

in motion

UPDATE



Forever...in motion

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

Make sure to mark on your calendars SEPTEMBER 29—12 noon! We encourage everyone 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 have enclosed a number of copies with your newsletter. 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 1st 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

INSIDE THIS ISSUE:

It's Time to Fall...in motion	1
Living and Staying Well	2
Seniors Week	4
Forever...in motion Physical Activity Guide for Adults 50 and Better	4
Volunteer Data Base	4
Spotlight on seniors	4
Nibble Notes from Val	5
Resources	6

Living and Staying Well

Have you ever thought of what aspects of your life are important for living and staying well?

Many people fondly remember the times when they had small children at home as happy ones. Others might feel they were happier when they had more freedom later on in life.

Living Well

For older adults, living well may be associated with reduced pain. Nagging aches, isolation, and chronic health problems can certainly challenge our quality of life. As a result we may feel tired, alone, and weak physically and spiritually. There are many ways we can beat the challenges in order to live and stay well.

There are many approaches that involve a healthy mix of the following components.

These components include:

- ❖ physical activity,
- ❖ nutritional awareness
- ❖ spirituality or having a sense of purpose
- ❖ stress awareness and management
- ❖ self esteem
- ❖ mutually satisfying relationships
- ❖ environmental awareness.

Physical Activity

It is important to exercise even though you may have chronic pain or health conditions.

If you find it difficult to do endurance or strength exercises or participate in your **Forever...in motion** program, try do some easy stretching exercises 3 times a week for twenty minutes.

If you are able to attend the **Forever...in motion** program in your site but can not do all of the exercises, try to do what you can. The recommendation from the Arthritis Society is if you have pain that lasts longer than 2 hours after exercising, you need to slow down. Remember, speak to your Doctor before beginning a new exercise routine.

Nutritional Awareness

Good nutrition is also important to our well-being. Understanding the importance of nutrition and eating a wide variety of foods from Canada's Food Guide to Healthy Eating benefits our health at all ages. It is especially important for older adults to eat well, as seniors have special nutrient needs.

We are fortunate to have a Nutritionist (Val Irvine) who provides services and works with **in motion**. Val has included a newsletter article in this newsletter on Healthy Eating for Seniors.

We are interested in knowing how to reach your group with nutritional information. What would you like to see in your site? Would you like nutritional fact sheets handed out to participants in your program or do you like the fact sheets inserted with the newsletters? If you have suggestions for newsletter articles give Brenda a call? (con't on page 3)

Spirituality

Do you take quiet time to think about what gives you a feeling of inner peace? For some people this may be religion or church activities, or you may have a different way of explaining the connection between yourself and the meaning of life.

Stress Awareness and Management

Do you have coping skills to manage the stress of your day to day life? These coping skills may include formal relaxation techniques like deep breathing and visualization. Physical activity is a proven way to relieve stress and improve your mood.

Self-Esteem

Do you do activities that make you feel good or are you with people that help you to feel self-confident? Often we get a great deal of pride from just a good job well done. Try asking yourself these questions:

What is important to you?

What makes you really proud to be who you are?

Finding time to do these pursuits is important for maintaining your self-esteem.

Mutually Satisfying Relationships

Do you have someone to care about? Does someone care about you? These relationships are important for our well-being. Look for opportunities to foster these relationships.

Environmental Sensitivity

Are you happy with your living situation? Is it comfortable, safe and welcoming?

I hope these tips help you live a happy and well life.



Seniors Week

Sunday, Sept 25th to Saturday, Oct 1st is Seniors Week. The Saskatoon Health Region's Geriatric Assessment Program has compiled a display, which will be set up for that week in the atrium of City Hospital (first floor). Everyone is welcome to City Hospital to view the display and enter to win one of the door prizes available. There is also Silent Auction where you can bid on some great baskets! Come out and celebrate with us!



Forever...*in motion* Physical Activity Guide for Adults 50

A 80 page Physical Activity Guide has been developed by *in motion*, Public Health Services (Older Adult Wellness Program) and the Saskatoon Council on Aging. The guide list many physical activities in the community, as well as some information on physical activity.

The **Forever...*in motion*** Physical Activity Guide for Adults 50 and Better has been distributed with the Saskatoon Council on Aging newsletter (Coming of Age). I have also enclosed a few copies to each site that is not a drop for this newsletter. If you have not received a copy or would like more copies please contact either Brenda Temple at (phone - 655-7874 or email- brenda.temple@saskatoonhealthregion.ca) or 655-DO-IT (655-3648).



Leader Meeting

A very successful **Forever...*in motion*** leader meeting was held this past spring. It was the desire of that group to meet twice a year (spring and fall). Therefore, a small committee was struck to plan future meetings. We are having our first meeting on the afternoon of Sept. 23rd to plan the fall **Forever...*in motion*** leader meeting. If you are a site organizer or program leader your input to this committee would be very valuable. If you would like to attend this meeting or join the committee at a later date, please contact Brenda Temple.

Volunteer Data Base

It has come to our attention that for the community based-volunteers who lead the **Forever...*in motion*** program to be covered legally for liability they need to be registered in the Volunteer data base that Home Care, Volunteer and Spiritual Services, maintains for us. The volunteers who have not filled out this application form will be receiving it shortly in the mail.

Spotlight on Seniors

Mark October 3rd on your calendar to attend Spotlight on Seniors Conference. It runs from 9:00 am to 4:00 pm at the Centennial Auditorium's lower level. There will be commercial booths displaying a wide variety of goods and services, informational displays, a fashion show, and wonderful entertainment for adults 55 and better. Admission is 5.00 per person (includes coffee). Limited transportation within Saskatoon is available. Contact the Saskatoon Council on Aging for details.

Nibble Notes from Val

Healthy Eating For Seniors

As a senior would you say you eat well or do you find healthy eating a challenge? Eating well is important to everyone and especially important to seniors. Eating well helps us maintain our health and energy to lead active social lives.

Here are some of the challenges you might face and ideas to change these into opportunities

As we age our metabolism slows down. While we can't change Mother Nature we can stay active which gives us more energy to carry out daily routines like making meals. Being active also increases the calories we need which allows us to eat a little more and still maintain our weight. These few extra calories may help us meet our nutrient needs.

While energy needs decrease with age, our nutrient needs actually increase.

Seniors need more calcium and vitamin D. Food choices may mean low intakes of Vitamin B12, folate, iron or other nutrients. Many seniors follow a special diet or one recommended by their doctor which may limit or change food choices. Eating the number of recommended servings from each of the 4 food groups in Canada's Food Guide to Healthy Eating is a good start towards meeting your nutrient needs. Seniors may experience more difficulty with shopping or preparing foods. Look for grocery stores that will provide transportation for groceries. Often family and friends are more than willing to shop when asked. Look for foods that take less time to prepare. Choose salads in a bag or peeled carrots instead of washing and preparing these foods yourself. Try some of the newer frozen meals and add a serving of vegetables if none is

included.

As families move and we spend more time alone, we may become less interested in making meals. Make every meal special and use your good china, candles, or music. Try to arrange social gatherings with friends where everyone can take turns or share meal preparations and eat together.

If you suffer loss of appetite, try adding more herbs and spices to increase flavour. Look for more variety in food choices adding something new each time you shop. Include both hot and cold meals. Some medications may affect your appetite so be sure to discuss this with your pharmacist or doctor.

Eating Well is important to your health. Try to eat often and choose healthy foods for good nutrition. Make every bite count towards your health!



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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 workplace. 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