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Fall ...in motion a Great Success!

Congratulations Saskatoon!

The 3rd annual Fall . . . *in motion* kick off event was a great success! Over 5,100 people gathered in Bessborough Park on Friday, September 27th to celebrate the success of *in motion*! Words cannot describe the level of energy and enthusiasm that was displayed at the kick off event. The large number of children

from *in motion* schools and the support of *in motion* workplaces were a huge factor in the success of this kick off.

The roar was deafening as the International Inspection Team for the 2007 World University Summer Games arrived at the event. Saskatoon certainly demonstrated that we support the bid to host these games. The

International Inspection Team was reported to be overwhelmed by the enthusiastic reception they received.

This was a great way to start our Stay Active campaign in October. As of the time of printing, we did not have the name of the Grand Prize winner of the "Health and Fitness Package for Two", but hopefully it was you!

Just 'do it'

Do it at work . . .

Because most adults spend up to one-half of their weekday at work, the worksite is a significant environmental influence on an employee's health. Currently *in motion* is working with 143 Saskatoon businesses (over 22,000 employees) to promote and support healthy behaviors among its employees.

How do you get your business "*in motion*"? It's as easy as calling 655-DO IT(3648), there is no cost and the benefits are a healthier happier worksite.

Older adults do it . . .

For many adults, growing older seems to involve an inevitable loss of strength, energy, and fitness, but this need not be so. The frail health and loss of function we associate with aging, such as difficulty walk-

ing long distances, climbing stairs, or carrying groceries, is in large part due to physical inactivity. When it comes to our muscles and fitness, the saying "Use it or Lose it" applies!

In motion has been working hard with a number of congregate housing complexes in supporting their physical activity programs. Some of the comments heard from participants say it all:

- ❑ "Balance much better, blood pressure down"
- ❑ "I don't slouch as much and walk taller"
- ❑ "Better daily outlook"
- ❑ "I really do feel better about myself and the fellowship is important to me. I see results as to firming up!"

One of the ongoing issues surrounding successful programs is the lack of qualified leaders. If you are interested in getting involved with the *in motion* older adult initiative

(no previous experience required), please call our office at 655-DO IT(3648)

Youth do it . . .

Over 90% 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. Ideas that schools are using include school/community walks; dance clubs; drop in gym time; and numerous physical activity theme special events. Some of the benefits we have heard from schools involved with *in motion* include:

- ❑ "The morning walks actually
- (continued on page 2)*

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."

New this fall is the piloting of *in motion* in four high schools. We are very excited to be working with Nutana and Evan Hardy Collegiates and Holy Cross and St. Joseph High Schools. These schools are assisting

us in developing resources and ideas that we can provide to all high schools in the next school year!

To find out if your school is "*in motion*" check out the Youth Do It section of the *in motion* web site!

Doctors do it . . .

In motion is continuing to work with physicians in the promotion and prescription of physical activity to patients. Utilizing the PACE resource (Physician-based Assessment and Counseling of Exercise), over 30 family physicians have counseled

over 300 patients on physical activity.

Research is being conducted with many of these physicians and patients to determine the effectiveness of PACE. The College of Kinesiology with the University of Saskatchewan is leading this research.

If your family doctor has not talked to you about physical activity lately, you may want to encourage him/her to contact *in motion* for more information about the resources we can provide to them!

Tips for 'sticking with it'!

October was a very successful campaign month for *in motion* in terms of raising the awareness and activity levels of the residents of Saskatoon. But we don't want you stop, now that you've got some momentum going! So here are some tips to help you stay active:

1. Plan Activity Into Your Day:

Make appointments to be active and write it in your day planner or calendar and make it a priority. It is much easier to stick to something if you have committed yourself to it.

2. Look at "Exercise" Differently:

All movement is exercise. It does not have to happen in a gym or take 60 minutes. There are all kinds of options to be active,

so think about movement you enjoy doing and have fun with it.

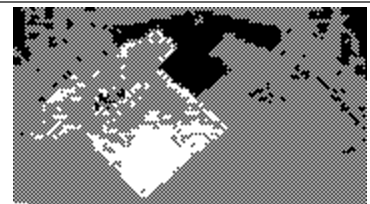
3. Be Active With a Partner or Friend:

Finding someone to be active with can keep you honest while motivating you to do your best. Having fun and socializing is a great benefit of being active with someone else.

4. Think Small:

If you don't have time to complete your full workout, try a shortened version. This can keep you from feeling like you failed and prevent you from giving up. Remember you get the same health benefits from accumulating activity so try and fit in three 10-minute sessions on those days you are cramped for time.

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!



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).

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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