

SEPTEMBER 2006

In motion Update

**FOREVER...IN
MOTION**



I would like to take this opportunity to introduce myself to you. I have recently taken over the Recreation Therapist position with **Forever... in motion** previously held by Brenda Temple. I have worked for the Saskatoon Health Region for the past 25 years in a number of different capacities most recently working with individuals with an acquired brain injury in the community. I have spent the past month navigating my way through massive amounts of information and have been very impressed by the **Forever...in motion** program and it's dedicated group of volunteer leaders and participants. You are truly inspiring! I hope that I will be able to meet with many of you and visit some of your programs in the months ahead.

As I drove down by the river to work one morning, I was struck by the beauty of the fall colors. It's funny how nature has a way of easing us into the next season. Fall has never been my favourite time of year but it is a time that one tends to want to try something new or to begin to plan what activities you might want to be doing in the next months to remain healthy. Remaining healthy should include physical activity –being physically active and eating healthy, being intellectually stimulated by being involved in creative and enjoyable activities, having social opportunities that allow you to interact with others, being emotionally satisfied with your lifestyle and spiritually feeling that you are a part of something greater than yourself.

As we age, maintaining our health becomes a

challenge as we typically have less energy, are less mobile and have more difficulty getting around, have fewer social supports in place, less disposable income and often don't have anyone to do something with. A couple of ideas that might help are:

1. Identify what you would like to be doing and then make a plan on how you might work towards accomplishing it. Don't be intimidated by the big picture - start small and work up to where you want to go.
2. Talk to someone that you know in your building/residence to see what they are doing and maybe they'll invite you along! Or if you know of someone that's not getting involved, introduce yourself and see if they want to do something with you.
3. Try something new – the worst thing that will happen is that you might like it!
4. If you have a hard time trying something new, figure out what stops you and then what you might be able to do about it. Talk to friends, family or a support person to problem solve with them.
5. Look for activities that are no and low cost that are offered in your building, church or close by where you live.
6. Write your plan down on paper and post it on your fridge. You are more likely to follow through on the plan if it is written down!

Please feel free to contact me at anytime with questions or concerns @655-7874. I would love to hear from you.

Janet Barnes

Upcoming Events

Fall...in motion – Thursday, September 28, 2006 12:00 in Victoria Park. Bus transportation is available by calling Janet Barnes @655-7874 by September 21, 2006.

Spotlight on Seniors - Wednesday October 4, 2006 10:00 – 4:00 p.m. at TCU Place.

Healthy Eating for Seniors – Tuesday, October 17 1:00 – 3:00 p.m. Lakewood Civic Center. Pre-register by calling 975-7808

Forever...in motion Leaders Meeting – Tuesday, October 17 2:00 – 4:00 p.m. Rainbow Community Center, 808 20th Street West. RSVP to Janet Barnes @655-7874.

Many Seniors Benefiting from Participating in Forever...in motion Fitness Classes by Dr. Shaelyn Strachan

This past spring, we conducted an evaluation of the **Forever... in motion** physical activity programs offered at congregate living facilities in Saskatoon. Some of you filled out a questionnaire to let us know what you thought of the program. Thank you for taking the time to give us feedback on your experiences. We received a lot of valuable information from these surveys.

Who Participated?

One hundred and thirty-four people filled out the survey. We found that though the age of participants who take part in the **Forever ...in motion** program ranges from 58-97 years, the average participant is 81 years of age. Most participants are female (86%) but males do participate as well (14%).

Reported Benefits:

The survey asked participants to report whether they experienced a variety of benefits through participating in the **Forever...in motion** classes. The findings are presented in Table 1. When asked about benefits of the **Forever... in motion** program, the most common benefit identified by 81% of participants was *increased confidence in ability to exercise*. There were several other benefits that were associated with program participation. Seventy-five percent or more of participants agreed that *strength gains, better*

endurance, and increased flexibility were benefits of participating in the **Forever ...in motion** classes. A social benefit of the program identified by 74% of participants was the *opportunity to meet people*. Sixty-seven percent of participants agreed that their *balance* was improved by program participation. However, participants seemed to be divided as to whether participation *reduced tension or worry* and *helped to maintain independence*. When asked to state any other benefits provided through participating in the exercise classes, participants listed several additional benefits including *pain management, weight management or loss, psychological benefits, provision of routine, avoidance of muscle and joint stiffness and fun*.

Other Exercise:

Although the **Forever... in motion** classes provide an opportunity for routine, organized, group exercise, 86% of participants reported participating in exercise outside the program. Specifically, 77% report walking, 64% report some other activity (e.g. aqua fitness, bike riding, bowling, home exercises, golf, gym workouts or housework) and 10% report gardening, in addition to the **Forever... in motion** classes.

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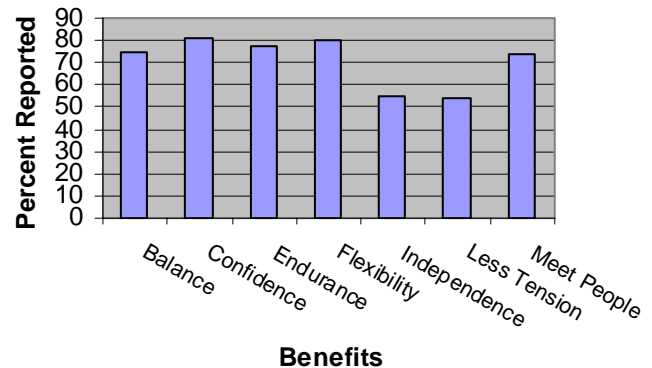
Many Seniors Benefiting from Participating in Forever...*in motion* Fitness Classes *(continued)*

What Motivates People to be Physically Active?

We also asked participants what motivates them to remain physically active. The most common motive selected by 81% of the sample was *feeling better after exercise*. Other motives selected included *encouragement by doctors* (41%), *friends* (40%), *the Forever in Motion program* (39%) or *family* (27%). For some participants, *information* received through the **Forever... in motion** class (25%) or the general media (27%) were selected as motives for exercising. Finally, 23% of participants reported that their *increased confidence* about exercising was a motivating factor for continued exercise. We also provided participants with the opportunity to report other motives and these included a *history of physical activity*, *health benefits*, *desire for self-sufficiency*, and *social interaction*.

Thank you very much to those of you who helped us by filling out the survey. We are glad to see that the program is proving beneficial. If you are not currently participating but are interested in learning more about fitness classes in your facility, please contact Janet Barnes@655-7874.

Table 1: Reported Benefits of Participating in the Forever in Motion Fitness Classes



Nibble Notes

Healthy Eating is especially important to seniors. Yet, they often lack energy or interest in preparing meals. Here are some Healthy Eating tips for you to “toss out” to your Forever... in motion participants as you lead them in exercises. Use these to encourage participants to share their tips on quick and easy meal ideas.

What are some areas to make eating for one or two more interesting?

- Invite others over and take turns cooking

- Organize a potluck with friends
- Set up a nice place setting with music, candles etc
- Have a picnic on the coffee table in front of the TV

If fresh vegetables and fruit go bad before you can use them up try sharing items with others and split the cost or try frozen and canned vegetables and fruit. Remember, canned and frozen offer the same nutrients as fresh. Canned and frozen let you cook just as much as you need.

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Nibble Notes *(continued)*

What Meat Alternatives offer good protein that is quick and easy to prepare?

- Canned beans – brown, chick peas or black beans
- Peanut butter – use 2Tbsp. when replacing meat
- Eggs
- Canned tuna or salmon – now available with pull top lids

Did you know you can grate cheddar and mozzarella cheese in small amounts to use later? Other items that freeze well are cooked rice and browned hamburger.

New appliances such as electric grills, toaster ovens and microwaves are great for cooking small amounts of food. How do you use these appliances to make meal prep easier?

If you are often too tired to cook, try cooking earlier in the day when you have more energy.

Do you scan high and low at the grocery store? Often lower priced items are placed on top or bottom shelves. Be sure to ask for help before reaching for something heavy off the top shelf. This could be a great way to add a little exercise to your grocery outing.

Did you know the best way to grocery shop is shopping all around the outside of the store? Here's where you will find the freshest food items from all 4 food groups of Canada's Food Guide to Healthy Eating. Then just add items from the inside aisles that you need. You'll find you save money too if you don't travel up and down every aisle.



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