



Forever...in *motion*



Motivation—the Key Ingredient to Success!

By Kimberly Willison, Recreation Therapist, Community Older Adult, Saskatoon Health Region

As summer finally begins many **Forever...in motion** groups will take a break. But I hope that you are all still trying to be as physically active as possible. I know that being motivated to exercise is sometimes hard to do. Here are some ways that might help you to continue being active this summer:

- **Now that it is nicer outside, enjoy it!** Go for a walk, do some gardening, walk around one of the many summer festivals offered this summer anything to be active outdoors. It will make you feel better and the vitamin D from the sun will also perk you up.
- **Do things that you enjoy!** If you like walking, dancing or yoga...(you get the idea), go for it as part of your regular day. Make it fun and it won't seem like a chore. Try to be active each day.
- **Write down your reasons to be physically active.** Sit down and write a list of all the reasons you think that you should be physically active along with your specific, reasonable goal and time-frame. Try setting a goal to do 10 min. worth of activity 3 times throughout the day then gradually add to the time.
- **Find an exercise buddy.** People who exercise with a friend are more successful at exercising consistently, especially one who is at about the same stage as you. Watch each other, help and encourage each other, rejoice and enjoy the company. You will begin to rely on each other for moral support and accountability.
- **Exercise in the morning, try for 6 days per week!** People who exercise 5 to 6 days a week, *in the morning* are much more likely to stick with the program and reap the benefits. Morning exercise awakens the metabolism and senses and kick starts your day. (cont page 4)



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Nibble Notes

by Val Irvine, Public Health Nutritionist

Are You Sodium Savvy?

Sodium is found in table salt and occurs naturally in some foods. The most common source of sodium (77%) is in processed foods. Only 12% occurs naturally in food. Salt added at the table accounts for 6% while adding salt in cooking is 5%.

Our bodies need some sodium to regulate fluids and keep muscles and nerves working well. On average Canadian adults consume 3400 mg of sodium daily. Health Canada and Blood Pressure Canada recommend lowering our intakes to 2300 mg/day. Lowering sodium is effective in lowering blood pressure and can help reduce risk of stroke, heart and kidney disease. Over 53% of adults 60 -79 years have either high blood pressure or are on medications to reduce their blood pressure.

How can you reduce your sodium intake?

1. Read labels for sodium content. All packaged foods must have a *Nutrition Facts* table that lists sodium content in both mgs and % DV for a given serving size. The % DV is based on 2300 mg/ day. Choose foods with lowest %DV.

5% DV: low in sodium

10% DV: moderate in sodium

20% DV is high in sodium

2. Use less salt in cooking and add other spices at the table. Experiment with fresh herbs or any dried herbs without salt in the name such as garlic powder not garlic salt.

3. Request more low sodium foods from your grocery store as well as contacting food companies for more options. You should be able to find sodium reduced soups and broths, some canned fish and vegetables as well as soy sauce which are very high in sodium. Health Canada is working with the food industry and will be setting new targets for amounts of sodium allowed in food products.

Reducing sodium is only part of the picture to reduce your blood pressure and improve your overall health. Other lifestyle habits include eating more fruits and vegetables, limiting alcohol to less than two drinks a day for men and one drink/day for women, continuing with aerobic exercise and losing weight if appropriate. The bottom line is to stay active, eat well and take care of your health.

Aging Gracefully

Jo Ann Walker Johnston, Senior Physical Therapist, Saskatoon
Health Region



When Do Older Adults Fall?

Having a fall is a shock to your system. For many older adults, it is also hard to accept and to admit. There are a number of reasons why people fall and some of these reasons can be very complex. If you have had a fall, it is important to ask yourself—Why do I think that I fell? If you are able to answer this question, it will be easier for you to start to understand what your own personal fall risks factors are. If can identify them, it will help you to change the risk factors that you can and to develop a personal safety plan. If you aren't sure—it may be something to consider talking to your doctor or healthcare provider about as there may be an underlying medical issue that you might be unaware of— for example low blood pressure.

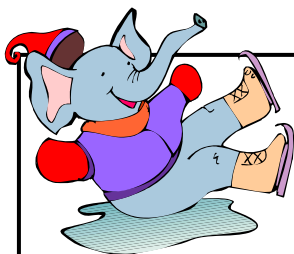
When we have a fall it is not surprising that it can be quite a shock to us, not only emotionally but physiologically as well. In other words, it is a shock to our system in a couple of ways and we need to give ourselves time to let this play out a bit before we make our next move. One very important part of the ***Staying on Your Feet*** – Balance and Education program is to help participants recognize the need to understand and develop a safety plan for themselves for “What to do If You Fall”.

Education is key to understanding and changing the way we do things. Understanding why certain skills and exercises are important goes a long way to help make behavioural changes and reducing personal fall risk factors. I look forward to hearing from you with any questions and/or requests on how to have the ***Staying on the Feet***—Fall Prevention, Balance and Education program in your facility.

Contact: Jo Ann Walker Johnston
Community Fall Prevention Project
103 – 310 Idylwyld Drive North
Saskatoon, Sask. S7L 0Z2
655-3418

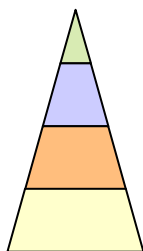
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When do Older Adults Fall?

- When standing up too quickly
- When rushing, turning, bending down and reaching
- When changing direction too quickly
- When choosing not to use a walking aid for support if recommended



Motivation—The Key Ingredient to Success! (cont. from Page 1)

- **Take time for you.** While many people make time to take care of others (grand kids, spouse, other family, friends), they don't often make time to take care of themselves. Instead, make your "you" time a priority, and don't miss that exercise appointment.
- **Know the benefits of exercise. We are more motivated to do things that we will benefit from. The more we benefit, the more motivated we are.** For example, if I told you I'd give you a million dollars to take a 30-minute walk tomorrow morning, would you do it? You bet you would! The benefits of exercise aren't quite that compelling, but they are pretty motivating! You will benefit tremendously from consistent exercise. For many people, that's very motivating!
- **Reward yourself!** I love chocolate so I tend to reward my self with a bite at the end of the day if I have exercised...I don't exercise then I don't get the chocolate. Another way I have heard of was to put \$2 into a jar every time you work out. At the end of each month or couple months treat your self to a new outfit, new book or what ever you maybe wouldn't spend on your self normally.
- **Write down your exercise time (minutes) and activity each day on a calendar.** Keep a running total for the month and year. Have it on the fridge or wall that you and your family can see on a regular basis to see how you have progressed.



Resources and Events to be Aware of...

Forever...*in motion* Leadership training will be offered **September 2, 7, 14, 16, 21, 23, 28, 2010 from 1:30—4:30**. Learn how to lead a safe physical activity and exercise program for older adults that includes flexibility, endurance, strength and balance. There is also a falls prevention component offered within this training as well.

Location: Community Room (right of the Pharmacy), Greystone Co-op, 8th Street East.

Cost: \$25.00 to cover the cost of the materials.

Register: Contact Brenda Chomyn @655-8140 by August 26, 2010.

Interested in learning ways to Stay On Your Feet and prevent falls? The City of Saskatoon in partnership with **Forever...*in motion*** and the Saskatoon Health Region will be offering the ***Staying On Your Feet—Falls Prevention, Balance and Education*** program this fall. Watch for the City of Saskatoon Fall Leisure Guide for more details.

The City of Saskatoon will be offering the Saskatchewan Parks and Recreation Association (SPRA) **Older Adult Fitness Training** on October 2, 3 from 9—5:00. For more information and how to register, watch for the City of Saskatoon Fall Leisure Guide.

Try **Zumba Gold** (for Older Adults) led by Faye Katzman:

Shaw Center Thursdays at 6:00—7:00 p.m. from September 16—December 2

Lawson Civic Center Wednesdays @10:30—11:30 a.m. from September 22—November 24

YMCA Tuesdays @ 5:30—6:30 from September 14—November 30

*Facility fees apply

Saskatoon Council on Aging will be hosting a number of events:

- The Senior's Walk during Seniors Week on September 29 starting at 10:30.
- Bus Tour on August 25, 2010 to Herschel Ancient Echoes Interpretive Center and Prairie Fibre Mill.
- Seniors Serious About Swimming—YWCA. Lessons are free for seniors over the age of 65. June 28—July 23 and July 26 to August 20. For more information, contact Fitness on 25th @244-0944.

Contact SCOA for more information @ 652-2255.

The women's Mid-life Health Center of Saskatchewan is hosting a headache and skin issues Forum at Elim Tabernacle on September 30 from 7—9 p.m. Contact 978-3888 for more info.



Now Available!!!
Forever...*in motion* DVD with Manual
for Forever...*in motion* Leaders

This DVD and accompanying Manual offers ideas and suggestions on how and what to include in your exercise program so that you are leading a program that is safe for your participants.

This DVD and manual are a great resource that can be used to help design a program that includes the endurance, flexibility and strength and balance components as recommended by Health Canada.



Cost: \$15.00

To order your copy, contact:

Brenda Chomyn

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In motion is a health promotion strategy with a focus on physical activity. Our vision is that all the citizens of Saskatoon Health Region will include regular physical activity into their daily lives to achieve health benefits.

In motion's founding partners include:

- * Saskatoon Health Region
- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION

For more information on the Older Adult targeted strategy, **Forever...*in motion*** contact Janet Barnes @655-7874.