

# In motion Update

JANURAY, 2005

**SCHOOL  
UPDATE**

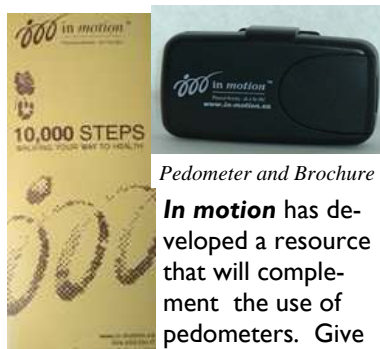


## Count on it!

According to the national Centers for Disease Control and Prevention, programs promoting step goals, such as walking 10,000 steps per day can encourage people to exercise enough to reap health benefits.

A pedometer keeps track of steps for you. It can also be a great motivator to get you "in motion". A three month study conducted by **in motion** and the University of Saskatchewan looked at if pedometers motivate inactive employees to be more physically

active? What we found was that there was a significant effect on physical activity levels for the employees that wore the pedometer, they were definitely more active. The study also showed a significant decrease in body fat percentage. We also found that the results were starting show slight decreases in blood pressure and cholesterol. This just shows the incredible health benefits you can receive by just walking! Thanks to all the worksites who participated.



Pedometer and Brochure

**In motion** has developed a resource that will complement the use of pedometers. Give us a call to order

you **in motion Pedometer Resource Kit**.

It includes:

- \* 10,000 Steps Brochures
- \* 4 newsletters
- \* Progress chart
- \* Certificate
- \* How to run a challenge

Cost: is free to all Saskatoon Health Region **in motion** worksites, schools and community groups.

## What's New!

Fall of 2004 was a very busy time for **in motion** schools! Among some of the activities that occurred this past fall are:

**Fall...in motion** kick off event the beginning of October. We had close to 3,000 staff and students from **in motion** schools join other citizens in celebrating the 5<sup>th</sup> anniversary of **Fall...in motion!**

Schools participated in the October **in motion Stay Active** campaign

**Opportunity to be in motion 2004!** This annual physical activity and health conference took on a new name this year incorporating the **in motion** message. With close to 30 sessions to choose from, this was one of the most comprehensive Opportunity sessions ever. For the first time the conference was not only open to Saskatoon Public and Catholic system teachers but also Rural **in motion** schools in the Saskatoon Health Region!



### INSIDE THIS ISSUE:

Count on it!	1
What's New	1
Resource News	2
2005 Calendar	2
Nibble Notes from Val	3
Did You Know	3
<b>In motion 5 PLUS 5</b> Challenge Leadership Symposium	4
We've Got New Stuff!	4

### WHO'S "IN MOTION"?

- \* Greystone Heights School, Saskatoon
- \* Walter Brown School, Langham
- \* St. Dominic School, Humboldt
- \* Osler School, Osler
- \* Watrous Elementary School, Watrous

## Resource News

Here are a few physical activity resources that you may be interested in checking out :

### **Jump2bFit®**

Saskatoon *in motion* has negotiated a **special price** on the Jump2bFit® rope skipping and fitness activity package with Atec Marketing Limited. This package has been endorsed by the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD).

“Jump2bFit® includes everything you need to teach the basics for individual, partner and group jump rope skills with fully illustrated lead up activities and teaching tips for single rope, long rope and double dutch skills.”

The package includes:

- 170 page manual 45 minute instructional video
- instrumental music CD instructor's rope
- 30 page student booklet

- 4 large instructional Wall Charts
- class set of 35 speed ropes

An order form, at the *in motion* discounted rate of **\$114.44** (including shipping and GST), is attached to this newsletter. This package would normally sell for \$159.36. For more information on the Jump2bFit® program and resources, visit their website at [www.jumprope.com](http://www.jumprope.com)

### **Canada Games Resource Kit**

Catch the Canada Games Spirit...

The 2005 Canada Games are being held in Saskatchewan in 2005 (Regina is hosting). You'll find detailed instructions and handy tips on how to plan and host your own Canada Games Day — a full day of sporting activities that mirrors the excitement, challenge and camaraderie of the Canada Games.

Canada Games Day is an event that offers young people, 4 to 14 years of age, a **sport and educational** experience that mirrors the excitement and spirit of the Canada Games. Participants are encouraged to set goals, take

pride in their achievements — and above all — to participate! Between sporting activities, participants take part in entertaining trivia challenges and learn more about their country and the Canada Games.

If you'd like to host a Canada Games Day, all you need is the *Catch the Spirit - Canada Games Day Kit*. This easy-to-use package, developed especially for teachers, will help you plan and promote an exciting Canada Games Day in your own school/community.

For more information or to order your kit, contact the Canada Games office at:

[www.regina2005.ca](http://www.regina2005.ca)



### 2005 GET FIT WHERE YOU SIT CALENDAR

Enclosed is your *in motion* 2005 Calendar, post it by your computer or work station, this way you won't forget to stay "in motion" throughout your day.

To receive additional calendars visit the *in motion* web site at:

[www.in-motion.ca](http://www.in-motion.ca)

## Nibble Notes from Val



Healthy Lifestyles Department  
Public Health Services

### Healthy Eating Tips for the New Year

If you're thinking weight loss for the New Year check out these ideas for fewer calories while still enjoying a great variety of foods.

#### Check cereal portions

Pour your usual amount of cereal from the bowl to a large measuring cup. Then compare your serving to the size suggested on the box. If your bowl holds 3 - 4 servings, try a smaller amount or a smaller bowl.

#### Watch Your Bread and Spread.

When eating out, enjoy only 1 slice of bread or roll before the main meal arrives. For a taste of flavor use spreads sparingly.

#### Just "Dress" your Salad.

Instead of pouring salad dressing,

keep dressing on the side. Place your fork first in the dressing then in the salad.

#### Try Your Potato with Fewer Calories.

Don't layer butter or margarine and sour cream. Choose only one or try yogourt and chives for even fewer calories.

#### Modify Your Milk.

Switch to a lower fat milk for less calories and fat with all the same nutrients.

#### Measure your Meat.

Meat portions should only cover 1/4 of your plate. Another measure is a serving the size of a deck of cards.

**Downsize Your Drink.** Measure the size of your favorite glass. You might be surprised at how much beverage it actually holds. 250 mls is a standard milk and juice serving. Choose regular or small soft drinks and remember diet free has no calories.

**Count cookies too!** A single cookie is easily 100 calories and often 2 taste better than 1. Choose fruit most often and a cookie sometimes.

**Portion Your Popcorn.** Microwave popcorn can be a great snack but a bag makes about 10 cups. Your fist is a good example of 1 cup. If you like larger amounts, try some of the lower fat versions.

#### Be size wise with Fast Food.

Try a small or junior burger. Consider a side salad and use only part of the salad portion. If choosing fries, try sharing. Order milk, 100% fruit juice, water or diet soft drinks. Many fast food restaurants have nutrition information available on site or try their websites. You might be surprised at the calories and fat content of your favorite choices. Remember, tasty alternatives are available.

Adapted from University of Nebraska

<http://lancaster.unl.edu/food/onedietchange.pdf>



Submitted by Val Irvine, Public Health Nutritionist

## Did You Know?

In a study conducted by the Canadian Fitness Lifestyle Research Institute (CFLRI), parents in Saskatchewan reported:

79% of children engage in sedentary activities, such as reading, watching television, or playing computer or video

games between the end of classes and dinner.

48% of children aged 5-17 rely solely on **inactive** modes of transportation to travel to and from school.

Parents in Saskatchewan are less likely than Canadian par-

ents overall to report that they worry a great deal about their children's safety when they are playing outdoors.

72% of Saskatchewan parents report that their children's school offers physical activity programs outside of physical education classes.



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**This Newsletter is on the Web!**  
[www.in-motion.ca](http://www.in-motion.ca)  
**Look under News**

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

# We've Got Some New "Stuff"!

You loved our florescent t-shirts and water bottles, so we have decided to expand our promotional items!

## PEDOMETERS:

Get walking today! Each pedometers comes with an informational brochure. Cost: \$25.00 each



## KEY CHAINS:

Get hooked on **in motion!** These key chains are a great idea for the entire family. Comes in 6 awesome colors (black, red, blue, purple, yellow and green) Cost: \$3.00 each



## WATER BOTTLES:

We have ordered two different types of water bottles.

Polycarbonate (500ml): These water bottles have become very popular. Comes in 4 different colors (red, blue, orange and grey). Cost: \$8.00 each



## Handle Water Bottle:

These water bottles make great give-aways. Comes in 3 different colors (red, blue and green). Cost: \$4.00 each



To order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at [www.in-motion.ca](http://www.in-motion.ca)



## 5 PLUS 5 Challenge

The 5 PLUS 5 Challenge is a great way to start off the new year. Pick a 5-week period in January or February and have fun promoting physical activity and healthy eating. You can download the challenge on our web site ([www.in-motion.ca](http://www.in-motion.ca) - under Special Events) or call, if you would like electronic or hard copy of the resource.

Be creative and have fun being "in motion"!

## Leadership Symposium

Coming this spring, an **in motion Leadership Symposium** will be offered to schools to assist them in planning, developing and implementing in motion activities.

The focus of this symposium is to establish **in motion** "teams" within schools who can work together to increase physical activity opportunities for students and staff. An invitation will be coming your way in early Spring!

