

in motion UPDATE



WORKPLACE WELLNESS

It's Time to Fall...in motion!



Make sure to mark on your calendars SEPTEMBER 30—12 noon! We encourage everyone in your workplace to join **in motion** down at Bessborough Park for the 6th annual **Fall...in motion** kick-off.

Following the noon kick-off event we are asking everyone to track their physical activity for 4 weeks during the month of October.

To assist us in making sure everyone has access to an **in motion** activity log, we ask that you take copies home for each family member. Activity logs can also be found on the **in motion** web site.

Throughout the 4 week period, prizes will be given away via the media.

Submit your Activity Log at the end of November 1 when a grand prize package will be drawn for. Don't miss out this year as we will be drawing for a Health and Wellness Package which includes:

- * **Elliptical Cross-Trainer donated by Flaman's Fitness**
- * one night stay at the Sheraton Cavalier
- * 2-1 year fitness memberships from the YWCA
- * 2 bags filled with healthy and wellness goodies

Wow, what a great way to get you and your family "in motion"!

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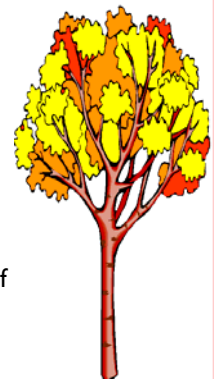
100 Minute Challenge



Between September 19th and 25th, your goal is to accumulate 100 minutes of physical activity. This challenge is a fun way to celebrate Saskatchewan's 100th birthday and is a great warm up to our **Fall...in motion** Stay Active campaign. Here's how it works:

1. Pull out your challenge sheet which is included in this newsletter or you can download the 100 Minute Challenge sheet from our web site www.in-motion.ca

2. Complete 20 minutes of physical activity a day for 5 days
3. At the end of the 5 days you will have accumulated 100 minutes
4. Fax in your Challenge sheet to the **in motion** office (655-8128) by September 27
5. You will be contacted by September 30 if you are our winner of a fantastic **in motion** prize package!



Nibble Notes from Val



Fall Offers a Variety of Vegetables and Fruit

Healthy Lifestyles Department
Public Health Services

During fall, farmer's markets and grocery stores offer a wide variety of reasonably priced vegetables and fruit. The goal is for each Canadian over 4 years to eat at least 5 servings of vegetables and fruit each day. Vitamins, minerals, fibre and plant chemicals in these foods promote health and prevent disease. While some vegetables and fruit cost more than others, many can be bought for about \$0.30 per serving. This means your 5-a-day will cost about \$1.50 per person.

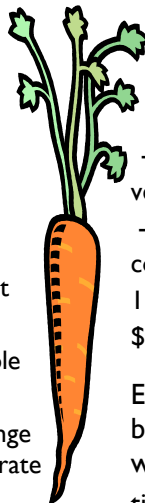
Here are some prices averaged from stores all over the province:

COST OF FRUIT:

- 1 medium apple \$0.34
- 1 medium banana \$0.16
- 1 medium orange \$0.38
- ¼ cup (50 mL) raisins \$0.21
- ½ cup (125 mL) canned fruit cocktail in juice \$0.59
- ½ cup (125 mL) canned apple juice with vitamin C \$0.19
- ½ cup (125 mL) frozen orange juice, prepared from concentrate \$0.12

COST OF VEGETABLES:

- 1 medium potato \$0.22



- 1 medium carrot \$0.15
- ½ cup (125 mL) canned tomatoes \$0.28
- ½ cup (125 mL) tomato juice \$0.19
- ½ cup (125 mL) frozen mixed vegetables \$0.27
- ½ cup (125 mL) canned kernel corn \$0.41
- 1 cup (250 mL) romaine lettuce \$0.22

Enjoy a wide variety of vegetables and fruit now during fall when quality is highest, selection is best and cost is lower.

Go ahead and reach for your 5-a-day today!

Top 5 Tips to Motivate Yourself to Walk

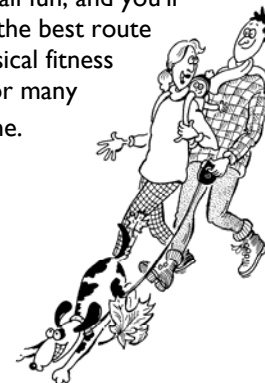
1. **Get a Walking Buddy** Keeping each other motivated no matter what the weather or other excuses is important. The conversation and coffee afterwards are great ways to make even a boring walk a lot of fun.
2. **Register for a Challenging Walking Event** Register for a Charity Walk or an International Marching League Walk that will be a real challenge for yourself. This will motivate you towards a goal knowing that you must train to endure the event.
3. **Walking Gadgets** Pedometers can get you moving because we

all want to know how far we walked, and if we achieved our 10,000 steps for the day. Walking gadgets can make walking a little more fun and give you a reason to get out the door to achieve your next goal.

4. **Keep a Walking Journal** Keep track of your walking minutes, steps, or mileage in a journal. Total up each week to see how you are progressing. Set yourself a reasonable goal and you will find that attaining that goal will motivate you enough to maintain your walking schedule. Join the *in motion* walking club for a personal walking workout! Check out our web site and record all your walking information.

www.in-motion.ca/walkingworkout

5. **Choose the Right Time and Have Fun!** What is the best time to walk? Many people find that if they commit to early morning walks, there are fewer distractions as many commonly pop up in the afternoon or evening. But if you hate mornings and feel most energetic later in the day - that should be your walking time. To stay motivated, analyze your habits and choose the time that will work best for you. Keep it realistic and most of all fun, and you'll find walking the best route to good physical fitness and health for many years to come.



Being Active May Make You A Better Worker



Drowning at work? Maybe you should take a break and get moving. New research finds that busy professionals who exercise during the day feel more productive. They're also less likely to spout off at colleagues and slam down the phone after they've worked up a sweat.

British researchers studied about 200 workers at three sites: a university, a computer company and a life insurance firm. Workers were asked to complete questionnaires about their job performance and mood on days when they exercised at work and days when they didn't.

Participants were free to engage in the physical activity of their choice. Most of them spent 30 to 60 minutes at lunch doing everything from yoga and aerobics to strength training and playing pick-up games of basketball.

Six out of 10 workers said their time management skills, mental performance and ability to meet deadlines improved on days when they exercised. The amount of the overall performance boost was about 15 percent, according to the findings, which were presented this month at a meeting of the Ameri-

can College of Sports Medicine in Nashville, Tenn.

"The people who exercised went home feeling more satisfied with their day," says study author Jim McKenna, a professor of physical activity and health at Leeds Metropolitan University in the U.K.

"We were surprised," he says. "We weren't expecting this amount of effect." All of the study participants were regular exercisers and they already felt they did a good job at work. But many still saw an improvement with exercise.

Any exercise helped

The type of exercise didn't seem to matter. "We could find no difference according to length of exercise or duration or intensity," McKenna says. "You still got the effect no matter what you did."

Participants also rated their moods in the morning and afternoon. And as expected, exercise improved mood, a finding supported by other research, says McKenna. "There's a very strong mood effect with exercise," he says, adding that physical activity can be both energizing and tranquilizing.

During focus group discussions, many of the participants said exercise seemed to help them deal better with the demands and pressures on the job. "After exercise, people adopted a more tolerant attitude to themselves and to their work," says McKenna. "They were more tolerant of their own shortcomings and to those of others." They didn't lose their temper as much, for example, or yell at coworkers or slam the phone, he notes.

Workers in the study also indicated they were less likely to suffer bouts of afternoon fatigue known as the "post-lunch dip" on days when they exercised. "It's the paradox of exercise," says McKenna, "to get energy you have to expend some."

Dr. I-Min Lee, an associate professor of medicine at Harvard Medical School in Boston who studies the effects of exercise, says other research supports the notion that exercise might help people do their jobs better, perhaps by improving mood or easing stress.

Source: preventdisease.com

Healthy Workplace Week — October 24-30

Healthy Workplace Week is a national dedication to companies that have invested in the health of their employees.

Research has shown that healthy employees are productive employees and work-sites are wanting to support and encourage healthy employees.

Through the Healthy Workplace web site you can access many ideas that you and your organization can participate in.

Also, there are long term strategies to assist you in developing a strategic comprehensive approach to workplace health in your organization.

Make sure you check it out!



www.healthyworkpaceweek.ca



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**This newsletter is on
the Web!**

www.in-motion.ca

Look under News

*Physical Activity....DO
IT For Life!*

We've Got Some Great "Stuff"!

PEDOMETERS:

Cost: \$25.00 each



KEY CHAINS: Cost: \$3.00 each



WATER BOTTLES:

Polycarbonate (500ml).

Cost: \$8.00 each



Handle Water Bottle:

Cost: \$4.00 each

PEDOMETER RESOURCE KIT:

All the tools you will need to run a pedometer challenge in your community, school or work-place. Cost \$50.00

For more detailed information or to order any of these items, call **in motion** at 655-DO



IT (3648) or visit our web site at

www.in-motion.ca

Note, prices do not include GST. Discounts for bulk orders are available.



The 12th annual **Investors Group Jingle Bell Run/Walk for Arthritis** takes place in Saskatoon **Sunday, November 20, 2005 at 10:00 a.m.**

Gather your friends, family, neighbours, classmates, dance partner, gym buddy and colleagues and enter this non-competitive, fun-filled, family-oriented fundraiser for The Arthritis Society.

Don a seasonal costume, tie jingle bells to your shoelaces and run, walk, jog or stroll the 5 x 1 KM team relay route or the 2KM, 5 KM, 10KM individual route. New this year is the 1KM SGI Reindeer Challenge for kid's ages 0-13. Join us after the race for brunch and prizes. Entry fees are - \$40 for individuals, \$200 for a team of 3 to 5 people, and \$10 for the Reindeer Challenge.

Contact 244.9922 or clabrash@sk.arthritis.ca for more information or register on-line @ www.arthritis.ca/saskatchewan

In motion is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

In motion's founding partners include:

- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- * Children & Youth
- * Older Adult
- * Workplace Wellness
- * Health Care Professional Referral
- * Primary Prevention of Diabetes
- * Inactive Adults