

in motion UPDATE



WORKPLACE WELLNESS

It's Time to Fall...in motion & Celebrate Saskatoon's Birthday!



Make sure to mark on your calendars SEPTEMBER 28—12 noon! We encourage everyone in your workplace to join *in motion* down at Victoria Park to celebrate Saskatoon's 100th Birthday and kick off the 7th annual Centennial *Fall...in motion*.

Following the noon kick-off event we are asking everyone to track their physical activity for 4 weeks during the month of October.

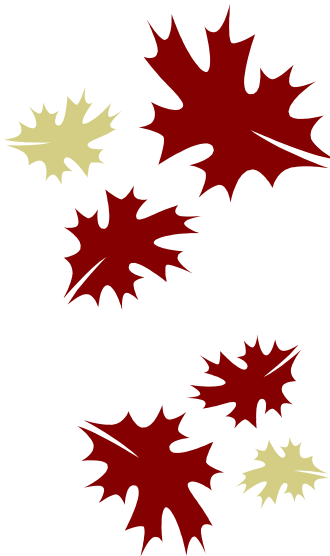
To assist us in making sure everyone has access to an *in motion* activity log, we ask that you take copies home for each family member. Activity logs can also be found on the *in motion* web site.

Throughout the 4 week period, prizes will be given away via the media.

Submit your Activity Log at the end of October and you have a chance to win a number of great prizes. Don't miss out this year as we will be drawing for a Health and Wellness Package which includes:

- * One night stay at the Sheraton Cavalier
- * 2-1 year fitness memberships from the YWCA
- * 2 bags filled with healthy and wellness goodies

Wow, what a great way to get you and your family "in motion"!



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Hike and Bike Challenge

This year 602 community members and 919 elementary school students hiked, biked, scootered and skate-boarded making a total of 7,658 trips! Over 7 days we traveled approximately 43,953 kilometers, save 4,815 litres of fuel, saved \$5,265 and prevented 11.6 tonnes of carbon dioxide from entering the atmosphere!

The winning team was the Seeds of Change Community Centre team who averaged 38 trips per participant during the week!

Remember, there will be a bike and a pair of running shoes that will be given away! Keep wearing your Hike &

Bike Tag while using active transportation from now until the end of September.

You have a chance to be spotted and win one of these great prizes. Only people who submitted their Challenge results to us will be eligible to win. If you still need tags for your team please contact Leah Mortensen at the Saskatchewan Environmental Society.

Congratulations to everyone who participated!



Nibble Notes from Val



New Menu Choices benefit employees!

Healthy Lifestyles Department
Public Health Services

New changes to cafeteria menus and vending machines within Saskatoon Health Region help employees **make healthy eating the easy choice**. Employees will find exciting new options and more healthy choices as regular fare at all 3 hospitals and Parkridge Centre. Many of these great ideas are as simple as changing purchase orders and broadening the range of food choices. Here are some changes introduced:

- * Only low fat salad dressings and

- “lite” sour cream
- * Only whole wheat buns for all burgers
- * Only small portions for French fries and poutine.
- * Baked potato wedges (not fried) with baked sweet potato as a new feature
- * Whole wheat pasta
- * 1/2 grain and flax bread on the sandwich bars
- * More meal salads and more individual salad portions

Vending machines also take on a new look. Fronts of vending machines will sport pictures of juice or water. This might be some-



thing to consider for your workplace as well as type and amount of each beverage offered. Changes can often be negotiated with vendors as contracts come up for renewal.

Is your workplace ready to support staff in making the healthy choice the easy choice? Discussions with employees at all levels are a good first step. If your worksite would like assistance in initiating changes please call V Irvine, Public Health Nutritionist at 655-4630. This might include assistance in facilitating discussions with staff or reviewing what beverages and foods are available at meetings, cafeterias or vending machines.

Small Changes Net Big Results

Even if you know it's good for you, change can be hard. But changing unhealthy habits can be easier than you think. A willingness to change and a moment or two of creative thinking can help you exchange old habits for new ones. Use these ideas as a starting point for netting big results from small changes. There is room at the end to add your own ideas. Start small and before you know it, you'll be on your way to a healthier lifestyle!

Instead of:

You can:

☹ putting the dog out,	☺ take the dog for a walk
☹ eating lunch at your desk	☺ take a quick walk
☹ always heading for the parking space right in front	☺ park in the back of the lot and walk
☹ spending evening snacking in front of the TV,	☺ enjoy down-time with games, dancing, going for a walk with your spouse or neighbors
☹ using a shopping cart	☺ if you only have a couple of bags carry them to your car
☹ driving to the video store	☺ choose active transportation like walking or wheeling



Physical Activity Can Cut Cancer Risk



Add beating cancer to the growing list of reasons to be active. More and more studies point to physical activity as a significant factor in reducing the risk of cancer. In breast cancer, the most common cancer among women, exercise boasts a 30- to 35-per-cent reduction in risk.

Researchers aren't sure why physical activity is such a powerful cancer fighter, but it has been credited with reducing the amount of circulating sex hormones that can play a role in cancer growth, boosting immune function and increasing the destruction of cancer cells. Plus, since obesity is a major risk factor for cancer, physical activities role in helping maintain a healthy body weight adds to its significance.

But reducing the risk isn't exercise's only claim to fame. Emerging research suggests exercise extends the life of cancer survivors and reduces the severity of side effects in those undergoing treatment.

"Exercise plays a much larger role in cancer than we previously thought,"

said Kerry Courneya, professor in the faculty of physical education and an adjunct professor in the department of oncology at the University of Alberta.

In addition to improving their fitness level, those who are active on a regular basis after diagnosis report less nausea, anxiety, depression and fatigue than those who are not active. Cancer patients who are active during treatment also benefit from improved immune function, are better able to perform everyday activities and are less likely to gain weight after diagnosis. And in the case of breast cancer, studies now suggest exercise can improve survival rates of those already diagnosed with the disease.

Despite the multitude of benefits, less

than 10 per cent of those undergoing cancer treatment meet the recommended guidelines for exercise. Even those who exercised before diagnosis rarely return to the level of exercise they enjoyed before cancer. It has been estimated that breast cancer patients decrease physical activity by about two hours a week after diagnosis.

For those intimidated by the modest amounts of exercise prescribed for reduced risk, a little exercise is still better than none, Courneya says. Just make sure you put some effort into whatever form of exercise you choose. And don't cut your workouts short; bouts of exercise less than 10 minutes don't qualify. That means trying to exercise long enough and hard enough to make your heart beat a little faster and to allow a slight sweat to accumulate on your brow.

DID YOU KNOW....

A recent study found that dog owners spent more time in mild and moderate physical activities and walked on average 300 minutes per week. In contrast, non-dog owners walked on average 168 minutes per week!



Healthy Workplace Week — October 23-29

Healthy Workplace Week is a national dedication to companies that have invested in the health of their employees.

Research has shown that healthy employees are productive employees and work-sites are wanting to support and encourage healthy employees.

Through the Healthy Workplace web site you can access many ideas that you and your organization can participate in.

Also, there are long term strategies to assist you in developing a strategic comprehensive approach to workplace health in your organization.

Make sure you check it out!



www.healthyworkpaceweek.ca



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**This newsletter is on
the Web!**
www.in-motion.ca
Look under News

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

We've Got Some Great "Stuff"!

PEDOMETERS:

Cost: \$25.00 each



KEY CHAINS: Cost: \$3.00 each



WATER BOTTLES:

Polycarbonate (500ml).

Cost: \$8.00 each



In motion toque:

Cost: \$8.00 each

PEDOMETER RESOURCE KIT:

All the tools you will need to run a pedometer challenge in your community, school or workplace. Cost \$50.00

For more detailed information or to order any of these items, call **in motion** at 655-DO



IT (3648) or visit our web site at

www.in-motion.ca

Note, prices do not include GST. Discounts for bulk orders are available.



In motion Opportunity!
The 13th annual **Investors Group Jingle Bell Run/Walk for Arthritis** takes place in Saskatoon **Sunday, November 5, 2006 at 10:00 a.m., at the Radisson Hotel.**

Gather your friends, family, neighbours, classmates, dance partner, gym buddy and colleagues and enter this non-competitive, fun-filled, family-oriented fundraiser.

Don a seasonal costume, tie jingle bells to your shoelaces and run, walk, jog or **stroll** the 2KM, 5 KM, 10KM individual / **team** route **or** the 1 / 2 KM SGI Reindeer Challenge for kid's ages 1 -13. **New this year is the Youth Challenge for ages 14-17.** Join us after the race for brunch and prizes.

Contact 244.9922 or lwells@sk.arthritis.ca

Or register on-line @ www.arthritis.ca/saskatchewan

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:

- * Saskatoon Health Region
- * 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