

"How is your New Year's Resolution Going?"

At this time of year, a lot of us are thinking about those New Year's Resolutions we made to get healthier - eat less, exercise more, lose weight. Don't be discouraged if you are having trouble sticking to your "resolutions". All that means is that you are normal! Changing long-time behavior patterns and breaking old habits can be extremely challenging, but not impossible. The best way to ensure success is to plan ahead and set realistic goals.

Here are some tips to help you stick with those health resolutions you made:

- ❑ Don't be afraid to re-evaluate your goals along the way.
- ❑ Make a list of why you wanted to make the changes and write them down. Post them somewhere as a reminder to yourself.
- ❑ Find a buddy. Get a friend or family member who has the same resolution and work together to achieve your goal.

- ❑ Reward yourself along the way.
- ❑ Forgive and forget. Don't expect perfection. It's easy to backslide. Just learn from your experience and keep going!
- ❑ Be confident that you will succeed.

Winter can be a challenging time to stay "in motion". Check out our section of the newsletter that provides you with some tips for staying active in the winter

Just 'do it'

Do it at work . . . Helping employees establish and maintain a healthy lifestyle has significant benefits to the individual and the organization. Healthy employees have lower health care costs, fewer workers compensation claims and reduced absenteeism. Additional intangible benefits include increased employee morale and reduced stress.

Given the amount of time and energy that individuals spend on the job, the workplace is likely to become one of the most influential settings in promoting healthier lifestyles for most adults.

The in motion Workplace Wellness initiative is a perfect opportunity to promote active healthy lifestyles. If your worksite is already active, in motion's

resource material can be a great compliment to what you are doing. Call Nancy Lackie, in motion Consultant at 655-8262 or email lackien@sdh.sk.ca.

Older adults do it . . . By 2006, 17% of Saskatoon's population will be 60 plus years of age. The greatest health risk for older adults is sedentary living! Starting this spring "Forever...in motion" will be launching 8 pilot projects in a number of congregate housing units. We will be looking at promoting the benefits of active lifestyles as well as having the opportunity to socialize and have fun.

Some of the benefits of regular physical activity include:

- ▶ Improved fitness and quality of life

- ▶ Better physical and mental health
- ▶ More energy and reduced stress
- ▶ Stronger muscles and bones
- ▶ Prolonged independent living in later life.

Youth do it . . . Close to 60% of all the elementary schools in Saskatoon are now officially in motion schools. These schools are all committed to increasing the opportunities for physical activity for their students, and in many cases, for the staff! These schools are finding fun and creative ways to include physical activity as a part of the school day. Their ideas include everything from school/community walks to "activity drills" (versus a
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fire drill). Some of the benefits we have heard from schools involved with in motion include:

- ▶ "The morning walks actually improved punctuality and attendance."
- ▶ "Having physical activity in the morning improved learning and the students were more attentive."
- ▶ "Students had a heightened awareness of the importance of physical activity because of the daily focus."
- ▶ "Parents have called, wanting in motion to continue in the schools."

If you are not sure if your children's school is an in motion school check out our web site for a list of the in motion schools. These can be found under the "Youth Do It" section! If your children's school is not involved, you may want to contact the school and encourage them to join this exciting initiative so that they can receive the many resources we provide to schools to assist them with physical activity!

Doctors do it . . . One of the exciting areas in motion is working on is the "prescription of physical activity" by family physicians. We are currently using the PACE model (Physician-based Assessment and Counseling for

Exercise) as a resource to assist physicians assess activity levels and prescribe physical activity to their patients. Research indicates that patient's report that they want information about physical activity from physicians.

Since May 2001, there have been 5 training sessions for physicians and to date, there are close to 30 physicians that have been trained in the use of the PACE resource. We are continuing to recruit and train physicians. If your doctor has not talked to you about physical activity recently, you may want to encourage him/her to contact in motion for resources to assist them!

Gotta Get Me a 'T'

Have you seen the in motion t-shirts and water bottles?

The colours are bright and they are creating quite the buzz! We have added a teal blue to our t-shirt colours, and it is becoming a very popular choice. You can own your own in motion t-shirt for \$12 and an in motion water bottle for \$3 by calling the in motion info line at 655-DO IT(3648).

The following are some winter exercise tips to help you stay "in motion":

- Keep your water bottles from freezing in your pack by putting them in a wool sock or insulated bottle cover (which you can make by taping cell foam around the bottle). Water mixed with something such as Gatorade, lemonade, etc will freeze at a lower temperature than plain water.
- Running shoes perform differently in winter conditions. They lose some of their cushioning ability. Experts advise wearing shoes with softer (compression molded EVA) midsoles in winter and firmer (polyurethane) midsoles in summer.
- Begin slowly by walking for a few minutes or marching in place to warm up your muscles. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Exercise during the day. The light will help you see icy or hazardous areas and the sun will keep you warmer. If you must exercise when it's dark, avoid high-volume traffic areas and wear bright clothing and reflective strips.
- Stuff your wet shoes with newspaper or towels to help soak up the moisture and prevent them from shrinking or warping.
- You can lose up to 70% of heat from your head, so wear a hat, toque or balaclava to reduce heat loss and stay warmer. It is true that if your toes are cold, PUT ON A HAT!

In motion is a health promotion strategy that aims to have all the citizens of Saskatoon and District make regular physical activity part of their daily lives.

We welcome your submissions to our 'in motion' newsletter. Please share your fun 'in motion' stories with us -- let us know how you are doing.

For more information about 'in motion', please call 655-DO IT (3648) or visit our web site at www.in-motion.ca. If you would like electronic versions of our newsletter, you can "sign up for mail" on our website.

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