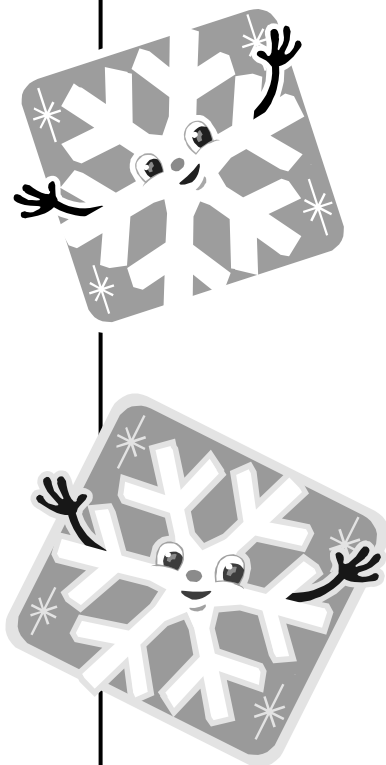


Forever...*in motion* Update



Here it is – New Year’s once again and time for the...New Year’s Resolution! As a much younger person, I would take making a resolution very seriously. Typically my resolution revolved around ‘dieting’ and ‘exercising’ – both things that involved a huge level of work and commitment. However following through on the resolution was only a passing thought and might only last 1 – 2 days. I don’t think that my behaviour was all that unusual from most people. It has been shown that a New Year’s resolution doesn’t work all that well for most people in the long term. However, it can work by planning for success, goal setting, and finding ways that motivate you and support you to follow through on your plan. This plan should lead you towards a lifestyle change that incorporates both healthy eating and physical activity into your daily life on a regular basis. The articles contained in this newsletter will provide you with some practical ideas on how to make and incorporate these lifestyle changes into your life. Make the resolution to “change how you live your life” in 2007 and to continue to be **Forever...*in motion***.

Janet Barnes, Forever... in motion

Massey Place Community becomes Forever...*in motion*

Massey Place Community Church, 930 Northumberland Avenue is the newest **Forever...*in motion*** site. The program is led by Darren Hayes, volunteer leader and runs for 1 hour every Tuesday morning. The program is open to all older adults and is advertised through Massey Place Community Church, the Massey Place Community Association newsletter and at their registration nights.



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Staying Motivated by Dr. Shaelyn Strachan

It is no secret that physical activity is good for us. Even modest increases in physical activity offer health benefits to older adults. However, many people are not active enough to enjoy these physical activity-related health benefits. While there is no secret to remaining physically active, research suggests that people can practice managing their physical activity behaviour and, with practice, improve their ability to maintain a physically active lifestyle.

Goals, or what we desire for the future, are an important aspect of self-managing physical activity. Through providing something to work towards and to judge behaviour against, goals can be motivating. For this reason, it is encouraged that you set goals to help you maintain a physically active lifestyle. There are certain aspects of goal-setting that can help make it more likely that you will reach your goals.

Research suggests that goals that are specific are more motivating than goals that are vague. For example, the goals of *being regularly physically active* or *living a long, healthy life* may in fact be important and desirable goals, but they are also rather broad and non-specific. If a person sets these goals, they may be left wondering how they will know if they have achieved their goal of *regular physical activity* or a *long, healthy life*. More specific goals such as *being physically active for 30 minutes a day, 5 days a week* make it more clear what needs to be done in order to reach this goal.

Another important aspect of goal-setting is setting *proximal goals* or *goals for the near future*. In returning to our example of our goal to *live a long life*, we can see that this goal pertains to the distant future. Research suggests that such distant goals are far less motivating than goals that are set for the near future such as *attend 3 aquasize classes THIS week*. Goals for the near future such as this provide you with something immediate to work towards. Further, it is much easier to determine if you are reaching your goal

which you can evaluate in one week's time as opposed to in the far distant future. Finally, goals that are challenging have been found to be more motivating than goals that are easy to attain. For example, if it is very easy for you to walk for 20 minutes a day, then setting a goal to do this same amount of physical activity may be too simple and your motivation may be undermined by the lack of challenge associated with this goal. However, if walking 20 minutes a day is easy for you, setting a more challenging goal of walking for 30 or 40 minutes daily or walking at a brisker pace may insert some challenge into the goal. This goal should require some hard work on your part. This goal in turn should be motivating because it should be more rewarding if you reach this goal than if you reach a goal that presents little challenge to you. An important consideration of setting challenging goals is to find the right level of challenge. If you set goals that are too challenging, (e.g. to walk 4 miles when you are used to walking 1 mile), the difficulty of this potentially unrealistic goal may make it hard for you to reach this goal and in turn, undermine your motivation in the future.



Staying Motivated (continued from page 2)

In summary, goal setting is a key component to a physically active lifestyle. If you currently do not include goal-setting in your plans to be physically active, you may find that trying some goal setting gives you an extra boost of motivation. You may already use goal-setting. If this is the case, you may find it useful to examine the types of goals you set to see if they are specific, pertain to the near future and contain a reasonable level of challenge. Good luck and keep moving!

Are you aware...

❖ That you can loan Tai Chi for Arthritis by Dr. Paul Lam from The Arthritis Society, 110—2550 12th Avenue, Regina, SK. Phone: 1-800-321-1433.

❖ That you can report any suspicious phone calls to Phone Busters by calling: 1-800-495-8501

❖ That the Caregiver Information Center in partnership with the Saskatoon Health Region is offering **free** professional counselling for caregivers about issues relating to caregivers? For more information contact by calling 652-4411.

❖ “Walk the Talk” is a spiral bound volume documenting the events of Cliff Shockey’s centennial project of walking the length of Saskatchewan from the Northwest Territories to the U.S. border. It is available for purchase by contacting Cliff Shockey @ (306)668-2141 or email cliffandsylvie@sasktel.net. Cost \$20.00.

❖ That the applications for the City of Saskatoon Accessibility Subsidy program for courtesy tickets for low income families and individuals is January 1—10, 2007. Application forms can be picked up at the front desk of any leisure facility.

...of these Community resources?

❖ The National non-smoking week is January 14—17, 2007.

❖ A Taste of Tai Chi for Seniors with Mary Pasloske will describe the mental and physical benefits and provide a demonstration of this oriental meditation and fitness discipline. Cliff Wright Library Wednesday January 24 @ 2 p.m.

❖ Ski for Life—Learning to Cross Country Ski for Older Adults sponsored by the Saskatoon Council on Aging and the Nordic Ski Club from January 12—25. Contact the Council on Aging office @ 652-2255 for more information.

❖ The City of Saskatoon Leisure Guide has a number of wellness programs that are suitable for older adults including the Osteoporosis Exercise Program, Fall Prevention Aquatic Exercise Program, and Smart Start Beginner Fitness programs. Check out the programs offered at your local community association. The Leisure Guide was delivered to your door mid December and can also be obtained from any city leisure facility.

❖ The YWCA offers a Twinges and Hinges program as well as other specialized programs for Older Adults.

Nibble Notes by Val Irvine, Nutritionist, Public Health Services

Healthy Eating For the New Year

As a program facilitator here are some goals to consider that support healthy eating within your programs:

- Encourage participants to bring water bottles with them. The best bottles are hard plastic that can be washed regularly. Purchased bottles of water are not made of strong plastic and are not meant to be reused. Encourage participants to drink water before, during and after exercise. New recommendations are:
 - Men over 50 yrs need 13 cups of beverages each day
 - Women over 50 yrs need 9 cups of beverages each day (this amount includes coffee, tea, milk, juice etc.)
- When food is served as part of the program try to encourage a choice that includes healthy foods from one of the four food groups. Seniors tend to eat less throughout the day so let's help them "make every bite count". Fruit, vegetables or juice is always a good choice; others are whole grain crackers and cheese, individual yogurts, or even toast and peanut butter.

Here are some goals for participants to consider for the New Year as well:

- Make breakfast a commitment prior to a morning program. Breakfast will give you the energy you need to participate. It also supports cognitive thinking so routines are easier to follow. Try to include foods from 3 foods groups. A breakfast that doesn't include fruit or juice often means less than the recommended 4 servings of vegetables or fruit each day.



- Calcium keeps bones strong. Aim for 3 glasses of milk daily. Try a mug of warm milk as a relaxing treat! If you don't meet all your calcium needs with milk products look at the grocery store for orange juice and yogurt with calcium and vitamin D. You will even find some cookies and instant oatmeal with added calcium.
- Boost your fibre intake not only for regularity but also to help lower cholesterol levels and control weight. Try a variety of multi grain breads, cereals with whole wheat, oats or bran, brown rice, whole grain pasta. Vegetables and fruit are also important sources of fibre!

Let's work to make Healthy

**Eating part of every day
activities!**

Let's Do it Together!

Preventing Falls Outdoors

There are a number of ice and snow grippers that can be purchased to improve your grip on ice and snow and that when used correctly can reduce your risk of falling outdoors. They do however need to be removed from your shoes when you go indoors.

Some of the more common names to look for are: YakTrax Walker, Stablizers Life, Grip On, and Get a Grip Ultra. Some of the stores that carry these products are Marks Work Warehouse, BrainSport on Broadway, Lee Valley, and the Medicine Shoppe.

Safety Tip: Install a seat at the entrance of your home to remove or put on your shoes and boots.

Staying Active Through the Winter



When the weather gets cold outside we tend to bundle ourselves up in our warm homes and become sedentary. But here are some great ideas to keep you moving when everything else freezes over...

- Start walking in malls, it is convenient and warm. Many malls in the city have groups that meet before the mall opens for business.
- On warm winter days dress in layers and go for a walk, take a friend or family member to make it more enjoyable.

Try cross-country skiing, there are groomed trails in city parks and golf courses.

- Visit your local community leisure facilities. There are a variety of programs offered on land and in water for older adults. The *Forever...in motion* Physical Activity Guide for Adults 50 and Better is a great source for programs offered throughout the city.
- Turn on some music and start dancing or walking around the house.

Eleanor's Story

In Eleanor Mill's opinion, "its absolutely never too late to start exercising. When she was 68 years old, Eleanor was almost bedridden and was "barely able to teeter across a room." When she was 81 years old however, she was leading 5 km walks in cities across the country.

Eleanor had advanced osteoporosis, a disease in which the bones become so thin and brittle that they break easily. In time, several of her vertebrae collapsed and three years later she suffered further fractures. "With the pain and agony and the lack of activity—because I could hardly do anything at all—I went down to 46% bone density. I really began to feel like a china cup walking around, because it really is about half the strength you should have".

Eleanor knew that one of the best ways to improve her condition was to be active. She started challenging herself to walk a little bit each day. "I was in terribly bad shape," she says. "I only kept going because I knew that if you keep still, you lose more bone than ever. It goes much faster." Through exercise, good nutrition and medical treatment, Eleanor eventually increased her bone density by 20%.

A turning point came when Eleanor first tried a walker. "I simply flew along, and I said to myself, "Gee, I could walk to Vancouver with this." It was Eleanor's idea to form what was called the "Boney Express", a series of walks to raise money for, and awareness of osteoporosis. Eleanor admits that when she first used the walker, she felt a little strange and wondered what people would think. "There are many people who have resisted getting a walker because it sort of labelled them as unable. And I did feel a little odd pushing around what seemed like an empty chair, because my walker has a seat. But that is so much offset by the value of the walker, that I very soon got over it. "I think we should welcome all the aids we can find, and we must be proud that we can do much more when we use them."

One of Eleanor's goals is to try walking for the whole day. As she puts it, "I just want to see how far I can go."

*Used with permission from "Injury Free Tomorrow" Public Health Agency of Canada.

Forever...*in motion* Leaders Meeting

A **Forever...*in motion*** leaders meeting was held on October 12, 2006 2—4 p.m. at the Rainbow Community Center, 808 20th Street West, Saskatoon. There were approximately 30 leaders and site organizers in attendance. Dr. Shaelyn Strachan and Dr. Larry Brawley, Researchers at the University of Saskatchewan presented on their new research "Physical Activity and the Promotion of Functional Health in Older Adults: Challenges for Behaviour Change and Adherence" and requested that **Forever...*in motion*** sites consider volunteering to help with their research.

Minutes from the meeting will be sent out as soon as the leaders data base with current addresses is completed—most likely early January 2007. Eunice Muzika has kindly volunteered to help with updating this list.

Next Leaders Meeting:

Wednesday, March 13, 2007 2:00—4:00 p.m.
Massey Place Community Church
930 Northumberland Avenue
Saskatoon, SK.

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