

In motion Update

JANURAY, 2005

**WORKPLACE
WELLNESS**

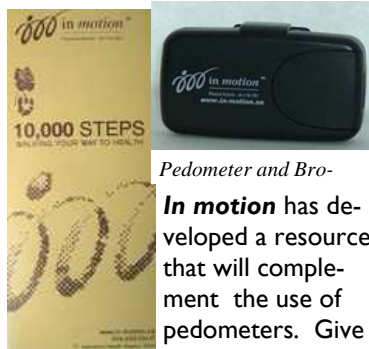


Count on it!

According to the national Centers for Disease Control and Prevention, programs promoting step goals, such as walking 10,000 steps per day can encourage people to exercise enough to reap health benefits.

A pedometer keeps track of steps for you. It can also be a great motivator to get you "in motion". A three month study conducted by **in motion** and the University of Saskatchewan looked at if pedometers motivate inactive employees to be more physically

active? What we found was that there was a significant effect on physical activity levels for the employees that wore the pedometer, they were definitely more active. The study also showed a significant decrease in body fat percentage. We also found that the results were starting show slight decreases in blood pressure and cholesterol. This just shows the incredible health benefits you can receive by just walking! Thanks to all the worksites who participated.



Pedometer and Bro-

In motion has developed a resource that will complement the use of pedometers. Give us a call to order

your **in motion Pedometer Resource Kit**.

It includes:

- * 10,000 Steps Brochures
- * 4 newsletters
- * Progress chart
- * Certificate
- * How to run a challenge

Cost: is free to all Saskatoon Health Region **in motion** worksites, schools and community groups.

Great Ideas!

The Central Urban Metis Federation Inc. (CUMPI) became an **in motion** worksite in November, 2004. The main motivation for these 25 employees and 11 Board of Directors was to encourage each other to lead healthy active lifestyles. Shirley Isbister, director, stated that "Increased body weight and diabetes is a concern and we want to support our employees and board members to make healthy lifestyle choices"

Not only are they ALL wearing pedometers and working on getting in 10,000 steps a day, but they have set healthy eating guidelines for staff meeting and when celebrating employee birthday's. Great job!

Saskatoon Board of Education has also stepped up their physically activity! From Nov. 29th to Dec. 3rd teams throughout the Board office were trekking throughout their day to see which team could accumulate the most steps. "We have a lot of fun participating in the challenges and it is important for our school division to demonstrate that we are leaders in the community" says Cindy Dicki who is instrumental in getting the Saskatoon Board of Education "in motion"!

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WHO'S

"IN MOTION"?

- * *Associated Engineering*
- * *Central Urban Metis Federation*



Hugh Kurz, Superintendent of Education (left) and Cindy Dickie, Instructional Consultant (right) have stepped it up!

Calendar of Health-Related Events—2005

MONTH	TOPIC	WEB SITE
JANUARY	National Non-Smoking Week	www.cctc.ca
FEBRUARY	National Hearth Month	www.heartandstroke.ca
MARCH	National Nutrition Month	www.dietitians.ca
APRIL	Canadian Cancer Awareness Month	www.cancer.ca
MAY	National Physiotherapy Month	www.physiotherapy.ca
JUNE	<i>In motion</i> HIKE and BIKE Challenge Stroke Awareness Month	www.in-motion.ca www.heartandstroke.ca
JULY	Sun Smart Canada Day	www.cancer.ca
AUGUST		
SEPTEMBER	National Arthritis Month Terry Fox Run	www.arthritis.ca www.terryfoxrun.ca
OCTOBER	<i>In motion</i> Month Breast Cancer Awareness Month Healthy Workplace Week	www.in-motion.ca www.cancer.ca www.healthyworkplaceweek.ca
NOVEMBER	Diabetes Month Osteoporosis Month	www.diabetes.ca www.osteoporosis.ca
DECEMBER	International Day of Disabled Persons	www.ala.ca

2005 GET FIT WHERE YOU SIT CALENDAR

Enclosed is your *in motion* 2005 Calendar, post it by your computer or work station, this way you won't forget to stay "in motion" throughout your day.

To receive additional calendars visit the *in motion* web site at:

www.in-motion.ca

Nibble Notes from Val



Healthy Lifestyles Department
Public Health Services

Healthy Eating Tips for the New Year

If you're thinking weight loss for the New Year check out these ideas for fewer calories while still enjoying a great variety of foods.

Check cereal portions

Pour your usual amount of cereal from the bowl to a large measuring cup. Then compare your serving to the size suggested on the box. If your bowl holds 3 - 4 servings, try a smaller amount or a smaller bowl.

Watch Your Bread and Spread.

When eating out, enjoy only 1 slice of bread or roll before the main meal arrives. For a taste of flavor use spreads sparingly.

Just "Dress" your Salad.

Instead of pouring salad dressing,

keep dressing on the side. Place your fork first in the dressing then in the salad.

Try Your Potato with Fewer Calories.

Don't layer butter or margarine and sour cream. Choose only one or try yogourt and chives for even fewer calories.

Modify Your Milk.

Switch to a lower fat milk for less calories and fat with all the same nutrients.

Measure your Meat.

Meat portions should only cover 1/4 of your plate. Another measure is a serving the size of a deck of cards.

Downsize Your Drink. Measure the size of your favorite glass. You might be surprised at how much beverage it actually holds. 250 mls is a standard milk and juice serving. Choose regular or small soft drinks and remember diet free has no calories.

Count cookies too! A single cookie is easily 100 calories and often 2 taste better than 1. Choose fruit most often and a cookie sometimes.

Portion Your Popcorn. Microwave popcorn can be a great snack but a bag makes about 10 cups. Your fist is a good example of 1 cup. If you like larger amounts, try some of the lower fat versions.

Be size wise with Fast Food.

Try a small or junior burger. Consider a side salad and use only part of the salad portion. If choosing fries, try sharing. Order milk, 100% fruit juice, water or diet soft drinks. Many fast food restaurants have nutrition information available on site or try their websites. You might be surprised at the calories and fat content of your favorite choices. Remember, tasty alternatives are available.

Adapted from University of Nebraska

<http://lancaster.unl.edu/food/onedietchange.pdf>



Submitted by Val Irvine, Public Health Nutritionist

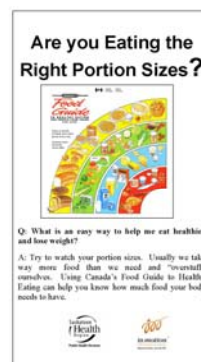
Healthy Eating Resources

New Cafeteria Resources

Table Tents can be an effective way to bring Healthy Eating messages to your cafeteria. To order a set of 4 colorful table tents and to discuss how they might be used in your cafeteria call Val Irvine, Public Health Nutritionist at 655-4626.

Coming in March

Go the Healthy Way... Eat Well, Live Well and Feel Great! Watch for your Nutrition Month package with posters, handouts and new features on the Dietitians of Canada website at: www.dietitians.ca



Sample of Table Tent

Looking For Quick and Easy Meal Ideas try

<http://lancaster.unl.edu/food/ciq.htm>



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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 New "Stuff"!

You loved our florescent t-shirts and water bottles, so we have decided to expand our promotional items!

PEDOMETERS:

Get walking today! Each pedometer comes with an informational brochure. Cost: \$25.00 each



KEY CHAINS:

Get hooked on **in motion!** These key chains are a great idea for the entire family. Comes in 6 awesome colors (black, red, blue, purple, yellow and green) Cost: \$3.00 each



WATER BOTTLES:

We have ordered two different types of water bottles.

Polycarbonate (500ml): These water bottles have become very popular. Comes in 4 different colors (red, blue, orange and grey). Cost: \$8.00 each



Handle Water Bottle:

These water bottles make great give-aways. Comes in 3 different colors (red, blue and green). Cost: \$4.00 each



To order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at www.in-motion.ca



5 PLUS 5 Challenge

The 5 PLUS 5 Challenge is a great way to start off the new year. Pick a 5-week period in January or February and have fun promoting physical activity and healthy eating. You can download the challenge on our web site (www.in-motion.ca - under Special Events) or call, if you would like electronic or hard copy of the resource.

Be creative and have fun being "in motion"!

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