

in motion UPDATE



WORKPLACE WELLNESS

No Time? No Problem

Studies have shown that three 10 minute bouts of physical activity at a moderate intensity can have the same benefits as one 30 minute physical activity session. Breaking your physical activity sessions into smaller ones is a great way to manage your time. It all adds up! Here are a few practical suggestions:

- Speed walking - Fit a walk in as a break. It's a great opportunity to clear your head and hit your 10 minutes bout of moderate physical activity.
- Walking the stairs - Use the stairs instead of the elevator as much as possible and recover by slowly walking back down.
- Any gym machine - hop on any cardio machine for a quick 10 minutes.

Here are a few other ideas:

- gardening
- dancing
- vacuuming
- shovelling snow
- climbing stairs
- bowling

What is moderate physical activity? How do you know when you are being moderately physically active? There are different measures used to determine intensity levels of physical activity. Here are a few simpler ones:

- Heart Rate: Moderate physical activity is 50% - 70% of a person's maximum heart rate beats per minute. Your maximum heart rate can be measure by the formula: $(220 - \text{age}) \times (.50 \text{ or } .70)$.
- RPE: another method of determining physical activity intensity is the Borg Rating of Perceived Exertion (RPE). Perceived exertion is how hard you feel like your body is working. It is based on how you feel while being physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. Although this is a subjective measure, a person's exertion rating may provide a fairly good estimate of the actual heart rate during physical activity* (Borg, 1998).



12-14 on the scale is a moderate level of physical activity. Other descriptions of the scale include:

- 9 corresponds to "very light" exercise. For a healthy person, it is like strolling at his or her own pace.

- 13 on the scale is "somewhat hard" exercise, but it still feels OK to continue.

- 17 "very hard" is very strenuous. A healthy person can still go on, but he or she really has to push him- or herself. It feels very heavy, and the person is very tired.

- 19 on the scale is an extremely strenuous exercise level. For most people this is the most strenuous exercise they have ever experienced.

Last but not least is the Talk Test. If a person is able to talk while physically active but not able to whistle or sing they are being moderately physically active. It is one of the easiest methods of determining physical activity intensity levels.

Whatever physical activity you choose try to increase the intensity of the physical activity every time you do it. Be physically active with friends and family. Most of all, Have fun!

More physical activity ideas are available on our web-site: www.in-motion.ca

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6	No exertion at all
7	
8	Extremely light (7.5)
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Nibble Notes from Val

5 Reasons to Eat More Vegetables and Fruit

Source of good nutrition:

Vegetables and fruit are a power house of vitamins, minerals, fibre; and phytochemicals with many of these acting as antioxidants.

Color counts! Each color in the rainbow of choices offers a different variety of vitamins, minerals and phytochemicals. See:

www.5to10aday.com/ColourKey/colourkey.htm

Save on calories: Look to unsweetened varieties which average only 40 -60 calories per serving.

They keep fat in check: Almost all vegetables and fruit are low in fat with only avocados, coconut or olives being the exception. Watch the amount of fat you might add in margarine, cheese sauce or salad

dressing.

Enjoy fast food: simply wash well and many vegetables and fruit are ready to eat. Canned and frozen are good choices too!

5 Strategies to Eat More Vegetables and Fruit

Talk yourself into change. Think of how easy it is to add canned peaches or sliced bananas to your icecream instead of saying there's no time after work or it's easier to have ice cream for dessert.

Do some math. Cost out individual servings of fruit and vegetables. Divide the total cost by the number of servings. You'll be surprised to find a serving less expensive than coffee, a donut or chocolate bar.

Prepare ahead for situations that make eating vegetables and fruit more

difficult. Start a restaurant meal with a salad, use frozen varieties for stir fries when in a time crunch, or bring cut up oranges or a veggie tray to staff meetings or team events for a healthy choice.

Try something new and give your taste buds a treat! Not sure how to prepare or serve just ask produce staff for ideas or check out information at www.5to10aday.com

Be a role model for your family. Show them that you enjoy vegetables and fruit. Make homemade pizza or salad a family event. Set out a variety of vegetable and fruit toppings and let individuals add their own choices as toppings. You might be surprised at their combos!



Healthy Lifestyles
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Get your
Challenge from
the Website
www.in-motion.ca

5 PLUS 5 Challenge is Here!



The objective of the 5 PLUS 5 Challenge is to encourage participants to be physically active for 30 minutes at least 5 days a week. It has a strong healthy eating component, encouraging participants to eat 5

servings of Vegetables and Fruit every day.

The 5 PLUS 5 Challenge is a personal challenge as another tool to lead a healthy lifestyle. Participants chart their progress to record their success or as a reminder to keep physically active and think about healthy eating.

Why 5 PLUS 5?

- 5 A Week: The Surgeon General's Report on Physical Activity and Health recommends that everyone should accumulate 30 minutes of physical activity most days of the week. Thus, 5 A Week.
- Eating 5-10 servings of vegetables and fruit each day as part of a healthy diet can help reduce risk of cancer heart disease and stroke.
- Eat 5-10 servings of vegetables and fruit each day for better health
- For more information go to www.5to10aday.com.

Physical activity Ideas for 5 A Week:

- walk to work or school
- go for a walk during your coffee

break

- start a walking group
- take the stairs
- take your dog for a walk
- join a fitness club

Healthy Eating ideas for 5 A Day:

- start your day by adding a fruit to breakfast
- pack 2 pieces of fruit in your briefcase or lunch bag to eat throughout the day
- order a salad for lunch
- drink 100% fruit juice rather than a coffee
- blend a fruit smoothie

in motion Stay Active Campaign Prizes Awarded



Throughout the month of October residents of Saskatoon and Region were physically active and recorded their activity on our physical activity log.

Participants submitted their Activity Logs to *in motion* for a chance to win. There were two grand prize winners this year:

The winner of an elliptical machine from Flaman Fitness is presented by Graham Matsalla from *in motion* (left), Shawn Klisowsky from Flaman Fitness (right) to the winner Bruce Voldeng



(Centre). Bruce states: "Not everyone wants to go to the trouble of going to a gym or a fitness club. *in motion* shows people that you can do it however you like. We started walking 3-5 times a week and its turned out to be more fun than we would have believed. Now, thanks to *in motion* and the good people at Flaman Fitness, we have an awesome elliptical trainer right at home so we can continue to

walk in comfort, right through the winter. So all that I have left to say is...Just get out and **DO IT!**"

The winner of two one year memberships to the YWCA, a one night stay for two at the Sheraton Cavalier, two 30 minute massages from Attridge Chiropractic and an *in motion* bag of

wellness goodies presented by Averill Stephenson (left) is Oliver Siba (right). Oliver stays physically active through walking, cycling, golfing, and stretching. He believes that "an active body translates into an active mind".



Many additional prizes were awarded, such as: a one year membership to the YMCA, three 3 month memberships to Quantum Fitness, 4 massages to Attridge Chiropractic Wellness Clinic, 4 one month leisure cards to City of Saskatoon City Facilities, and many more prizes provided by this year's sponsors.

Quick Ideas for Enjoying More Vegetables and Fruit

Buying

- Buy fruit in different stages of ripeness so everything isn't ready to eat at the same time.
- Buy adequate amounts of vegetables and fruit so each family member can meet the minimum of 5 servings each day.



Cooking Cues.....

- Cut tomatoes in half, sprinkle with a mixture of parmesan cheese and Italian seasoning and broil or microwave.
- Dress up white rice by adding sliced green onions and diced carrots.
- Make pasta primavera - add chunky tomato sauce and lots of vegetables, fresh or frozen, to fettuccine or rigatoni noodles.
- Stuff whole or halved pepper with meat, rice or vegetable mixture, then bake.
- Salsa is easy - simply combine chopped tomatoes, peppers, onions and hot peppers.
- Combine fruit, such as apples, pears, peaches and plums, cook until tender and serve as chutney with meat.

Simply Sensational Salads.....

- Add slices of fresh peaches, pears, strawberries, kiwi, oranges and grapefruit or canned mandarin orange sections to any lettuce salad.
- For an easy salad, cook extra carrots and marinade overnight in a vinaigrette dressing.
- Add chopped broccoli, carrots and green peppers to pasta salad.
- Combine chopped carrots, celery, broccoli and green onions with couscous. Serve hot, or cold as a salad.
- Add seedless grapes to salads and chicken dishes.

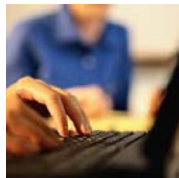
Dashing Dessert Ideas.....

- Purée fruit (berries, canned peaches or pears) into a dessert sauce called coulis; use on sherbets, ice cream or angel food cake.
- Dip whole strawberries into low-fat chocolate pudding.
- Microwave a whole apple for a fast dessert.



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Web Site Highlights



There are many great features on our web site. You can see what is happening at our *in motion* schools, within various congregate house units, or at other workplaces by clicking on the Youth Do It, Older Adults Do It, or the Do It at Work buttons at the top of the page. There is additional information around the Adult, Health Care Referral, and the Primary Prevention of Diabetes target areas as well. Submit a story of what your workplace is doing. It will be highlighted on our web site. It's a great opportunity to brag about all the great things that your workplace is doing to stay "in motion".

For current research information on physical activity click on the Research button at the top of the page. Benefits and Fit Facts are another source of information that can be shared with your workplace. The links to that information can be found right under the *in motion* logo at the top left of the page.

To keep on top of Physical activity news and events click on Events/News to see our Newsletters, Media Releases, Events Calendar, or other General *in motion* news click on the Events/News button with is also at the top left of the page under the *in motion* logo. The Events Calendar in this section is a great place to find events that are happening surrounding physical activity both nationally and locally. The Merchandise section is a great place to find *in motion*

gear to provide as an incentive to keep your crew moving. You can also find many other resources to help you along the physical activity path.

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This newsletter is on the Web!

www.in-motion.ca

Look under News

The Walking Workout can be a great way to monitor and motivate you and your entire workplace to stay "in motion". Stay tuned for additions to the Walking Work-out to keep you motivated.

There are many more features on our web site to support physical activity within Saskatoon and Region. Visit it today!



Family Fit Tips

Great information on how to keep your family active and healthy.

www.in-motion.ca

Take 5 to 10 Your Way

A 6-week program, 2 hours each session, with taste testing, recipes and information on how to choose, prepare and eat more vegetables and fruit each day.

For: Women with children under 14 yrs

If you belong to an organization that would be interested in hosting this program please call Val Irvine, Public Health Nutritionist at 655-4626 to discuss more details.


Coming Soon!

A new and expanded Canada's Food Guide for preschoolers to seniors with new recommendations on serving sizes for each of the four food groups

Check out:
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html in early 2007!

DID YOU KNOW....

That research has shown that physical activity in youth can be influenced by those who raise them! Be a positive influence by providing physical activity ideas to do as a family and by participating in physical activity yourself. It's a great way to spend time as a family and great for your health too!



Dates to Remember



- January 15-21 is the Canadian Council for Tobacco Control's National Non-Smoking Week
- February is the Heart and Strokes Foundation's Heart Month.
- February 6-12 is the National Eating Disorder Information Centre's Eating Disorders week.
- March is the Dietitians of Canada's National Nutrition Month. Read more on this in our next Newsletter.

*** For more information on these and other events visit the in motion web site (www.in-motion.ca). "Click" on the "Events/News" button and then on the "Events Calendar" link on the top left side to see more!**