

in motion Community Newsletter

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DECEMBER 2005

Fall...*in motion* Update: Saskatoon and Region falls *in motion* for another October

Saskatchewan's centennial year has inspired many celebrations around the province. *In motion* celebrated by offering the 100 Minute Challenge. This was the first year for a lead up challenge to the **Fall...*in motion*** campaign. The **Fall...*in motion*** campaign began with a kick off event in South Bessborough Park. Various people attended the event including: employees,

school children, and older adults. The thousands of people there danced continuously for 20 minutes to music from the last 100 years. The creative dances were led by students from *in motion* schools.

Fall...*in motion* continued through the month of October. Residents within Saskatoon and Region recorded their physical activity on a Physical Activity Log and submit-

ted it to *in motion* directly or through a local fitness centre.

This year two grand prizes were chosen. The winner of 2 memberships to the YWCA, a night stay at the Sheraton Cavalier, 2 massages from Foster's Massage, and a bag of *in motion* goodies was Elinor Steeves. The winner of an elliptical machine from Flaman Fitness was Arlene Lazecki.

in motion is CATCHING ON!

- In October the province of Manitoba adopted the *in motion* strategy.
- Abbotsford BC, in the Fraser Health Authority, has been an *in motion* community since February.
- Saskatchewan has been an *in motion* province since April, 2003.

Physical Activity in the Cold

Physical activity outside in a cold climate isn't easy. Here are some tips to help:

- Be aware of your surroundings. Cold also brings icy conditions. Make sure you are safe while being physically active.
- Wear layers. As you warm, take layers off so that as you cool down you can put the layers back on.
- Stay hydrated. During cold weather dehydration can still occur.
- Wear a hat! Cover your head and save body heat.

There are many opportunities for physical activity. Try a new one today!

Hike and Bike Campus Challenge Rolls to an end!

The Saskatchewan Environmental Society (SES) and *in motion* organized the Campus Hike and Bike Challenge. The Hike and Bike Challenge promoted the use of active transportation such as cycling, walking or other ways of moving about using your own energy. The goal of this event was for individuals to reduce their greenhouse gas emissions from motor vehicles while also increasing their physical activity levels.

Students at the University of Saskatchewan (U of S) and at Kelsey SIAS (Saskatchewan Institute of Applied Science and Technology) Campuses

were encouraged to participate in the Challenge by recording the number of active transportation trips they made during a week in September. Three targeted challenges ran throughout the year. Three local bike stores: City Park Cycle, Doug's



Spoke 'n Sport and Bike Universe, donated a bicycle to these challenges. They also donated their time to do approximately 160 free bike tune-ups for Challenge participants at the U of S and at Kelsey.

Overall, 187 people participated and made 3,191 active trips, an average of 17 active trips per person during the Challenge week! As an added incentive for students, staff, and faculty to participate a number of prizes were given away to participants.

The winner of the bicycle was Meaghan Porter. The winner of a pair of shoes from Brainsport was Simon Braun.

Check-out the *in motion* web-site for next year's chance to participate in the Hike and Bike Challenge.



We're on the Web!
www.in-motion.ca

in motion
Saskatoon Health Region

Saskatoon City Hospital
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Saskatoon SK
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Email: inmotion@saskatoonhealthregion.ca

Physical Activity do it for *Life!*

Things to look for:

- Active Transportation presentations to elementary school children designed to encourage physical activity.
- Visit the *in motion* web site: www.in-motion.ca, Events/News, and click on 'General' for more information on the 5 PLUS 5 Challenge
- *in motion* 2006 calendar

Have an "in motion" Holiday

Looking for a unique gift for the Holiday season? How about one that promotes a healthy physically active lifestyle?

Check out our pedometers, toques, and, NEW THIS YEAR, *in motion* awareness wrist bands!

Visit the merchandise section on our web site at www.in-motion.ca

 **in motion**
Physical Activity - do it for life!

A parent's or guardian's level of physical activity influences their children's.

If two parents of a child are physically active, the child is six times more likely to be physically active than a child whose parents are not physically active. If one of



Did You Know?

a child's parents are physically active the child is three times more likely to be physically active.

A stretch should be held for at least 10 seconds to be effective.

Stretching before and after physical activity is recommended to improve performance during activity

and helps improve recovery. Holding a stretch longer improves flexibility. Any stretching is better than none!

You can find many facts about physical activity on *in motion's* web site: www.in-motion.ca. Check it out today!

Nutrition Facts

"Nutrition Facts" is the new information box on almost all packaged foods and is useful in making healthy food choices. The format is consistent from package to package and now features 13 core nutrients for a specific serving size. You can use this information as you scan grocery store shelves to be sure you are getting good nutrition for your food dollars.

| Nutrition Facts | |
|--------------------------|-----------------|
| Per 125 mL (87 g)* | |
| Amount | % Daily Value** |
| Calories 80 | |
| Fat 0.5 g | 1 % |
| Saturated 0 g | |
| + Trans 0 g | 0 % |
| Cholesterol 0 mg | |
| Sodium 0 mg | 0 % |
| Carbohydrate 18 g | 6 % |
| Fibre 2 g | 8 % |
| Sugars 2 g | |
| Protein 3 g | |
| Vitamin A 2 % | Vitamin C 10 % |
| Calcium 0 % | Iron 2 % |

There's no need to feel overwhelmed; just pick one food item for each grocery trip. At the store spend a few minutes comparing 2 to 4 selections for that item. You may be surprised by the differences between similar products! Small changes made at the store

can make big changes to your health.

Cereal is a staple item in most homes and perhaps a good place to start. When selecting cereal, look for varieties with whole grain such as whole wheat or oats in their names.

Choose cereals that have at least 2 grams of fibre, no more than 2 grams of fat and no more than 8 grams of sugar per 30 gram serving. Similar guidelines apply for granola and cereal bars. Look for at least 2 grams of fibre no more than 1.5 grams of saturated and trans fat and no more than 10 grams of sugar per bar. Keep in mind 1 teaspoon contains 4 grams of sugar.

Percent Daily Value (%DV) is another useful tool to use as a guide to determine the amount of each nutrient listed. Calcium is important at all ages. Milk (8 ounces / 250 ml) is a good source of calcium and provides 29% DV. Yogourts vary widely in calcium content and a quick comparison of % DV helps you find the one with more calcium. Some packaged milk pud-

dings contain as much as 10 % DV for calcium while others only 2%. Use % Daily Value to check nutrients important to your health.

Once home, be sure to use the serving size information. Just measure once to see how much the serving size represents. Is your favourite milk glass a full 250 ml serving? Does your cereal bowl hold 2, 3 or even 4 serving sizes? If it happens to be 3 then triple the nutrition information for one serving for a true picture of what you are eating; remembering to triple calories too. Measuring allows you to adjust your serving size if needed.

Healthy eating begins at the grocery store. Why not take a few minutes each week to read labels and put good nutrition in your cart.

Submitted by Val Irvine,
Public Health Nutritionist



Healthy Lifestyles Dept.