, try to identify the barrier (or problem) that is preventing you from being active. Positive thinking is the first step to overcoming the barrier. Problem solving also requires a good dose of patience, persistence and creativity. You may also find it helpful to talk to a friend for ideas.

Call a friend!
Being active with a friend will encourage you to get out when you are not feeling very motivated.

Decide what works for you
Experiment with different activities. Eventually, decide what works for your lifestyle and stick with it.

Have fun!
Do activities that have been or are fun and of interest. Make a list of your favorite activities and be sure to include some for each season. Think about the reasons why you want to be active, such as for enjoyment, relaxation, or friendship. Walking, gardening, golfing or going to an exercise class are all great activities. Find an activity that meets your needs and that you will have fun doing.

Everyday tips
Take the stairs instead of the elevator or escalator.
Park your car a little further away from the door at the mall.
Stop using the remote control.
Stand up and sit down several times in a row to strengthen your legs.
Dance to music.
Play with your grandchildren.
Instead of phoning or emailing a friend, walk to their apartment or house.
Top Physical Activities in Canada

Walking is Canada’s number one favored activity; followed by gardening, home exercises, social dancing, swimming and bicycling. Walking, gardening and home exercises are popular choices because they fit easily into our day-to-day activity, are unstructured, low-cost and can fit most schedules.

Walking

Walking is the number one activity among older women. It’s convenient and doesn’t require special equipment. Walking as a form of physical activity is associated with regulating blood pressure, improving cholesterol levels, managing diabetes, achieving a healthy body weight and circulating fresh oxygenated blood to your body and brain. It is a natural movement that is virtually injury-free. It can strengthen bones and help prevent or control osteoporosis. Walking refreshes the mind, reduces fatigue and increases energy and can relieve stress or tension.

- Considerations for specific health conditions
  People who have diabetes with peripheral neuropathy (nerve damage) and foot problems may need special shoes. Individuals with heart disease might be advised to progress more slowly than others. Women with advanced osteoporosis may be putting themselves at risk of a fall by brisk walking.

- Dress
  Wear loose, comfortable clothing made of soft fabrics such as cotton, wool or breathable nylon. In cold weather, be aware of the wind chill factor. Dress in layers so you can peel off or put on depending on how warm you feel.

- Buy walking shoes
  Choose shoes that have flexible, non-slip soles, good arch support, and good heel padding. Shop for shoes at the end of the day when your feet are larger than when you first wake up. There are a number of retail stores that sell walking shoes with sales people who can help you find the proper fit. In the winter, consider wearing grips on your shoes and boots when outside.

- Safety and falls prevention
  Check out your walking route for level pathways and sidewalks that are free of ice in the winter, low traffic and available crosswalks. Be sure it is well lit, with other people around. If the area is secluded, carry a cell phone in case of emergency. Consider using walking poles.
Go indoors when it is cold, icy or hot
Many local malls open their doors early in the morning for walkers. Check out the mall in your neighborhood. Other free options for walking include checking if your local school would allow you to walk their hallways, a town hall, recreation center or the local rink. Also, if you live in an apartment or larger building, you may be able to walk in the hallways...or simply walk on the spot for a few minutes each day. You may find that as you do the strengthening and stretching exercises, activities like walking will become easier for you.

Use good form
Try to walk with your chin up, shoulders slightly back, and toes pointed forward. When you take a step you should land with your heel first, then roll on the ball of your foot to your toes. Bend your elbows and swing or pump your arms at your sides as you walk. Try not to clench your fists and don’t walk with your hands in your pockets (in case you trip). Keep your eyes on the path ahead.

Walk longer each week
Start off slowly, and gradually increase your walking time over several months. Add only 1 minute a week if this means you will be successful. Eventually you want to be able to walk 30 minutes or for three 10 minute sessions on most days of the week. Health benefits really start to add up at this level.

Choose a flexible but regular schedule
Choose some convenient times and try to stick with walking during those times of the day. If you miss a few days, try to get back on track and keep walking.

Do the talk test
You should walk at a pace where you can carry on a normal conversation. But, if you can sing, you need to increase your speed a bit.

Try using a pedometer
A pedometer is a small device that can be hooked onto your belt or waistline that counts the number of steps you take. They can be purchased through Forever...in motion by calling (306)655-8140 and most stores that sell fitness equipment. You may try loaning one from your local library if they have a lending program. See the goal setting section about using a pedometer to make a plan of your own.
Keep motivated
Even if you are not using a pedometer, set goals and keep track in a record book or Physical Activity Log. The record book might include the days you walked each week and for how long. Other information to write down might be improvements in your health such as blood pressure, blood sugar or energy levels.

Walk with someone else
Walk with your spouse, another family member, friend or dog to motivate you and keep you company. Consider forming a neighborhood walking group (see page 64).

Everyday tips
Instead of meeting friends for coffee, suggest a walk. Park your car further away from the building or get off the bus one stop earlier and walk the rest of the way. Add variety to your route by taking a different path on some days. Have walking meetings at work.

Start and stop slowly
Start and end your walk with 5 minutes at a slower pace and do some stretches to warm-up and cool down.

Walking in a rural community
- Go for a walk outside with the dog, on a trail, or down the road to the neighbours’ place and back.
- Find some snowshoes and go exploring.
- Inside, walk at the gym or track in the school, the mall or around the indoor hockey rink.
- Dig out that old treadmill or exercise bike and set it in front of the television to watch the hockey game.
- If you work in town, walk during your lunch break.
- Walk when checking on the cows or going to the neighbours’ place for coffee.

Check out the following stretches that you can use before you start!
Stretching Snacks

The following stretches can be used with many of the activities within this resource. Continue to add to this list to build up your library of stretches:

1. Side Neck Stretch
   With shoulders relaxed, gently tilt your head towards your shoulder. Assist stretch with a gentle pull on the side of the head.

2. Triceps Stretch
   Reach hand behind head as if to scratch your back. Grasp your elbow and gently push downwards.

3. Shoulder Stretch
   Reach your left arm across your body and hold it straight. With the right hand grasp the left elbow and pull it across the body towards the chest.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program.

Physical Activity...DO IT for Life!
4. Upper back stretch
Clasp fingers together with thumbs pointing down, round your shoulders as you reach your hands forward.

5. Chest stretch
Place bent arm against wall or doorway as shown. Slowly lean forward until a stretch is felt in the chest region.

6. Low back stretch
Lie on your back with knees bent. Slowly pull knees up to the chest until you feel a gentle stretch in the lower back.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program
7. Glute stretch
Lying on your back. Cross legs placing one ankle on the opposite knee as shown. Use the flexed leg to push the crossed leg back until you feel a stretch in the buttocks.

8. Butterfly stretch
Sit tall with the soles of your feet together. Allow your knees to ease down towards the floor until you feel a stretch along the groin region.

9. Hamstring Stretch
Lying flat on the floor with knees flexed to 90 degrees and back flat on the floor. Slowly raise and straighten one leg, grasping it loosely behind the thigh with both hands.
10. Standing Quadriceps Stretch
Stand with one hand on the wall for balance. Bring foot up to hand and grasp the ankle, gently pull up until stretch is felt. Keep knees side by side.

11. Hip Flexor Stretch
Kneel on floor with front knee bent at and back leg extended as shown. Keeping back straight slowly bend the lead leg until a stretch is felt. Do not lean forward or bend the lead leg more than 90 degrees.

12. Calf stretch
Standing 3-4 feet from wall with feet in the position shown and perpendicular to the wall. Lean against forearm, maintaining a straight line through the spine and back heel pressed to the ground.
Gardening

Gardening is a popular and rewarding activity for all age groups. It is also an excellent way to be more physically active in the summer months. However, it is important to use good body mechanics when doing this activity so you don’t strain your muscles, joints or heart. Here are some tips to get you in the garden patch. One neat website to check out is:
http://www.canadiangardening.com/gardens
www.chep.org/cg/index.html

➢ Set priorities and plan
Before setting out in the garden it is important to give some thought not only to what you want to plant, but also how you can organize your tasks to save energy. The following hints may help you save your energy so you are less tired at the end of the day:

- Schedule your activities to get a balance of rest, light and heavier activity.
- Prioritize your "to do" list with urgent items then important jobs to follow. Allow time for interruptions, mistakes, or distractions.
- Plan your activities to avoid extra trips.
- When starting a project, collect all of the tools and equipment you will need before you begin your project. Take time to get a wheelbarrow to carry heavy objects rather than over-loading your heart or causing muscle aches.

➢ Pace yourself
It is important to keep your "energy bank" as full as possible and to have activities to re-fill your energy reserve. The following are some ideas to assist you in keeping your energy reserve on full:

- Warm up your muscles by stretching before and after doing a heavier job to avoid injury.
- Pace yourself by alternating work with short, frequent rest breaks.
- Spread your work over the week, take part in other less strenuous, yet enjoyable activities and give your body time to recharge by getting enough sleep and relaxation.

➢ Positioning
How you stand or sit (position) yourself in your garden can make a difference in how you feel at the end of the day. Think about making the following adjustments:

- Avoid awkward positions by laying out your work area. Put heavier objects at waist-level and frequently used items between shoulder and hip-level. Avoid putting heavier objects, such as large containers in cupboards higher than shoulder-height.
• Change positions every 15 minutes. It may be helpful to use a timer to remind you when it is time for a change.
• Practice proper lifting by using the larger muscles in your legs and bending at the knees.
• Avoid bending from the back and do not twist your back when doing such activities as shoveling in the garden or picking up leaves.
• You might want to consider having a raised garden if bending over is difficult for you.

➢ Protect your joints
Arthritis is one of Canada's most common conditions. The following information is recommended as a way to protect your joints:
• Avoid a tight grasp and pressure along the thumb side of the hand that may contribute to deformity of hand.
• Limit muscle effort and increase strength by using tools with built up handles (try gluing soft hair curlers or pipe insulation around the handles). They can also be purchased at most specialty gardening stores.
• Pick up heavier objects like garden pots with straight fingers or between palms, rather than with bent fingers.
• Locate your work directly in front of you, not to one side, to avoid twisting movements.
• Avoid long periods of standing or sitting to reduce muscle stiffness and use a trolley or wheelbarrow to haul objects rather than carrying objects long distances.

➢ Clean up when you are done
Put away garden hoses, tools, and other equipment that you or others can trip over.

Container Gardening

Container or pot gardening is a great way for people who live in a residence with limited space, or no yard to enjoy gardening. Container gardening is much the same as normal gardening, except you use pots or containers instead of a garden. A balcony works great, but it is possible to garden indoors if plants are able to get 8 or more hours of sunshine per day. Use your imagination when finding suitable containers to plant in! A suitable container is durable and has drainage holes in the bottom. Drainage holes are essential.

Things to consider are:
• What do I wish to grow? Flowers? Vegetables?
• Where will I grow? Balcony? Near a window?
• If I am gardening inside am I prepared to deal with the potential mess?
Ask your local greenhouse about alternative ways to garden, and about using the proper type of soil, pots, plants, fertilizers, and all necessary upkeep you will be responsible for.

You may also wish to look at the following websites:

- [http://www.canadiangardening.com/gardens/container-gardening](http://www.canadiangardening.com/gardens/container-gardening)
- [http://containergardening.about.com/](http://containergardening.about.com/)
Where to Exercise

Things to Consider When Choosing a Fitness Facility

There are many privately and publicly run fitness facilities. Here are some things to ask when choosing a facility:

- Does the facility offer a tour, a trial membership or an orientation?
- Do the programs and equipment suit your needs?
- Is it close to your home or work?
- Does the cost of fees fit into your budget?
- Are the hours and program times flexible?
- Is the atmosphere comfortable (ex. music type and level)?
- Is the parking lot and sidewalk accessible, level, smooth, safe and well lit?
- Are there automatic doors at the entrance?
- Is the equipment well maintained?
- Is the floor clean, well kept, and uncluttered?
- Is there a stretching area available?
- Are the locker rooms clean, accessible and monitored?
- Does the facility have a portable defibrillator and are there people trained to use it?
- Is staff professionally certified and do they understand your limitations?
- Does the staff help create goals and make a fitness plan to meet your personal needs?
- Is staff available to offer ongoing assistance?
- Is staff polite, friendly and caring?
- Do they have CPR and first aid training?

Circuit Training

Strength and cardio exercises are completed one right after the other, with little or no rest in between. You'll do each exercise for a specified amount of time (or as long as you can safely do so) and then move on to the next exercise. Once you complete all exercises, you have done one circuit. NOTE: Make sure you warm up with 5-10 minutes of light cardio and cool down with a relaxed walk and stretch.

Benefits of circuit training are:
- Good for beginners and general fitness.
- Uses a variety of stations that are timed or a certain number of each exercise must be performed.
- Uses both equipment to improve muscle strength and exercises for cardiovascular fitness.
- Start out slow, go at your own pace and take rests in between.
Exercising at Home

Purchasing home exercise equipment

➢ Determine your goals
What is your physical activity goal? Your goal should help you to choose the equipment you need (see the goal setting section on page 41). If your goal is to do endurance exercises, good choices would be a stair climber, stationary bike, or treadmill. If you want to do strength exercises focus on weights or resistance bands (theraband or tubing).

➢ Shop around – Things to consider
- Make sure that you will use the equipment as it can be a waste of money if no one uses it.
- Buy the best gym equipment you can afford. Cheap equipment can be a waste of money if it breaks.
- Avoid machines that have complicated cables, require rearrangements between sets, or that you can catch your clothing on.
- Ask about discounts or upcoming sales. You will find a better selection of high-quality equipment and professional advice at specialty stores, rather than at department stores.
- Try the equipment out in the store or local gym before buying it. Make sure you know how to use the equipment with the correct body form before leaving the store. Poor form can cause injury or cancel the benefits you should be getting.
- Talk to other people about what they like and use already.

➢ Choose equipment that suits you and your home
- Equipment should be comfortable, easy to use, and fit your body.
- Find a pleasant room to install your equipment in. Preferably where you won’t feel cramped while exercising.
- Dress in light-weight clothing, start slowly and have water handy.
- Make your physical activity time enjoyable by listening to music or watching TV.
Using Home Exercise Equipment and Videos

Pedometers

A pedometer is a small device that counts the number of steps you take throughout your day. It is a fun way to monitor your daily physical activity and can assist you in setting your goals. It can provide you with instant feedback and motivate you to take an extra 10 minute walk. They can be purchased through Forever…in motion by calling (306)655-8140 and most stores that sell fitness equipment. You may try loaning one from your local library if they have a lending program.

➢ Choose a good quality pedometer
Look for one that has a cover to protect the display, includes a belt clip or strap so it does not fall off and one that uses an inexpensive battery (such as a watch battery). Avoid dropping or crushing the pedometer. Do not expose it to excessive moisture. Try not to force the clip onto your belt. Remember to change the battery when the display starts to fade.

➢ Test your pedometer
Start by testing your pedometer. Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Make sure it will stay upright, or it will not work properly. Set it to zero and walk 20 steps to ensure that it records the number of steps accurately.

➢ Find your average steps per day
Keep track of how many steps you walk on an average day and work towards increasing that slowly. For example, if you are taking 4000 steps per day, try increasing it to 4500 steps per day, within a week or two. You can write down the number of steps you take each day on the “Tracking Your Steps—Weekly Log” or “Physical Activity Log” provided (on pages 42 & 43).

➢ Setting goals
When using the pedometer, a goal for older adults would be 7,000 to 10,000 steps per day. However, that may be too much for some people, especially if you have a chronic illness or if you are just beginning to exercise. Adults with a chronic health condition may try setting a goal for 4,000 to 7,000 steps per day and should check with a doctor before starting any exercise program. Research shows that people who use a pedometer to count their steps lose more weight, exercise more and have lower blood pressure. A guideline you can use to help set your goal is 10 minutes of walking equals 1,000 steps. If you are active in other ways that a pedometer cannot track (i.e. swimming, biking), feel free to use the same formula.
Resistance Bands/Tubing

Resistance bands come in different sizes and strengths. They are available at many sporting goods stores and are often sold from a roll in 1 yard lengths. Strength is determined by the color of the band. Try starting with tan or yellow and increasing resistance as your strength increases. Exercises with resistance bands are fun and easy to do. You can do many different exercises with one piece of equipment.

If you need to tie the band down or secure it in order to do an exercise you can tie it around a door handle, attach it to hooks at different levels on a wall or ceiling, loop it around a post or beam, or loop it under your foot or wheelchair. Find exercises on the Theraband website listed below or ask a healthcare professional (i.e. doctor, physical therapist, and exercise therapist) for specific examples of exercises you can try.

Weights

Simple hand held weights can be purchased at most department stores in the sporting goods section. They are relatively inexpensive and come in a variety of weights, colors and styles. Some come with velcro straps so you can fasten them around your wrist or ankle. Wrist weights are helpful if holding a hand weight is difficult for you.

To make your own weights you can use items found in your own home to help you get started. Here are some great ideas:

- Use soup cans.
- Sew a bag and leave one side open. Fill with beans or rice and sew the side up. Try making bags of different sizes and weights. Also try sewing on a strip of velcro large enough to fasten around your wrist or ankle.
- Stretchy exercise bands can be made by braiding lengths of panty hose together.
- Use containers with a tapered shape or molded handle so you can hang on to them (dish detergent bottles or vinegar containers work well).
- Add water, beans, sand or rice to make the containers heavier as needed.
Places to purchase equipment or find out more information:
* This is not an exhaustive list and other places/vendors may have similar equipment.

Thera-Band – Bands and Tubing System of Progressive Resistance
Colors in Order of Resistance (least to most):
Tan (extra thin)
Yellow (thin)
Red (medium - equivalent to a 6 lb free weight)
Green (heavy)
Blue (extra heavy)
Black (special heavy)
Silver (super heavy)
Gold (max)

Theraband
http://www.thera-bandacademy.com/

1. Freedom Living Devices- www.freedomlivingdevice.com/
   811 – 51st Street
   Saskatoon, SK S7K 0X7
   (306) 384-9300
   sales@freedomlivingdevices.com
   **Thera-Band or Tubing**
   6 foot lengths of either band or tubing
   Cost - $6.30-10.80 depending on resistance
   Longer lengths available
   *offers discount when buying 6 or more

2. Flaghouse- www.flaghouse.ca
   Click on Phys. Ed and Rec and then type Thera-Band in the “keyword” box. Shipping costs are extra.
   **Thera-Band:**
   Yellow- $17.50 for 25 ft. roll, $61.25 for 100 ft. roll
   Red- $20.00 for 25 ft, $67.50 for 100 ft
   Green- $21.25 for 25 ft, $73.75 for 100 ft
   Black- $25.00 for 25 ft, $91.25 for 100 ft
   Silver - $30.00 for 25 ft, $105.00 for 100 ft

3. Walmart- www.walmart.ca
   **Pilates Stretch Bands-** Set of 3/$14.97
   -varying resistance (blue, green, mauve)
   **Toning Bands-** $8.97
4. Canadian Tire- www.canadiantire.ca
   Pilates Stretch Bands- Set of 3/$19.99
   -varying resistance
   Tubing- $17.99

5. Nordon Drugs Ltd.
   1610 Isabella Street East
   Saskatoon, SK S7J OC1
   (306) 374-1585
   RepBand or RepCord
   $.60-$1.75 depending on resistance

6. Flaman Fitness- www.flamanfitness.com/
   120 Robin Crescent
   Saskatoon, SK S7L 6M7
   (306) 978-1999
   Thera-Band- Available by the roll
   *Let them know you are an in motion group to get a discount

7. Sage Senior Resources
   Market Mall
   #67 – A 2325 Preston Avenue
   Saskatoon, SK. S7J 2G2
   (306) 955-7243
   Thera-Band – $1.25-$1.45 depending on resistance
   Tubing - $1.35-$1.45 depending on resistance
   *Let them know that you are an in motion group

Weights

1. Walmart
   Neoprene Dumbells

   2 lb.  $2.26
   3 lb.  $3.26
   5 lb.  $4.96
   8 lb.  $7.96
   10 lb. $9.96

2. Flaman Fitness- www.flamanfitness.com/
   120 Robin Crescent
   Saskatoon, SK S7L 6M7
   (306) 978-1999
   Neoprene Dumbells
   1-10lb. -1.25/lb.
   *Let them know you are an in motion group to get a discount
3. Canadian Tire- www.canadiantire.ca  
   Alex Vinyl-Dipped Dumbbell  
   Starting at $0.99

**Note: These prices are subject to change.

Home Exercise Videos

There are a number of exercise videos and DVD’s available in stores and in libraries. However, it is important to get an exercise video or DVD that suits your physical activity needs so the activity won’t put you at risk. Here are some questions you can ask yourself prior to purchasing one:

- Do the people in the video/DVD look like me?
- Are they about the same age as I am?
- Are they doing exercises I would be able to do?

You can purchase the Winnipeg in motion Older Adult DVD (2009) from Forever…in motion by calling (306)655-2454.

Urban Poling/Nordic Walking

Urban Poling combines the aerobic and strength-building benefits of cross-country skiing with the lower body technique of regular walking. Why just walk when you can Urban Pole? By adding poles, you turn a walk into a full body workout using 90% of the body’s muscles. It is a great activity because it can be performed by people of all ages and almost all fitness levels. Urban poling is a safe, effective, low impact, and inexpensive way to exercise.

Walking with poles has been popular in Scandinavian countries for years and is becoming more popular in North America as people become aware of the many benefits.

**Benefits include:**

- The poles provide additional balance and stability; more evenly distributed weight-bearing and increased confidence during walking for those people who need it (i.e. people recovering from an injury or surgery).
• Using poles promotes a more normal step pattern and encourages a heel-toe stride.
• Walking with poles is a low impact activity reducing stress on the back, hips, knees and ankles.
• Using poles for walking has a significant effect on tolerance for exercise and improved quality of life.
• The use of poles is very effective for core and upper body strengthening as well as improving posture.
• The sport of urban poling is a fun, safe and easy activity for people of all ages.
• Improves coordination
• Increases stride length
• Increases intensity of workout by 20-46% and oxygenates the blood
• Helps prevent falls
• Improves stability in winter conditions

What to consider when purchasing poles:

• Avoid wrist straps (as you are more likely to cause a wrist fracture or thumb dislocation if you fall)
• Constructed of aluminum, carbon fibre or titanium so that the poles are light-weight
• Poles that are height adjustable with locking mechanisms to make sure that they remain stable when you put weight on them.
• Spring-loaded shaft to reduce the impact on the elbows (thus preventing tennis elbow)
• Have a comfortable and wide enough grip. Avoid plastic handles as they are cold in the winter and slippery in the summer when hands tend to sweat
• Always buy poles in pairs
• Costs for urban poles range from $90.00 to $150.00

How do I get started?

Walking is a familiar, inexpensive activity for all of us. Start in small time intervals of 10 minutes. Build up your time gradually so that you don’t get too tired. Especially as you build up your upper body strength. Set a longer term goal to be active in any physical activity at least 30–60 minutes per day most days of the week as recommended by Health Canada.

Canada has a Nordic Walking Association with free membership to join. The website address is www.cnwa.info.
Where to purchase poles:

Brainsport Running Room
616 – 10th Street E (306) 244-0955

Crystal Wright, Certified Urban Poling Instructor  (306)665-8541
Will provide demo and sell poles at your site.

Nordon Drugs
1610 Isabella St E (306) 374-1585

Sage Seniors’ Resources
#67 – 2325 Preston Ave, Market Mall
(306) 955-7243

Pharmasave, (Humboldt)
531 Main St, Humboldt (306)682-2616

Nordic Poles

Canadian Tire
301 Confederation Drive  (306) 384-1212
1731 Preston Ave N (306)373-3666

Eb’s Source for Adventure
1640 Saskatchewan Avenue (306)652-0385

Outer Limits
630 Broadway Ave. (306)374-1663

Note: This may not be an exhaustive list and other places may provide poles. Please check the local Yellow Pages or internet for details of other retail locations of poles.
Nintendo Wii

In the last couple of years, there has been a great deal of attention given to a video game console called the Nintendo Wii (pronounced “we”). The Wii is not like other video games where the player looks at the television screen and plays the game using a finger-controlled unit. The Wii actually encourages physical interaction. The player uses a wireless controller (called a “Wii-mote”). This Wii-mote is a hand held pointing device that detects movement and speed using an infrared sensor. The player then must be able to make the movements with his/her body (arms, legs and torso) to play the game. For instance, if the player has chosen to play the Wii bowling game, while using the Wii-mote, the player must actually simulate with his/her body, a virtual reality bowling ball delivery on a lane. In 2007, Nintendo (the makers of the Wii) put on a successful exposition for adults 50 and over where the attendees played video games solo and in competitions. These were some of the Wii games they played:

- **Wii Sports**: Players swing the Wii Remote controller like it is a tennis racket, bowling ball or golf club. Attach the Wii “nunchuk” to the remote for two handed play and get ready to play some boxing! There are also fitness tests on this game to determine your physical fitness age through skill testing games.

*If you have not been active for a while, it takes time for your body to adjust*

- **Wii Fit**: Users twist and tilt on the pressure-sensitive Wii balance board accessory to perform an array of fun, fitness-oriented activities, including aerobics, yoga, muscle stretches and balancing games.
- **Brain Age 2: More Training in Minutes a Day**: A lively series of math, reading, music and memorization exercises provide an amusing way for players to keep their minds active.

Older adults with limited mobility can play too. Standing is not required in many of these games, so players can be comfortably seated while they play. It may be important however to do some stretching before you begin.

The British Chiropractic Association suggests the following stretches for Wii participation:

- **Shoulder Shrug** - Slowly shrug your shoulders towards your ears and hold for three seconds, and then relax. This relaxes the muscles in the shoulder and gets your blood flowing into your arms. Repeat 3 times.
- **Wrist Stretch** - Slowly stretch the wrist backwards. Hold for a few seconds then slowly stretch it forward. This exercise prevents tightening of the wrist. Repeat 3 times.
- **Make a Fist** - Hold the arm at right angles from the elbow. Make a fist and tense it, and the whole of your arm. Hold for 2-3 seconds, then relax and let the arms flop to your side. This will help the blood flow and tone the muscles. Repeat 3 times.
- **Neck muscle stretch** - Try to make a double chin, to stretch the muscles at the base of the neck. Hold for 2-3 seconds. Remember to stretch very slowly. Repeat.
- **Lower Back Loosen** - Stand with your feet shoulder width apart, move your hips to the left and right 5 times, then forwards and backwards 5 times.

The Wii is being used in rehabilitation sites, long term care homes and private care because not only are these games fun, the benefits of playing the Wii are numerous. These games get people off the couch and have been shown to improve hand-eye coordination, functional endurance, balance, coordination, memory, concentration and problem-solving skills. The game can also boost energy levels and increase confidence and self-esteem. Anyone can play and no experience is necessary to participate.

There are a few safety precautions to be aware of such as seizures, repetitive motion injuries, eye strain, electric shock, motion sickness, radio frequency interference, laser device, console damage, TV screen damage and battery leakage. For further information on these precautions, you can visit Nintendo’s site: [http://www.nintendo.com/consumer/wiisafety.jsp](http://www.nintendo.com/consumer/wiisafety.jsp).

The Wii can be purchased at department or electronic stores or ordered off the internet. Everything you need to begin playing comes with the Wii including a Wii sports game. Other games are extra. You can also buy extra Wii-motes so that you can play with friends or family.
Goal Setting

Now, get started! To help achieve success, experts suggest that setting a goal can help to add physical activity to your daily life. A goal can help motivate you and is useful to see progress.

1. Set your physical activity goal that is specific.
   - I want to dance at my grandson's wedding and I need to increase my leg strength and stamina in order to do this.

2. Choose an activity you will enjoy.
   - Try walking at the mall or water exercise.

3. Write down your action plan and post it on the fridge so you can see it everyday.
   - I will walk in the mall three (3) mornings a week... Monday, Wednesday and Friday.
   - I will sign up and attend the Forever...in motion class at the Leisure Centre two days per week...Tuesday and Thursday.
   - I will dance in the kitchen to good music whenever the spirit moves me!
   - I will continue to do my stretching exercises every morning and at bedtime.

4. Keep track of your progress and record your activities in a diary or calendar.
   - Use the Physical Activity Log provided on the next page to make photocopies to use all year round.

5. Evaluate your plan.
   - Is the plan working for you?
   - Is it too simple?
   - Too hard?
   - Too much?
   - Do you feel better?
   - Are you making progress in reaching your goal?

6. Celebrate your success!

Make changes to your plan if you need to to help you achieve your goal.
Keeping a daily log of your activity is a great way to keep track of your progress! It can help motivate you to keep going as well as seeing how well you have progressed. Post your log sheet in an area where it will remind you to get up and get “in motion”.

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Month:  
Distance:  
Time:  
Steps:  

WWW.SCOA.CA/GLOBEWALK

City of Saskatoon

Saskatoon Seniors’ Globe Walk

Forever…

in motion

Saskatoon Senior Fitness Association

Positive Aging for All

Investors Group

INVESTORS GROUP FINANCIAL SERVICES INC.
Reducing Falls & Preventing Injuries

The Saskatoon Health Region defines a fall as “an unexpected event that results in a person coming to rest on the ground or lower level with or without injury”.

This would include:
- Falls where the person is unable to explain the event but there is evidence that a fall occurred;
- Falls where the person is eased to the floor or lower level by another person.

Falls are the leading cause of fatal injuries among senior Canadians and account for more than half of all injuries among seniors. One in three older adults over the age of 65 will experience a fall each year, and half of those over 80. In fact, for people over 65, falling is the most common life-threatening hazard. Falls represent a major threat to the health status and independence of older adults. The good news is that falls are predictable and preventable. Don’t let the fear of falling prevent you from being active because inactivity will actually increase your risk of falling.

Fear of Falling—a Vicious Cycle

Some risk factors may include:

**Personal:** Having had a fall in the past year, not being physically active 30 minutes/day, changes to bone and muscle strength, changes in balance and reaction time, changes to hearing and vision, sleep disturbances, dizziness, weight gain, chronic conditions, multiple medications or not using medications as prescribed, not taking Vitamin D, poor diet, use of alcohol or drugs, rushing, reaching too far, improper clothing and footwear, incontinence and urgency, risky behaviors and fear of falling.

**Environmental:** Slippery floors, spills, scatter rugs, bathtubs, stairs, dim lighting, clutter, extension cords, icy sidewalks, uneven surfaces, bad weather, rush hour traffic, darkness, speed bumps and ladders.
Physical Activity and Falls Prevention

Being physically active helps to prevent falls by improving strength, balance and coordination. Even if people begin in later life, physical activity can result in significant health improvements. Physical activity can help reduce the risk of injury by improving range of motion, building stronger bones and muscles, and improving heart and lung function. As the body ages, our bones tend to become brittle and fragile which can easily cause fractures. Fractures can result from a fall. Physical activity and adequate calcium and Vitamin D are important for strong muscles and bones.

How can you prevent a fall?

Three Steps to Preventing Falls:

1. **Be aware** - Look around you. Learn to recognize risk. Anticipate where problems might occur.
   - Ensure exercise areas are well lit, non-slip, clean and uncluttered.
   - When walking outside, be aware of your surroundings and watch where you step.
   - Don’t skip meals: it can cause weakness and dizziness.
   - Drink plenty of water to prevent dehydration and eat a healthy balanced diet to provide nourishment and fuel for your body and mind.
   - Reduce clutter around your home such as loose cords and scatter rugs.

2. **Be safe** – Take steps to lower your risk. Remove hazards in your home. Ask for help when necessary. Use canes and walkers if they have been recommended for you. Compensate for some of the physical changes which occur in the body with aging by moving more carefully.
   - Discuss your medication and over the counter supplements with your doctor or pharmacist.
   - Select shoes with non-slip soles that are not too big or too small for your feet. Wear supportive shoes while you are exercising.
   - Use safety equipment such as canes, walkers, grab bars, elevated toilet seats, seated showers or bathtubs, and bath mats.
   - Have your vision and hearing checked regularly.
   - Have a falls emergency plan. This may include having a personal response system or buddy system especially if you live alone.
   - Use a night light or flashlight by your bed, make sure your lamp or light switch can be easily reached without getting out of bed.
   - Get up from your bed or chair slowly, getting up quickly can make you dizzy.
➤ Store heavy items in easy to reach places.
➤ If you fall, try to land on your buttocks and don’t rush to get up.
➤ Do not rush to get up and answer the phone, subscribe to call display.
➤ Paint outdoor steps with a mixture of sand and paint for better traction.

3. Be active - Maintain a healthy lifestyle which includes regular physical activity to keep bones and joints in good health.
➤ Be physically active for at least 30 minutes every day. Make sure that you include a balance and strength component.
➤ It is best to start an exercise program slowly. As you get stronger, gradually increase the amount and the frequency of exercise.
➤ Exercising in water is gentle on the joints in your body. Water also acts as resistance, therefore strengthening the muscles in your body and improving your balance.
➤ Walking at a comfortable pace can improve your balance.
➤ Avoid wearing reading glasses when exercising or using stairs.

*Used with permission from the Saskatoon Falls Prevention Consortium.

Hip Protectors

Facts about Hip Protectors:
• Hip protectors are designed to be worn like underwear and protect the hip bones during a fall.

• They can be worn over incontinence briefs if necessary and are washable.

• Hip protectors are most effective when worn all the time including nights.

• Hip protectors may take a little getting used to, just like bicycle helmets, seatbelts, or even eyeglasses. However, in time, hip protectors may become your “hockey pads in the game of life”!

• There is an excellent video( produced in part by Simon Fraser University) about the benefits of hip protectors located at: http://www.youtube.com/watch?v=sjQC43VJNw8&feature=player_embedded#at=16

Note: Hip protectors are not for everyone. They are intended for those who are at higher risk of falling or have osteoporosis.
What to do if you fall - Plan of action

1. Rest. Falling is a shock.
2. Think about your next move.
3. Are you hurt or unable to get up?

<table>
<thead>
<tr>
<th>YES</th>
<th>Plan One - comfort plan</th>
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<tr>
<td></td>
<td>Attract attention</td>
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<td>Use your medical or personal alarm.</td>
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<td>Try to shuffle to the phone.</td>
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<td>Bang on the wall or floor or use a stick to wave at the window.</td>
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<td>Shout for help.</td>
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<td>Keep warm</td>
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<td>Use bedding, coat or tablecloth to cover your feet and legs.</td>
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<td>Keep moving</td>
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<tr>
<td></td>
<td>This helps to relieve pressure areas.</td>
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<td>Keep your feet and hands moving to help circulation.</td>
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<th>NO</th>
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<td>Roll onto your side.</td>
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<td>Push up into sitting position.</td>
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<td>Turn onto your hands and knees. Crawl to the nearest suitable furniture, e.g. bed, chair, sturdy stool.</td>
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<td>Place your hands on the surface.</td>
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<td>Sit. Rest. Then tell someone you have fallen.</td>
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<td>Lean forward and push up onto the forward leg and into standing position.</td>
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<td>Place one foot flat on the floor.</td>
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Self-assessment Checklist for Falls

Please check off the statements that are true for you

☐ I am 65 years or older.
☐ I have fallen in the past 12 months.
☐ I take less than 800 IU of Vitamin D₃ per day.
☐ I have experienced a broken bone at least once since I turned 40 years old.
☐ I am taking more than three medications each day.
☐ My fear of falling keeps me from doing the things I enjoy.
☐ I drink less than eight cups of fluid each day.
☐ I often have to rush to the bathroom.
☐ I have not had an eye exam in the last two years.
☐ I sometimes lose my balance when I walk.
☐ I have been advised to use a walker or a cane to get around safely.
☐ I feel dizzy when I change positions, such as from sitting to standing.
☐ I exercise less than 30 minutes a day.
☐ There are hazards in my home that could cause me to lose my footing or balance.

If you have checked three or more of these statements, we urge you to talk to your health-care professional about changes you can make to reduce your risk for a fall and injury.

Now it is time to check out the home safety checklist and exercises that follow and take some time to be safe and active!

Home Safety Checklist

Bathroom
Is there a non-slip mat in the tub? Yes No
Do you have a grab bar installed in the tub area? Yes No
Is there a non-slip mat beside the tub? Yes No
Are floors kept dry? Yes No
Do you use non-slip wax (or no wax) on floors? Yes No

Kitchen
Are floors kept clean and dry? Yes No
If rugs or mats are used, do they have non-slip backing? Yes No
Do you have and use a sturdy step stool to reach upper shelves? Yes No
Bedroom
Are floors kept free of clothing and shoes? Yes No
Do you use a night light or other source of light for when you get up at night? Yes No

Halls and Stairs
Are stair or hall rugs tacked down? Yes No
Do scatter rugs have a non-slip backing? Yes No
Are halls and stairways well lit? Yes No
Are steps, stair coverings and railing kept in good repair? Yes No
Do all stairways have a sturdy handrail? Yes No
Are stairs kept clear of loose objects? Yes No

Basement
Is the basement area well lit (including stairs)? Yes No
Is there a sturdy handrail on the basement stairs? Yes No
Is the basement floor kept free of laundry, tools, etc? Yes No

 Entrances
Are sidewalks, steps, porches and entries kept free of clutter? Yes No
Are sidewalks, steps, porches and entries kept free of ice and standing water? Yes No
Are sidewalks, steps, porches and entries kept in good repair? Yes No
Is the entry well lit (including steps)? Yes No

Outdoor Areas
Are garden tools stored away after use? Yes No
Are broken sidewalks and driveways repaired promptly? Yes No
Are ladders kept in good repair? Yes No

How did you do? If you answered “no” to any of the questions above, take some time to review what you can do to make that part of your home safer.
**Vitamin D3: a proven “D-fence” against falls**

*A guide for older adults*

Vitamin D3 is important to help maintain strong muscles and bones. Vitamin D levels tend to decrease with age. The sun is one source of Vitamin D3, but is less reliable as we age, and varies with seasons. Taking Vitamin D3 supplements year round is recommended to boost your Vitamin D level, strengthen muscles and bones, and prevent falls and fractures.

**Saskatoon Health Region supports**
- Osteoporosis Canada’s recommendation that adults age 50 and over who are living at home in the community take 800-2000 IU daily of Vitamin D3 supplement year round.

- Doses up to 4000 IU daily of Vitamin D3 for people living in long term care homes. Doses at this level would be on the advice of a physician, nurse practitioner or other health-care professional. Discuss any concerns or questions regarding dosages with your health-care provider first.

**Are there any side effects to taking Vitamin D3 supplements?**
- Doses taken at recommended levels or under the advice of a health-care practitioner can be taken safely.

**Should people have their Vitamin D level tested?**
- Testing for Vitamin D levels is not routinely done before taking the supplement. Research studies show many older Canadians are Vitamin D deficient.

**Will supplements interfere with any of my other medication?**
- How Vitamin D3 is absorbed may be affected by certain medications. Talk to your pharmacist, physician or Nurse Practitioner for more information.

**How long will I need to take a Vitamin D3 supplement before I will notice a difference?**
- Some people will feel a difference right away, others may not feel a difference, but their bones and muscles will! Vitamin D3 may take several weeks to reach beneficial levels and is recommended throughout the year.

**How does Vitamin D3 work to reduce the risk for falls and fractures?**
Vitamin D3 has been shown to:
- Improve muscle strength,
- Improve balance and mobility,
- Help maintain strong bones by assisting with calcium absorption.

**Are there any other health benefits of taking Vitamin D3 supplements?**
- Improved levels of Vitamin D3 have been linked to improvements in many serious chronic
illnesses, such as: rheumatoid arthritis, multiple sclerosis, cardiovascular diseases, certain cancers, diabetes and depression.

**How do I take Vitamin D3?**

- Vitamin D3 comes in a variety of forms: tablet, liquid or chewable. It is your choice which forms to take.
And now for the exercise program…

Before you Begin…

Always make sure to warm-up for 5-7 minutes!!

A Word About Good Posture

Proper Posture

Good posture is important to prevent undue strain and tension to the muscles, joints and bones, as well as to prevent deformity. Good posture is also essential for good balance. Becoming posture aware by correcting posture several times a day and during exercise will result in good posture becoming habitual.

Correct posture is easy to determine. When looking in a mirror from the side, your ear, shoulder, and hip should be stacked directly on top of one another. A normal spine is not straight. However, a line drawn through these three points should be straight.

The normal spine has four curves (when looking at the side of a person). The neck and lumbar areas (lower back) have a natural concave shape, while the upper back and pelvic regions have a natural convex shape. These four curves are what allow us to stand upright and disperse our body’s weight evenly. If these curves become excessive, the spine may be put under too much stress causing pain or injury.
Check posture by standing close to a wall with shoulders and buttocks touching against it. Head should be held high, chin tucked so that head is away from the wall and tips of the ears should be over the shoulders. A hand space hollow should be between the lower back and the wall. Finally the knees should be straight but not locked with heels flat.

Posture is just as important when sitting. Practice proper sitting posture by keeping your feet flat on the floor and refraining from slouching. You can support your lower back with a lumbar supporting chair or pillow, and keep your head and eyes at a comfortable, level position. *Remember* - This applies to driving as well!

Another way to assess your posture is to examine the position of your pelvis while standing. If you think of your pelvis as a bucket of water, a neutral position would be one in which the water is held completely in the bucket. The pelvis can tip forward, which would allow water to pour out the front, or backward, with water pouring out the back. Try to maintain the neutral pelvic position, or keep the water in the bucket, throughout the exercises, whether standing or sitting.
Staying on Your Feet – Home Exercise Program

Before you Exercise
- Ensure you have on good, supportive footwear.
- Clear the space where you will be doing exercises.

Breathing
- Throughout your exercises, focus on breathing through your nose and out your mouth.
- It is important to breathe throughout all exercises.

Warm Up

* Hold each stretch for 5 seconds *

Neck – Head Turn
- Look straight ahead and keep your chin tucked in.
- Slowly turn your head to one side, hold this position, return to the center, then to the other side and hold that position.
- Ensure that your shoulders are pulled back and you are standing or sitting tall with your back straight.

Neck – Head Tilt
- Look straight ahead and keep your chin tucked in.
- Slowly tilt one ear towards your shoulder and hold. Return to center and tilt to the other shoulder and hold.

Shoulder Rolls
- First elevate your shoulders towards your ears, rotate them forward, then lower them downwards in a forward motion 5 times.
- Then elevate your shoulders towards your ears, press them back, then press them downwards in a backward motion 5 times.
- You can do one shoulder at a time, or both at the same time.
Biceps – Upward Reach
- Reach both arms upwards while keeping your back straight and shoulder blades together.
- If you cannot reach straight above your head, reach forward or outward at shoulder level.

Arm Scissors
- Cross your arms in front of your chest at shoulder height keeping your elbows up, starting right over left.
- Next, spread your arms out at shoulder height.
- Then bring your arms in front of your chest with the left arm over the right arm.
- Ensure that you are making large, controlled movements.

Wrist Circles
- Turn your wrists in clockwise direction then switch to counter-clockwise.

Ankle Circles
- Sit with one foot up on a foot stool while the other foot is flat on the floor.
- Slowly rotate your ankle in a circle. Switch ankles.

Strengthening Exercises
*Repeat all exercises 5-10 times*

Arm Lifts
- Lift arms to shoulder height and then slowly lower them back to your side.
- Remember to tighten your stomach muscles and keep your shoulders down and back. This can also be done while sitting.
Shoulder Squeeze

- Stand with your feet flat on the floor, back straight, and shoulders pulled back and down.
- Lift your elbows up and out to the side.
- Breathe out while you draw your elbows back and squeeze your shoulder blades together.
- Hold for 5 seconds then relax.
- Remember not to shrug your shoulders.

Seat Walk

- Sit on a chair and rock side to side by lifting and "walking" your hips forward then backwards.

Sit to Stand

- Use a firm chair with arm rests.
- Bring your feet under your knees and place both hands on your armrests.
- Tighten your stomach muscles and lean forward slightly.
- Slowly stand up by using your arms and legs.
- Stand for a few seconds.
- Reach back and grab the arms of the chair.
- Slowly lower yourself into a seated position.
Toe/ Heel Lifts

- Stand up straight with your shoulders back and down.
- Keep your heel on the floor while you lift your toes then lift up your heels and go up on your toes.
- Do not lock your knees.
- You can hold onto a counter if extra support is needed.

Side Leg Raise

- Lift your leg straight out to one side.
- Keep your back straight and shoulders pulled down and back. Alternate legs.
Back Leg Raise

- Lift your leg behind your body.
- Keep your knee and back straight.
- This exercise also stretches your hip flexor.
- Alternate legs.

Postural Sway

- Stand up straight with your shoulders back and down.
- Slowly sway forward, backwards, and to each side.
- Return to the center each time.
- Do not move your feet.
Marching on the Spot

- Step in one place with your whole foot, by touching with your toes and bringing your heel down softly to the floor.
- You can add in swinging the alternate arm to leg for more difficulty.
- Lift your feet and knees higher for added difficulty.
- This can also be done seated.

Leg Extensions

- Sit in a chair with your back straight.
- Straighten one knee, hold, and then return your foot to the floor. Alternate legs.

Hamstring Stretch

* If you have had hip replacement surgery within the past 3-6 months this exercise is not recommended. Please consult your physical therapist.

- Sit on a chair one foot on a foot stool and the other on the floor.
- Reach forward towards your toes while keeping your back straight.
- Hold for 5 seconds and relax.
- Alternate legs.
Calf Stretch

- Sit forward in your chair with one leg extended before you, with the knee straight and your heel pointed upwards.
- Pull your toes back towards your body until you feel a pull in the back of your leg.
- Hold for 5 seconds.
- Repeat with other leg.

Cool Down

Deep Breathing
- Sit in a chair.
- Take a deep breath through your nose and blow out through your mouth.
- Repeat 5-10 times or until you feel completely relaxed.
Chronic Conditions and Physical Activity

“The weakest and the oldest among us can become some sort of athlete, but only the strongest can survive as spectators. Only the hardiest can survive the perils of inertia, inactivity, and immobility.”

J.H. Bland and S.M. Cooper
Semin Arthritis Rheum: 1984

Regular physical activity and exercise are essential to wellbeing. Some limitations that come along with aging and chronic health problems lead people to believe that exercise is no longer a necessary part of life. On the contrary, exercising and being active can help to keep your joints moving, provide support for the joint by strengthening muscles, and help keep bone and muscle cartilage tissue strong and healthy. A regular exercise program that includes flexibility, strengthening, and endurance exercises lessens fatigue, builds stronger muscles and bones, increases flexibility, improves stamina and improves general health. This is important for good arthritis care. Exercise is an essential part of your treatment plan to help you manage your illness and make everyday activities easier to do. It can also be lots of fun! After several months of exercise, most people report less pain, anxiety and depression.

Self-Management Programs provide practical suggestions and support, which build confidence in coping with the everyday challenges of a chronic condition. The program is designed to help you to learn ways to manage your health conditions, manage pain, deal with frustrations, and help you discover the skills to take a more active role in managing your health. You will meet in a small group for 2 hours once a week for six weeks. Trained leaders assist the group to learn new information and skills, discuss ideas and share experiences.

Contact Information:

Arthritis Self-Management Program
The Arthritis Society 1-800-321-1433
www.arthritis.ca

LiveWell with Chronic Conditions
Saskatoon Health Region
1-306-655-5483

See listing of provincial, regional and local resources to find programs and information for chronic conditions!

Turn the page and try doing the Top 10 Exercises (reprinted with permission from The Arthritis Society) to improve your flexibility!
1. **Ankle Circles**
   - Sit upright in chair with feet stretched out in front. Circle feet in one direction 20 times. Repeat in opposite direction.

2. **Heel/Toe Lift**
   - Sit forward on a chair with feet flat. Lift heels, keeping toes on floor, then lift toes. Hold three seconds then return flat. Repeat 20 times.

3. **Knee Raises**
   - Sit on the edge of a chair or stool with your back straight. Lift your knee as high as you can without bending your back. You can assist your knee higher with your hands. Keeping your abdominals tight, slowly lower your leg back to the starting position.

4. **Leg Lift with Ankle Movements**
   - Sit upright with back supported. Slowly straighten your knee. With the knee slightly bent, bend the ankle, toes pointing straight ahead. Then reverse to point them toward the ceiling. Repeat.

5. **Shoulder Stretches**
   - Sit or stand with forearms pressed together in front of the body (A). Then, bring your elbows back to the “hands up” position (B), with palms facing forward. Stretch arms overhead as far as possible, keeping your elbows in line with the side of your body (C).
Forward Arm Reaches

Sit or stand with arms at your side with elbows bent and thumbs pointing back toward your shoulders. Stretch arms overhead. If one of your arms is weak, you can help it by placing your hand under the elbow and assisting the arm to the overhead position. Finally, lower arms slowly to the start position.

Shoulder Squeeze & Wrist Stretch

Put palms and fingers together. Hold arms stretched out together in front. Pull hands in toward your chest, making your elbows bend to each side. Press palms together as you move them closer to your body and squeeze shoulder blades together.

Finger Walk & Thumb Circles

Sit with hands on table, fingers pointing ahead. Slide thumbs toward each other. Then slide each finger one at a time toward the thumb. After the little finger has completed the "walk", lift your hands and put them down straight. Then, move your fingers toward the thumb.

Move the thumb in a large circle in each direction.

Hip & Calf Stretch

Stand with arm support against a wall. Place one foot in front of the other and keep your feet apart (shoulder-width) and pointing forward. Keep your shoulder, hip, knee and ankle in a straight line. Keep shoulder and hips square and tighten abdominal muscles. Move forward, bending only at the ankles and keeping weight on the heel of the back foot.

Walking

Take a walk every day. Walking allows you to stretch your back and leg muscles and joints that can become stiff from sitting.
How To …

...Starting a Walking Club—It’s easier than you think!

1. Find people willing to set up the program and motivate others to join. If you have two people you can start a walking club.
   - It may be very helpful to have two or more people to make sure one person is not doing all the work.
   - They should be enthusiastic about the program to make sure it keeps going.

2. Advertise the group and the benefits of walking.
   - See the walking section for the benefits of walking as well as safety and clothing considerations.
   - Advertise in your local newsletter. Consider sign-up sheets at local businesses, phone others that may be interested, and set a time and place for the first meeting.
   - Word of mouth may be the best way to spread the news in a small community!

3. Make some decisions about the walking program as a group:

   When should the group meet?
   - One way to get people involved would be holding the walking group when people have already come together (before or after church, or the same day as meetings or programs at the local seniors centre for example).
   - Consider safety—pick a time of day when it is light out and traffic is low.

   Where should the group walk?
   - **Pick a route that is safe:**
     - Find sidewalks that are usually cleared of snow and ice in the winter.
     - Where there are no sidewalks, make sure the ground is level and free of potholes, and other obstacles.
     - In areas with more traffic, be sure to cross where there are lights or pedestrian crosswalks.
     - Avoid areas where animals are not controlled properly by their owners.
     - Try to locate places to rest along the way (benches, playgrounds). If there are none, consider taking a light folding chair or stool with you.
Consider having more than one route:
- Having two or more routes available may help avoid boredom and keep the group motivated.
- It is important to have a back up plan for bad weather. Ask the school or seniors hall if you can walk indoors when the weather does not cooperate.
- Choose routes that are pleasing to walk along, with nature or wildlife to see along the way.
- Having short and long routes can help motivate people of different abilities to join.

How should the group track their progress?

There are many ways to track the progress of your group and keep motivated towards your goals:
- Record the amount of time you spend walking.
- Record your steps using a pedometer.
- Keep track of mileage - you can figure out how long the route is by driving it with your vehicle or walking it with a pedometer.
- You may want to develop maps for your routes that list time and/or distance to certain landmarks along the way.
- Individuals can use daily progress calendars (like the weekly or monthly logs on pages 42 & 43) to record time, distance and/or steps walked.

What are the goals of the group?

- The group may want to set a time or distance goal to reach as a group to help keep motivated.
- People may also set individual goals for themselves.
- When keeping track of mileage, figure out how far it is to walk to the next town or city and see how long it would take to walk across the province or country!! Put up a map to show how far you have gone.
- Keep track of time or mileage on a bulletin board or seniors centre. You can use a large poster with a thermometer or another suitable image to fill in the progress of the group as a whole, or individual progress charts.

What will be the reward for reaching goals?

This is the fun part! Get creative and keep people motivated with great incentives to keep going:
- Recognize participants and keep track of time or mileage on a bulletin board in a recreation or seniors centre with certificates or plaques.
- Give out prizes to the person with the highest mileage or draw a name from a hat. Prizes could be gift certificates or items from local businesses or sports facilities - many businesses will donate prizes when asked.
- Throw a party to celebrate. You may think about including other fun physical activities such as dancing, and make sure to provide delicious and healthy snacks.
4. Start the walking program.

- Once you have made decisions about how the group will work, it is time to start walking!
- Safety first—refer to the safe exercise (pages 8-11), reducing falls and preventing injuries (page 44) and walking sections (page 20) in this guide before you start the program.
- Remember group etiquette—respect the pace of the group and warn others of obstacles ahead.
- Include a warm up and cool down before and after the walk. Walk slowly for the first and last five minutes of your walk or do some marching on the spot and stretches to warm up and continue moving around slowly and do stretches to cool down as well.
- Start out at a time or distance for the group that everyone is comfortable with and work your way up slowly, it will take time to get used to a new level of activity.
  - To gradually increase the intensity of the walk, walk a bit longer or take more steps according to your pedometer.
  - You can also begin to walk at a slightly faster pace to increase the intensity of the walk, only if needed.
  - Listen to your body and watch for symptoms in others. If you or someone in the group is showing symptoms of pain, dizziness, or nausea, stop exercising and consult a doctor before you continue.

5. Keep people coming back for more!

- Don’t let the enthusiasm fade…try to come up with new ideas to keep the walking group interesting and exciting.
- Continue to promote the group in newsletters or on bulletin boards.
- Encourage everyone to fill in their progress chart, it helps to see how much you have progressed.
- Discuss rewards for reaching your goals ahead of time so you have something to look forward to.
- Ask other people in the group how they stay motivated.
- Try substituting other activities for the group once in a while—try dancing, cross-country skiing, using snow shoes, yoga/tai chi— the possibilities are endless!
- Encourage people to bring some money, walk to a destination for a healthy treat such as a smoothie, and walk back to the start.

Contact Forever…in motion at (306)655-8140 for a copy of How to Start a Walking Club.
…Start a Collective or Community Kitchen

Collective Kitchen Partnership
Phone: (306) 655–5093
Website: http://www.chep.org/ck

- Provides support for groups of people to get together to cook in bulk.
- Offers training and support for people interested in becoming a leader.
- Support in getting a collective kitchen started.
- Newsletters and workshops available as well.

What is a collective or community kitchen?

- A collective kitchen is a small group of people who meet regularly to cook food and divide it up to take home for themselves or their family.
- Every member contributes by planning, preparing and cooking food.
- Benefits include increasing food resources, building social relationships in your community, encouraging healthy food choices, improving skill and knowledge and self-confidence to become more self-sufficient.
- In most groups participants contribute $5 to $10 per cooking session.
- Members of each group decide how their kitchen will function- one group may chose to cook vegetarian food while the other might chose lower fat foods or inexpensive meals. Every kitchen is unique, the group makes the rules.

Go to the following websites for more information on starting a collective kitchen, recipes, listings of cookbooks and manuals you can purchase for detailed information on how you can organize your own group:

Manitoba Regional Health Authority

Food Share
http://www.foodshare.net/kitchen01.htm
http://www.foodshare.net/links01.htm (links to other great websites)

CHEP Good Food Inc.
http://www.chep.org

How to get started:

- Start by having a meeting for people who are interested in joining the collective kitchen. Advertise in local newsletters and businesses. Again, word of mouth is a great way to spread the news.
• At the first meeting, talk about what you want to get out of the group. Having one or more leaders at this point would be a good idea to help control discussion and keep everyone on track.

• In smaller groups, record keeping would be a simple matter of collecting money from participants, paying grocery bills and keeping track of any money that is left over.

• You might want to write up a contact list or a phoning tree to share information with one another.

• Consider buying a cook book that has collective/community kitchens recipes that have already been tested for large quantities and nutrition. Search the internet, contact the local library or check websites recommended earlier in this section.

Some questions for the group to answer may be:

• What kinds of food do we want to cook (i.e. healthy, easy to divide)?
• How many servings does each person need to take home?
• Does everyone get the same amount of food or will some people pay more to take more food home?
• What is the maximum amount of money each person would like to pay and what will our budget be from that contribution each week?
• How often will we get together?
• Will there be a leader or someone who collects money each time or will we take turns leading the group? If we take turns, should we make a schedule?
• How will we do the shopping?
• Does anyone need to arrange transportation to the group (i.e. take turns driving people who need a ride or arrange for a cab)?
• How will we decide what recipes to use each week?
• If the rest of the group would like to try something that one individual does not like or cannot have, how will we solve this conflict?
• How will cooking and cleaning tasks be assigned when we get together?
• How will we buy supplies (buy a basic selection of ingredients to begin with, or buy as needed for each recipe)?
• Where do we have access to a kitchen where we can hold the group (i.e. church or school)? Do we need any extra utensils or supplies that are not readily available in the kitchen we are going to meet in (i.e. the kitchen at the church does not have a can opener)?
• Should we make a list of allergies or ingredients that some people do not like or cannot have and take that into consideration when choosing what to cook?
• Should we have a separate planning meeting in advance of each cooking session?
• Are there food safety guidelines posted in the kitchen we will use? If not, should we make a list to put up?
Before you start each session:

- Ask if everyone liked the last recipe and what would they suggest to make things work better next time.
- It may be a good idea to keep a record of attendance.
- Check to make sure you have all the ingredients.
- Ask people to bring cooking utensils or equipment from home if it is not readily available in the facility you are using.
- You may need to make copies of the recipe for everyone to see. It is a good idea to use plastic page protectors to keep the recipes clean.
- A planning meeting may be useful because it allows time to make a shopping list, find ingredients to substitute to lower fat or cost and estimate the costs of the food to stay within the budget.
- Keep track of ingredients you have on hand to make sure they do not expire and so you know when you will need more.

Great ideas for keeping things fun and interesting:

- You can find healthy recipes online on many of the recommended sites listed in this guide.
- Try doing some activities with other organizations in the community- cook a meal for children in the school one day and spend some time with them, or invite them to join you and learn some great classic recipes from the group.
- Sharing recipes and knowledge with people of different ages and ethnic backgrounds is a great way to connect with the community.
- Contact your local health centre or public health office to get set up with a community dietitian or education on proper nutrition for older adults or chronic conditions like diabetes.
- Ask local businesses for a discount or donation when buying supplies.
- Incorporate other social activities into the group for fun– go out for a healthy snack that someone else prepares when you are done.
- Keep a file of suggested recipes and ones that have been used (could be used in the future to fundraise with a cookbook or a nice gift to present to everyone in the group).
...Start a Community Garden

What is a community garden?
A community garden combines the growing of good food with family fun and outings. People in the community get together to plan and support each other in planting, weeding and harvesting.

Go to the following websites for information on community gardens:

Food Share
http://www.foodshare.net/garden01.htm

CHEP Good Food Inc.
www.chep.org

How to get started:

1. Form a planning committee.
   - Start by having a meeting for people who are interested in organizing the community garden.
   - Many garden groups are organized very informally and operate successfully. Participants will suggest ideas and carry out tasks.
   - However, as the work load expands, it often becomes easier to have formal structure and leadership in place.

   The planning committee needs to:
   - Plan a gathering for everyone who is interested in participating in the community garden. Advertise in local newsletters and businesses. Again, word of mouth is a great way to spread the news.
   - Make a list of what needs to be done and questions to ask the participants of the group.
   - Decide how money will be raised. Consider asking a sponsor to contribute land, tools, seeds, fencing, soil improvements or money.
   - Consider what fees will be charged for a membership.
   - Draft a list of written rules for a participant contract in order to avoid conflict around maintenance and upkeep of the garden.

2. Choose a site.
   - Identify the land owner.
   - Make sure the site gets at least 6 full hours of sunlight each day.
   - Do a soil test for nutrients and heavy metals.
   - Consider how close a water source is.
   - Try to get a lease or agreement to use the land for at least 3 years.
3. Prepare and develop the site.

- Organize volunteers and make a task list for clean up.
- Develop a design for the garden.
- Gather resources (tools, plants, etc). Try and find equipment for free, at a low cost or from sponsors.
- Find a place where tools and other equipment can be stored.
- Decide how big plots will be and label them with each gardener’s name.
- Identify a place where garden events and messages can be posted.
- Detour vandals by making a sign, using fences, and getting to know people close by to keep a watch on the garden.

Questions to ask for organizing the garden:

- What are the conditions for membership (fees, rules)?
- How will plots be assigned? How large will they be?
- How will fees be used?
- What type of garden should it be...Vegetable? Flower? Organic?
- Will the group do some tasks together (turning soil in spring, composting)?
- Should the group meet on a regular basis? What will be discussed?
- Will everyone in the group share tools, hoses and other equipment?
- How will work be shared?
- Should there be a set of written rules? What would they be?
Great Ideas to Become More Physically Active With Your Community:

- Encourage active transportation for short trips (walk or bike instead of drive).
- Participate in fundraising walks such as the Terry Fox Run.
- Develop indoor/outdoor walking paths, convert local halls into walking areas, develop maps of walking paths around your community.
- Track out a cross country ski route or snow shoe route and promote local trails that already exist, identify a good slough or pond for skating and work together with your neighbors to keep it usable.
- Search out unused space and turn it into a group activity area.
- Encourage connections between the local seniors’ organizations and other groups in the community such as the local recreation board or schools.
- Hold recognition activities for people making efforts in healthier lifestyles.
- Apply for national or provincial grants (examples of grants available on page 97).
- Ask your neighbors if they would be more physically active if there were more options available.
Eating Well with Canada’s Food Guide

www.healthcanada.gc.ca/foodguide
Healthy Eating

Eating Well with Canada’s Food Guide

How much you should be eating is based on your age and gender. Try to plan meals and snacks that provide you with the minimum number of servings from each food group. Use the chart below to see how many servings you should be eating every day.

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<tr>
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<th>19 – 50 Years</th>
<th>51 + Years</th>
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<td></td>
<td>Male</td>
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<td>Vegetables &amp; Fruit</td>
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<td>Grain Products</td>
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<td>Milk &amp; Alternatives</td>
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<tr>
<td>Meat &amp; Alternatives</td>
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Planning Meals Using Eating Well with Canada’s Food Guide

Good nutrition is important at every age. Eating well will help you feel your best every day and can help prevent heart disease, diabetes, osteoporosis and some types of cancer.

Aging affects nutrition. As you get older, you need to eat less food (fewer calories) but you need the same amount, or even more, of certain vitamins and minerals. To get the food and nutrients you need, plan your meals using Eating Well with Canada’s Food Guide.

Planning Meals

✓ Plan for three meals and one to three small snacks each day. Skipping any meal, but especially skipping breakfast, will make it difficult to get all the nutrients you need each day.
✓ Choose foods from the four food groups at each meal.
✓ Plan your meals around vegetables and fruit. These foods should cover about half of your plate. The remaining half of the plate should be:
  - ¼ grain products such as brown rice or whole grain pasta
  - ¼ protein-rich foods such as dairy products, chicken, fish, meat, tofu, eggs or beans.
**Vegetables and Fruit**

**7 servings per day**

Choose dark green, bright yellow and orange vegetables and fruit more often as they contain the most nutrients. Try spinach, broccoli, carrots, squash, oranges, cantaloupe and peaches.

**Examples of one serving**
- 1 medium sized piece of fruit or vegetable (e.g. apple, banana, carrot).
- 125 mL (½ cup) fresh, frozen or canned fruit or vegetables.
- 125 mL (½ cup) cooked leafy vegetables.
- 250 mL (1 cup) raw leafy vegetables.
- 125 mL (½ cup) fruit or vegetable juice.

**Grain Products**

**6-7 servings per day**

Grains provide you with energy, fibre and some important vitamins and minerals. At least half of your daily grain choices should come from whole grain products, such as oatmeal, brown rice, whole grain wheat, pot barley, bulgur or buckwheat.

**Examples of one serving**
- 1 slice of bread.
- half a bun, bagel, pita, tortilla or naan bread.
- 30 grams cold cereal. That’s about 1 cup depending on type of cereal. Check the food label.
- 175 mL (¾ cup) cup hot cereal.
- 125 mL (½ cup) pasta or rice.
- 1 medium (35 grams) bannock.
Milk and Alternatives

3 servings per day
Milk products contain calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products more often.

Examples of one serving
- 250 mL (1 cup) skim, 1% or 2% milk, or fortified soy beverage.
- 50 g (1 ½ oz.) cheese.
- 175 mL (¾ cup) of yogurt or kefir.

Meat and Alternatives

2 to 3 servings per day
Meat and Alternatives are good sources of protein, iron and B vitamins that are key for keeping your muscles strong and your immune system healthy. Choose lean meats, fish and poultry, and alternatives such as dried beans, lentils and peas more often.

Examples of one serving
- 75 g (2 ½ oz.) meat, fish or poultry (about the size of a deck of cards).
- 175 mL (¾ cup) tofu or cooked beans, chickpeas or lentils.
- 2 eggs.
- 30 mL (2 tbsp) peanut butter.
- 60 mL (¼ cup) shelled nuts and seeds.

Oils and Fats

Include a small amount (30-45 mL or 2-3 tbsp) of unsaturated fats each day. Examples of unsaturated fats are oil (such as canola, olive or soy), salad dressing, non-hydrogenated margarine and mayonnaise.

Limit butter, hard margarine, lard and shortening, which are higher in saturated fat and/or trans fat.
Other foods

Limit foods and beverages that are high in calories, fat, sugar and salt, such as: jam, candies, chocolate, cakes, pies, pastries, cookies, deep-fried foods, fast foods, chips and pretzels.

Fluids

Fluids are essential to life, yet many seniors do not drink enough. As we age, our sense of thirst declines so we need to drink regularly whether we feel thirsty or not. To stay hydrated, sip fluids often during the day and with each meal and snack. Satisfy your thirst with water first, but remember that juice, milk, soup, tea and coffee also count towards your total fluid intake.

Canada’s Food Guide suggests adults age 50+ take a daily vitamin D supplement of 15 µg (600 IU). Talk to your doctor, registered dietitian or pharmacist before taking any other supplements since they may interfere with some medications.

You can get a copy of Canada’s Food Guide by calling 1-800-622-6232 or by visiting www.healthcanada.gc.ca/foodguide

*For more information visit Canada Health website at: www.healthcanada.gc.ca/foodguide
Useful Cookbooks

These cookbooks are available through the Saskatoon Public Library:

**Simply Great Food**
250 quick, easy & delicious recipes
Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
(2007)

**The New Canadian Basics Cookbook**
Carol Ferguson with Murray McMillan (1999)

**125 Best Microwave Oven Recipes**

**400 Best Comfort Food Recipes**
Johanna Burkhard (2006)

**Fast & Easy Cooking**
Johanna Burkhard (1998)

**Healthy Eating for Seniors**
BC Ministry of Health
Handbook with information to help seniors make healthy eating choices. Included are recipes, nutrition knowledge, tips to stay active, and stories from other seniors.

Order from The Queen’s Printer (Victoria, BC)
**Phone:** 1 (250) 387 - 3309
**Email:** QPPublications@gov.bc.ca

**The Basic Shelf Cookbook**
Canadian Public Health Association.
Revised and updated 1994.
Price $7.50
This cookbook is recommended for seniors living alone on a limited budget, with limited storage space, or unable to shop for groceries often. The recipes are made from one list of low cost, nutritious ingredients which can be kept for a long time without refrigeration.
Order online from the Canadian Public Health Association.
Living Simply
By Association of Saskatchewan Home Economists (Saskatoon).

This cookbook offers easy recipes for first time cooks. It is a great handbook for anyone who is assuming household tasks that are unfamiliar to them. Included is practical information on basic skills such as cooking meals, grocery shopping, storing food, cleaning, and laundry. It gives suggestions for dealing with loneliness, settling estates, handling money and basic vehicle care and upkeep.

Price: $10.00 (Postage is an additional $10)
To order phone: (306) 652-2255
Pick up available at The Saskatoon Council on Aging
2020 College Drive, Saskatoon