



Fall...*in motion*

October, 2009



Information Tool Kit



What is Fall...*in motion*?

Fall...*in motion* is an annual event that encourages members of our community to be physically active. There are three elements to the **Fall...*in motion*** campaign; the GINORMOUS WALK, The Get Moving Campaign and the **Fall...*in motion*** month.

1. The GINORMOUS Walk Friday, October 2nd

The GINORMOUS Walk is the kick off event that encourages people to start making physical activity a part of their daily lives. Although it is called a 'walk', any type of physical activity will do.

- ⇒ On your own: Be active for at least 30 minutes in any way during that day and then register your activity on the in motion website (www.in-motion.ca) Last year, over 22,600 people registered their activity and this year our goal is to beat that record
- ⇒ Or at River Landing: Everyone is invited to join us at River Landing for a community walk or run along the Meewasin Trail for 30 minutes. Schools, workplaces, community groups, families and individuals are all encouraged to meet at the River Landing Amphitheatre and after a short welcome, we will make our way towards the university bridge in a brisk walk, or going south for the run
- ⇒ In your neighbourhood: You can plan your own neighbourhood walk or event. Get your friends and neighbours together and plan a 30 minute walk. Then get together for a pot-luck supper, or just some healthy treats and socializing
- ⇒ In your Community: if you are in a rural area, or smaller town or city, get a group together and plan a community walk. See more information on planning an event in this tool kit

Whatever activity you do on October 2nd will qualify you to be a part of this event. By midnight on October 2nd, register at the *in motion* website and record your minutes of activity. If you are in a group or facility, one person may register for a whole group of people. (Please only register once on that day).

Registration will only be open on October 2nd. We will announce our record breaking number the following week on the *in motion* website.



2. Get Moving Challenge—October 3-16th

- ⇒ The two-week *Get Moving Challenge* (October 3—16th) is designed so that you can begin to log your activity and make physical activity a habit. For those people who haven't been active for a while or just getting back into activity, it's a great way to motivate yourself to move
- ⇒ Logging your activity helps you to keep track of how much you are doing and motivate you to do more or to keep going. This should be a kick-start to long-term activity, and not just a two-week commitment
- ⇒ If you have been active, you may want to look at how much activity you are doing and at what intensity level. It's important to challenge your body in a way that continuously overloads it so that your body doesn't get used to one level of intensity. Try to work at a pace that brings your heart rate up so that you are breathing a little harder, your heart beat is faster and that you may even be perspiring a little
- ⇒ The *Get Moving Challenge* Activity logs are available to download off the *in motion* website (www.in-motion.ca) and are also included in this resource
- ⇒ Keep track of your activity for two weeks and submit your logs to *in motion* by either emailing to inmotion@saskatoonhealthregion.ca or by fax at 655-0939, or mail to 701 Queen Street. Please only submit your activity log once by October 22nd. You can also register your two-week activity right on our website
- ⇒ Prizes will be awarded through random draws of received activity logs. Our prize sponsors include: Flaman Fitness, Celebrated Sound, Mawson Health and Fitness, and many other community organizations. Prizes include fitness equipment, gift certificates, fitness gear, memberships and much more! Visit the *in motion* website for complete prize lists and sponsors
- ⇒ Prize winners will be notified by either phone or email.





3. October is Fall...*in motion* Month

- ⇒ October is **Fall...*in motion*** month. Get Moving all month long and take part in a variety of opportunities, events and workshops
- ⇒ We have created a calendar of events for you to use when planning your month

Go For A Walk at 6:00 o'clock

- ⇒ Every Wednesday throughout October, we encourage you to get out into your neighbourhood and go for a walk
- ⇒ This is a great way to meet your neighbours and explore what your neighbourhood has to offer
- ⇒ Community Associations are encouraged to get involved and promote this weekly activity throughout October
- ⇒ There are no registrations, no fees, and no need to let us know. Just get out and get moving!

in motion's



Go for a Walk at 6 o'clock

Every Wednesday
in October at 6:00 pm

Get your friends, family and neighbours together for
the *in motion* neighbourhood walk.
Get out and meet people in your community!

**No registration or sign up sheets!
It's easy and fun!**



*(for an electronic copy of the above to insert in newsletters or flyers,
contact in motion at 655-0936)*

Open Houses at Recreation and Fitness Facilities

- ⇒ Each year, we invite our local recreation and fitness facilities to open their doors for free or for a minimal charge to encourage participants to come in and try new programs and facilities
- ⇒ This component of **Fall...*in motion*** has grown every year with more facilities getting involved
- ⇒ Visit the *in motion* website for a complete listing of Open House participants



Planning an Event



Here are eight steps to follow for planning your community event:

Step 1: Form a Committee

Planning a successful event, depending on what it is, will take a few people on a committee to make it happen. Find out who, in your community would like to participate in the planning - include people of all ages to ensure that the event includes aspects for everyone.

Step 2: Brainstorm

Brainstorm a number of ideas with your committee and others. Once the list is generated, determine what your group is able or capable of doing.

Step 3: Develop a Plan

Once you have a plan in place, write your plan down and give everyone a copy. Some items to consider are number of volunteers, the date, finding a space, food, etc. Develop a timeline and checklist for items to be completed and by whom. Think about a plan "b" if the event is to be held outside and the weather is bad. Determine if you can move the event indoors or modify it so that you don't have to cancel completely.

Step 4: Create a Budget and Set Goals

Plan a budget for your event to determine the event's financial feasibility. A budget will help you identify expenses, as well as expected net proceeds. Determine if you can find in-kind donations or sponsorship for your event. Your goals are an important part of the planning process so you can use them to measure your success. How many people do you want to attract? Are you raising funds?

Step 5: Promote Your Event

Determine who your target audience is for the event, (i.e., families) and then promote it through various channels. Eye-catching posters, emails, Facebook pages, etc. are a great way to get the message out. Promote through school newsletters, community bulletin boards, workplaces and word of mouth.

Step 6: Event Day

Use your checklist the day prior and the day of the event to ensure everything has been looked after. There are often last minute details that may have been over-looked, so be sure there is someone in charge that can take care of those.

Step 7: Post Evaluation

Gather your committee together and discuss how successful the event was. If possible ask participants to provide feedback either through one on one discussions or surveys. Your evaluation will help you decide whether you'll plan another similar event, or may spark energy and enthusiasm to do more events.

Step 8: Say Thank You

Be sure to thank all your volunteers and supporters for being a part of the planning and implementation. Events, no matter how small, tend to take a lot of time and work. Celebrate your successes!



Fall...*in motion*

You're invited to the 2nd annual

GINORMOUS WALK

Friday October 2nd -12:00 noon

It's big, it's large, it's huge, **it's enormous,**

IT'S GINORMOUS!



Are you ready to help
beat last year's record
of 22,600?

*in motion is celebrating
10 years in our community!*

Join us at the Amphitheatre at River Landing at 12:00 noon for a 30 minute walk or run along the beautiful Meewasin Trail! Then...Register and help us beat last year's record!

Can't join us at River Landing? Then just register your own walk (or other physical activity) by midnight on October 2nd at www.in-motion.ca

Help us beat our record from last year of 22,600 registrants! Then stay active and register for our two-week "Get Moving" challenge where you can win fabulous prizes!

Prizes!

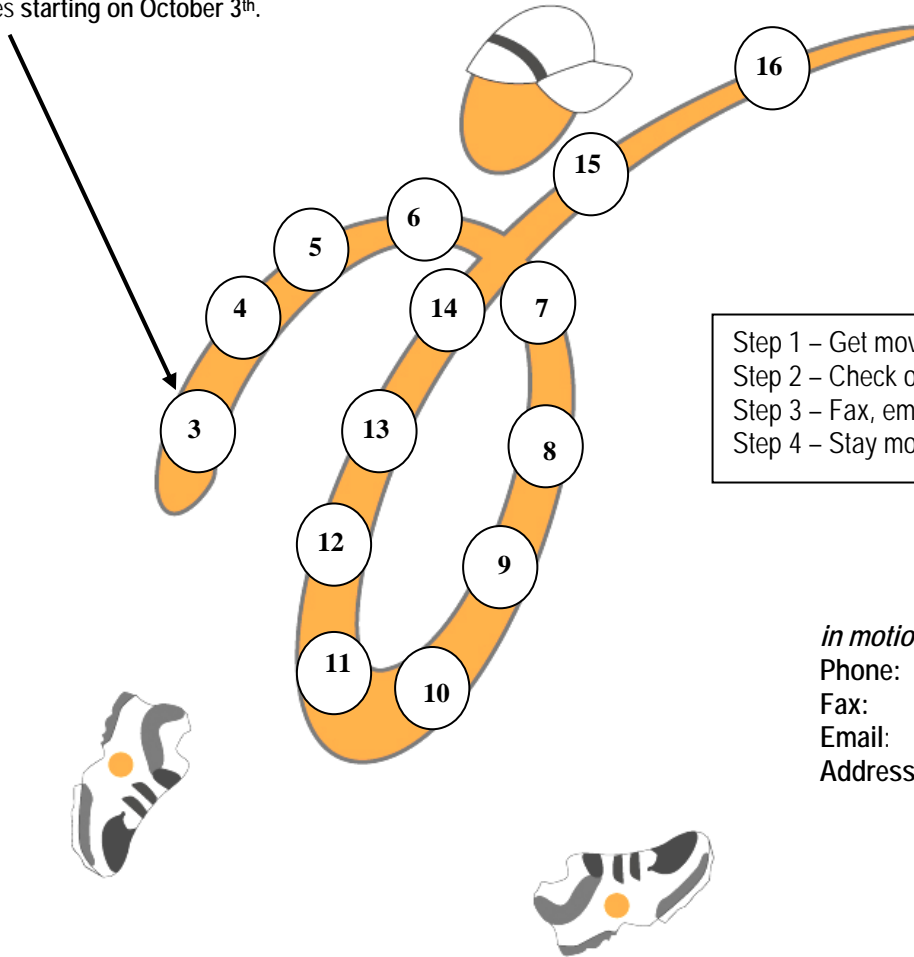


"Get Moving" Challenge

October 3rd – 16th, 2008



Each circle represents 30 minutes of activity. Check off the dates that you were active for a **minimum** of 30 minutes **starting** on October 3th.



- Step 1 – Get moving every day from October 3 – 16th
- Step 2 – Check off each circle on the days you were active
- Step 3 – Fax, email or drop off your activity log
- Step 4 – Stay moving all year long

in motion, Saskatoon Health Region
 Phone: 655- DOIT (655-3648)
 Fax: 655-0939
 Email: inmotion@saskatoonhealthregion.ca
 Address: 202 Avenue C South
 Saskatoon, SK S7M 1N2

Let us know how you were "in motion" from October 3-16th. Did you Get Moving? Send us your stories and pictures and we'll enter your name in for some fabulous prizes!

Name: _____

Address _____

Postal Code: _____

Email: _____ Phone: _____

Here's what I/we did: _____

By participating in this event, permission is given to use your story and/or image in promotional materials. Grand prize winners must live within the Saskatoon Health Region.

Fall...in motion

"Get Moving" Challenge



October Calendar of Events

Be active every day!

Physical activity.. *DO IT for life!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 GINORMOUS WALK	3 Get Moving Challenge Starts
4 CIBC Run for the Cure	5	6	7 Go For A Walk At 6:00 O'clock Walk to School Day	8	9	10
	International Walk to School Week/Family Week					
11	12	13	14 Go For A Walk At 6:00 O'clock	15	16	17 End of Get Moving Challenge
	Open Houses at various fitness and recreational facilities throughout the city—see in-motion.ca					
18	19	20	21 Go For A Walk At 6:00 O'clock	22 Activity Logs Due	23	24
25	26	27	28 Go For A Walk At 6:00 O'clock	29	30	31

"Get Moving" and you could win some fabulous prizes!

After completing the two-week Challenge, simply fax (655-8128) or email the activity log to inmotion@saskatoonhealthregion.ca. Include your stories and pictures and return by Oct. 22nd.

Visit www.in-motion.ca for information and ideas on how to get moving this fall!

Prizes include:

- ⇒ Fitness Equipment from Flaman Fitness
- ⇒ Fitness memberships from Mawson Health & Fitness
- ⇒ One night stay at the Sheraton
- ⇒ Fitness gear
- ⇒ *In motion* prizes
- ⇒ *so much more*

FLAMAN Fitness



The StarPhoenix



Why be active?



Being physically active has many benefits including:

- Increased energy
- Reduced risk of heart disease & stroke
- Weight management and control
- Reduces risk of osteoporosis
- Better muscle tone
- Improved sleep patterns
- Decreased appetite and cravings
- Controls high blood pressure
- Controls depression and mood swings
- Helps with pre-menstrual and menopausal symptoms



Factors that promote lifestyle change:

Goal setting and planning—set SMART goals: Specific, Measurable, Attainable, Realistic, and Timely

Time management and scheduling—schedule activity into your day planner—make it a priority!

Self awareness—know your abilities, but don't be afraid to push yourself a little. You have to challenge your body to see results

Personal preference—find activities that you like to do.. Try a variety of NEW activities so you don't get bored

Habits—Make activity a habit. It may take up to 6 months for a habit to form. Once being active is a habit, you won't want to stop

Knowledge—knowledge is power! Read about fitness, health and nutrition. The more you know, the more confidence you will have

Buddy System—find someone who has the same fitness goals as you—motivate each other!

Incentives—build incentives into your plans. Reward yourself for your successes. Ensure they reflect a positive lifestyle

Support from family and friends—let everyone know what you're doing and ask them to support you in achieving your goals.

Tolerance for relapses—if you get off track, don't worry! Just start again and keep going

Tips for Success:

Set goals—write your goals down and post them where you can see them. Make your goals realistic and easily achieved.

Start with weekly goals, then set monthly and even a yearly goal!

Develop a lifestyle plan—Write down your plan and log your progress. Use the points listed above (factors that promote lifestyle change) to break down barriers. Stick to your plan—**YOU CAN DO IT!**

Make a commitment—Decide that this is the time to make those changes! You may want to write a contract to yourself or with a buddy.

Revise and revisit your plan—Make necessary changes along the way if needed, but revisit your plan regularly to ensure you are staying on track.

Make physical activity a habit—seek support from friends and family!

Reward yourself—within your plan, include incentives and rewards so you can work towards accomplishing those smaller goals first.

Keep it simple and fun—start small, don't try to do too much too soon. Think long-term and think of this as lifestyle changes, not just "getting in shape"

Follow these tips and you will be well on your way to seeing success! Good luck!



in motion™
Physical Activity - do it for life!



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